

# **Occupational Therapy to Prevent and Treat Pain with Evidence-Based, Non-Pharmacological Interventions from Recruit to Retiree.**

Presented by: LT Ruth Chase, MA, OTR/L, BCPR

Offered: 14 August AM 0830-1130 EST - 3 hours

Location: ZoomGov

## **Course Description:**

This virtual workshop will cover a brief overview of Occupational Therapy practice as relevant to the treatment of pain disorders. An introduction to the evidence based application of pain neuroscience education (PNE) will be integrated and demonstrated throughout three case studies spanning the lifespan of service-members. Participants will gain an understanding of how to effectively integrate PNE concepts, and the central role of patient-centered education to enhance self-efficacy and promote an internalized locus of control. The workshop will include interactive components, three case studies, and summaries of recent research. Participants will have the opportunity to identify relevant application of PNE and non-pharmacological treatment strategies to their own practice.

## **Learning Objectives:**

- 1) Understand the role of Occupational Therapy in assessing and treating pain conditions.
- 2) Explain core concepts of Pain Neuroscience Education and be able to differentiate between nociceptive, neuropathic, and nociplastic pain presentations.
- 3) Differentiate PNE applications based on the developmental stage and needs of the service-member.
- 4) Discuss the VEMA model as a pain assessment framework regardless of professional lens.
- 5) Identify the power of language used to describe acute and chronic conditions.

## **Course Agenda:**

0830 - 0930	Intro to OT Intersection of physical and mental health with pain Intro to PNE Differentiating different types of pain and interventions Evidence based bottom-up and top-down interventions
0930-0945	Break
0945-1045	Three Case studies: Recruit, Mid-Career Service Member, Retiree VEMA model Language matters: words that heal, words that harm
1045-1100	Break
1100-1130	Summary of recent research

# Overview of evidence based non-pharmacological interventions

## Questions and takeaways

### Course Outline:

1. Introduction: What exactly does occupational therapy do?
  - a. Brief history of OT profession with origins in rehab institutions for WW1 veterans
  - b. Emphasis on scope of practice addressing the intersection of physical and mental health conditions.
  - c. Analysis of the person and their tasks within their social and environmental contexts
2. How does occupational therapy address pain?
  - a. Patient centered focus (CUP analogy)
  - b. Emphasis on identifying person-centered goals
  - c. Combination of bottom up and top-down approaches
  - d. Integration of PNE
3. An ounce of prevention: case study of a young recruit
  - a. Importance of ergonomics, body awareness, and modifications
  - b. Emphasis on assessing stress levels and stress management strategies
  - c. Language Matters: PNE concepts and education about how pain and the nervous system work together to keep us safe
4. A dose of validation: case study of a mid-career service member
  - a. Introduce VEMA model
  - b. Acknowledge the reality of years of repetitive activities and physically demanding work,
  - c. Assessment of lifestyle & routines: exercise, sleep, nutrition, hydration, habits, addictions, stressors, supports
  - d. Introduce proactive vs. reactive strategies for pain management
    - i. Pacing, activity circuits, task modifications
    - ii. Two mountains analogy
5. A prescription for life: a case study of a retiree
  - a. Untangling the knots
    - i. Therapeutic presence and alliance
    - ii. Listen and learn
  - b. Importance of identifying meaningful goals and connections outside of service identity
  - c. Assess and address personal beliefs of self-efficacy
  - d. Provide hope and empowerment
6. Conclusion: Brief summary of Occupational Therapy, our role in pain, across the lifespan of our service members.
  - a. Questions, resources, and references