

A Synergistic Integration of Behavioral and Medical Approaches to Managing Chronic Pain

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Purpose

To outline the synergy between painACTION and PainEDU as a model that *bi-directionally* supports the integration of medical and behavioral care in chronic pain treatment to both patients and health care providers and to demonstrate how this integration acts as solutions with regard to: Risk Evaluation and Mitigation Strategies (REMS), approaches to Self-Management of Chronic Pain and Shared Decision Making.

Method

This poster will review the components of both websites and explored their potential benefits to both chronic pain patients and healthcare providers.

Results

We outline the synergy between painACTION.com and PainEDU.org as a model that bi-directionally supports the integration of medical and behavioral care, increasing a patient's ability to engage in optimal self-management, while educating providers about topics such as treatment approaches, risk management, efficacy, and integration of behavioral approaches into effective pain management.

Conclusions

Details of patient benefit underscore the premise of an integrative care model including behavioral approaches with demonstrated efficacy in mediating outcomes; addressing environmental and psychological factors that may influence the maintenance of pain behavior and symptoms; helping patients collect, organize, and reliably report meaningful clinical data to their providers; promoting the ideas of personal responsibility and active participation in maintaining health and managing pain.