

CHALLENGES AND OPPORTUNITIES FOR MULTIMODAL TREATMENT IN PAIN & OUD

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- Co-Investigators:



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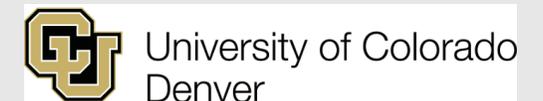
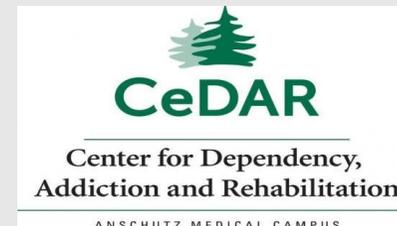
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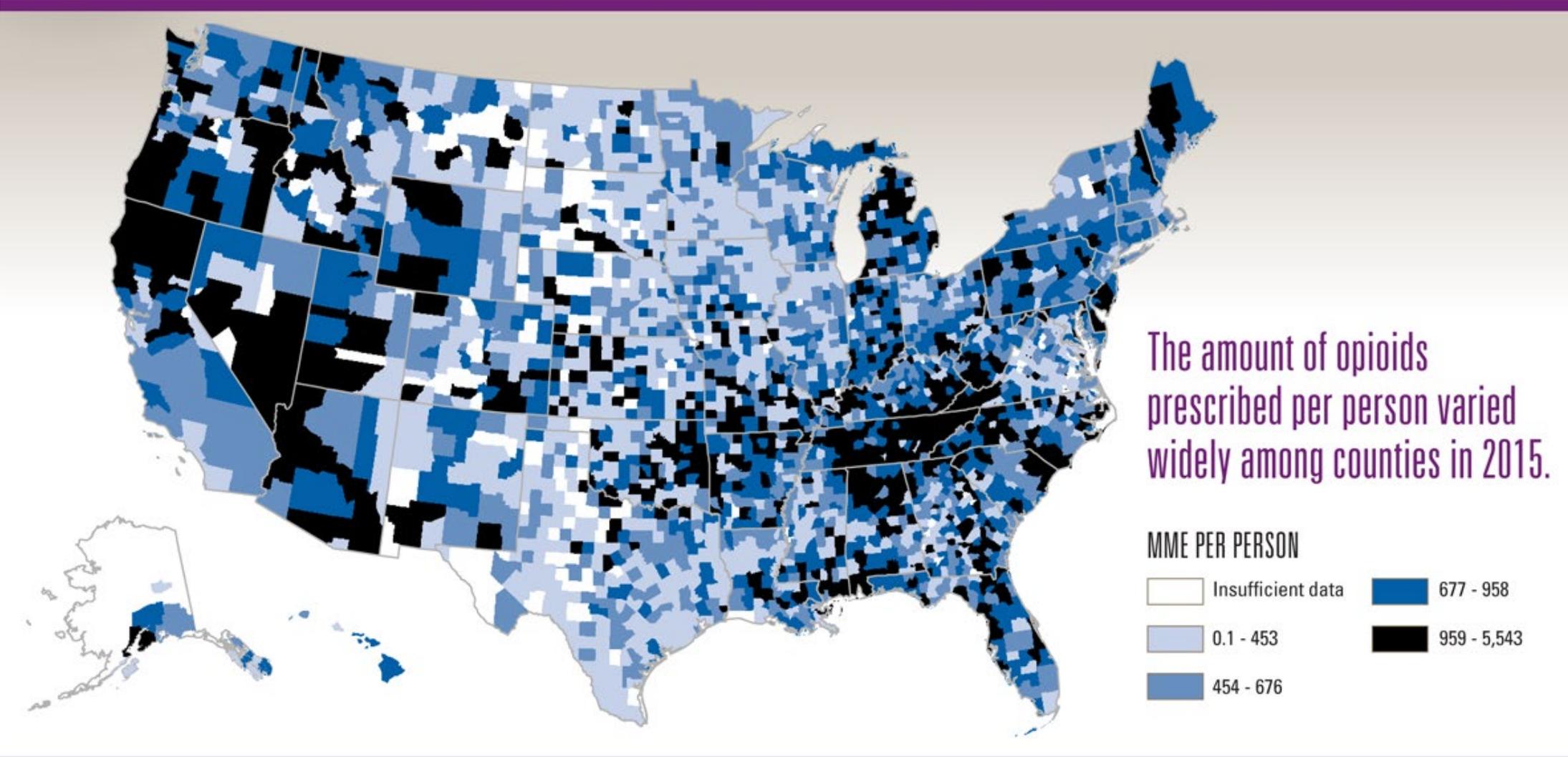


- Local addiction treatment communities and associates in Narcotics Anonymous



- No conflicts of interest to declare.

Challenge #1: Opioid Prescriptions



Challenge #2: COVID may exacerbate

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HealthAffairs TOPICS JOURNAL BLOG

Once The Coronavirus Pandemic Subsides, The Opioid Epidemic Will Rage

Navdeep S. Kang

APRIL 15, 2020

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Safeguarding opioids a concern as children may have more access with families at home due to COVID-19

Apr. 22, 2020, 12:46 PM

by *Jake Lowary*

Coroner: Overdose deaths up 40% since COVID-19 in Peoria County

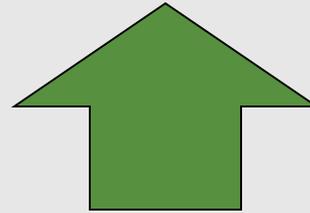
hoiabc.com | 8d

A close-up photograph of a glass vial containing a yellowish liquid, likely an opioid medication. The vial has a white label with some text, including 'KALOXONE' and 'NORCO'. The vial is positioned vertically, and the background is blurred.

Challenge #3: Pain related to opioid relapse

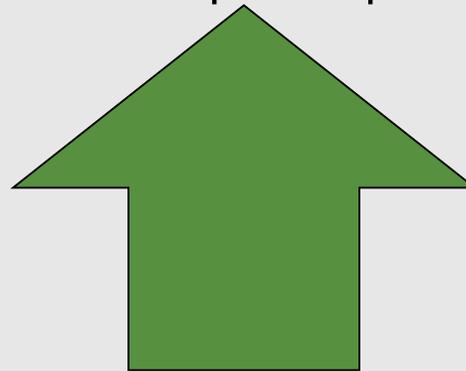
- Odds of opioid relapse in moderate pain pts?

2.6 x

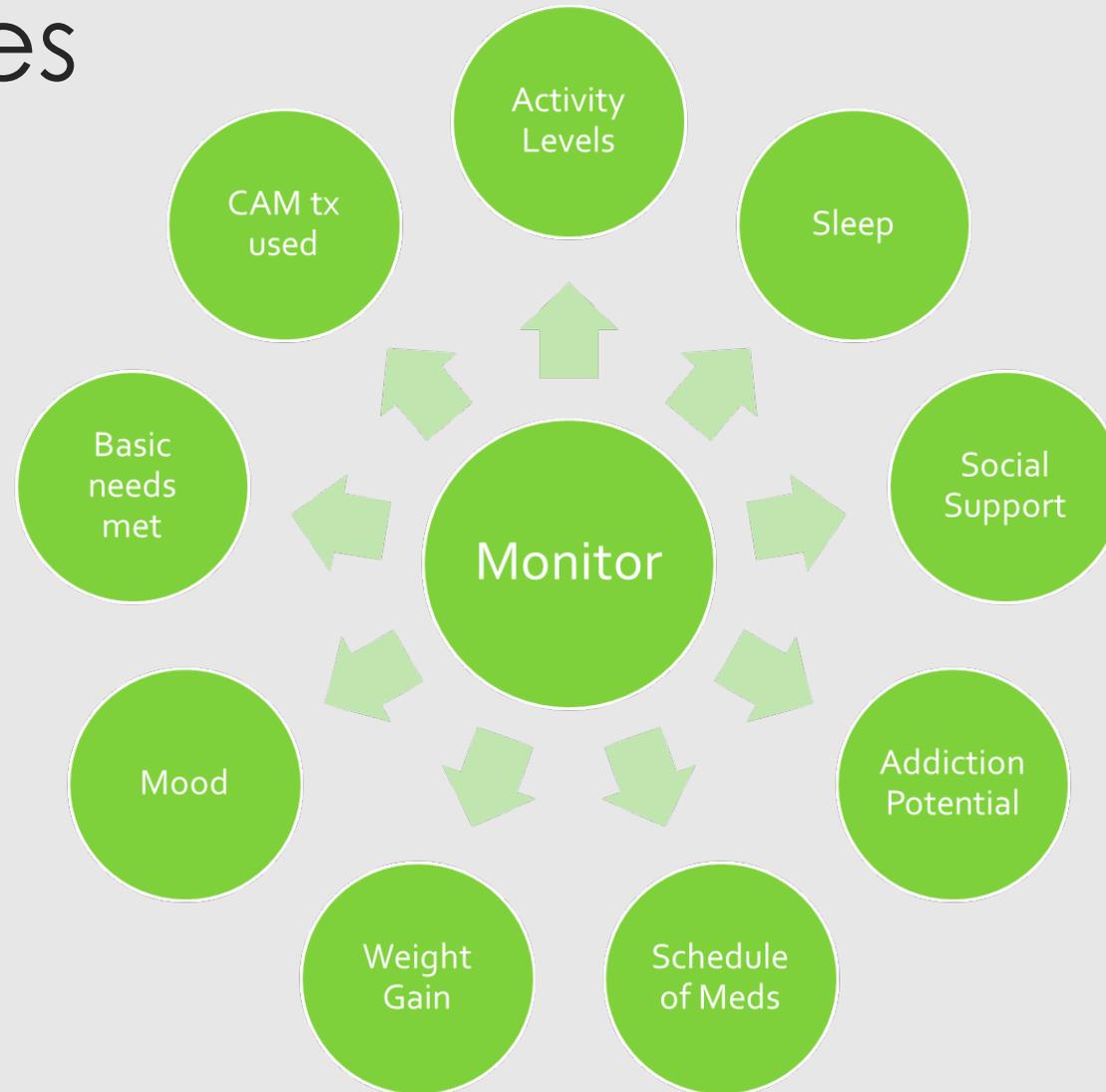


- Odds of opioid relapse in severe pain pts?

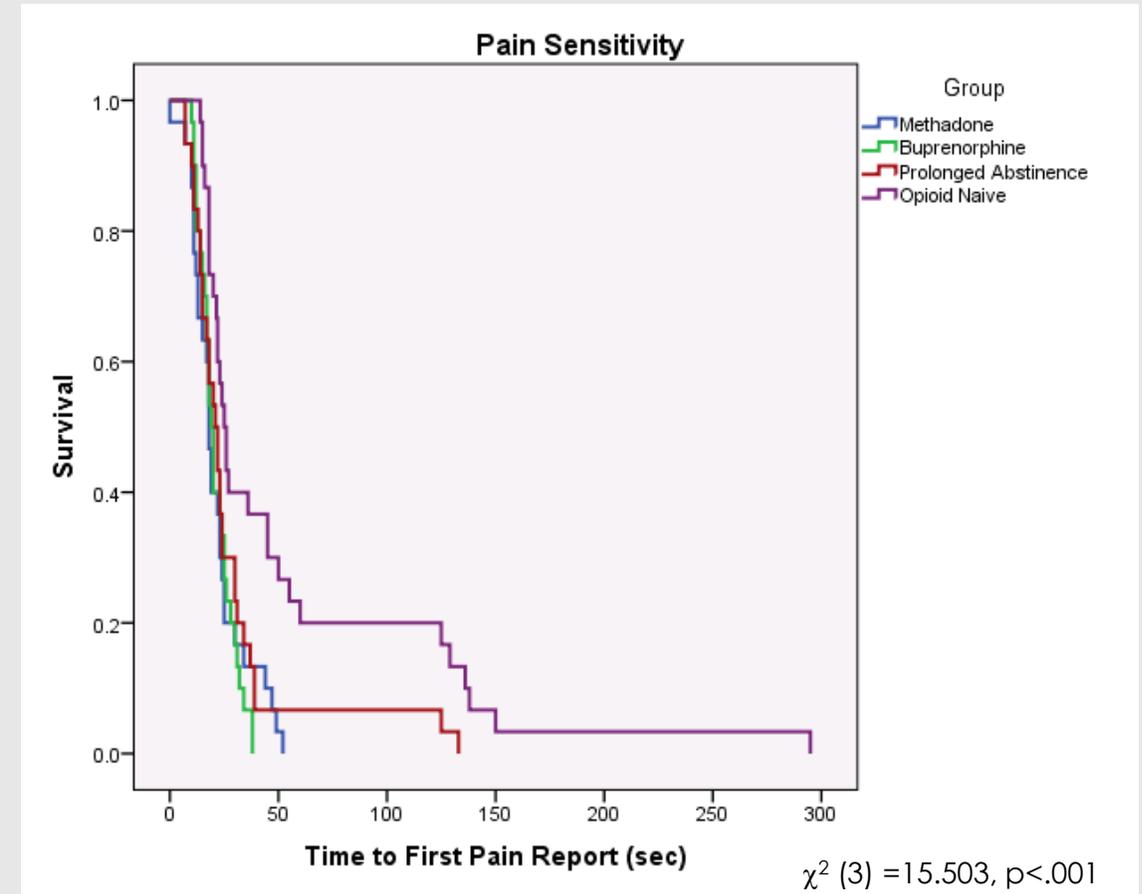
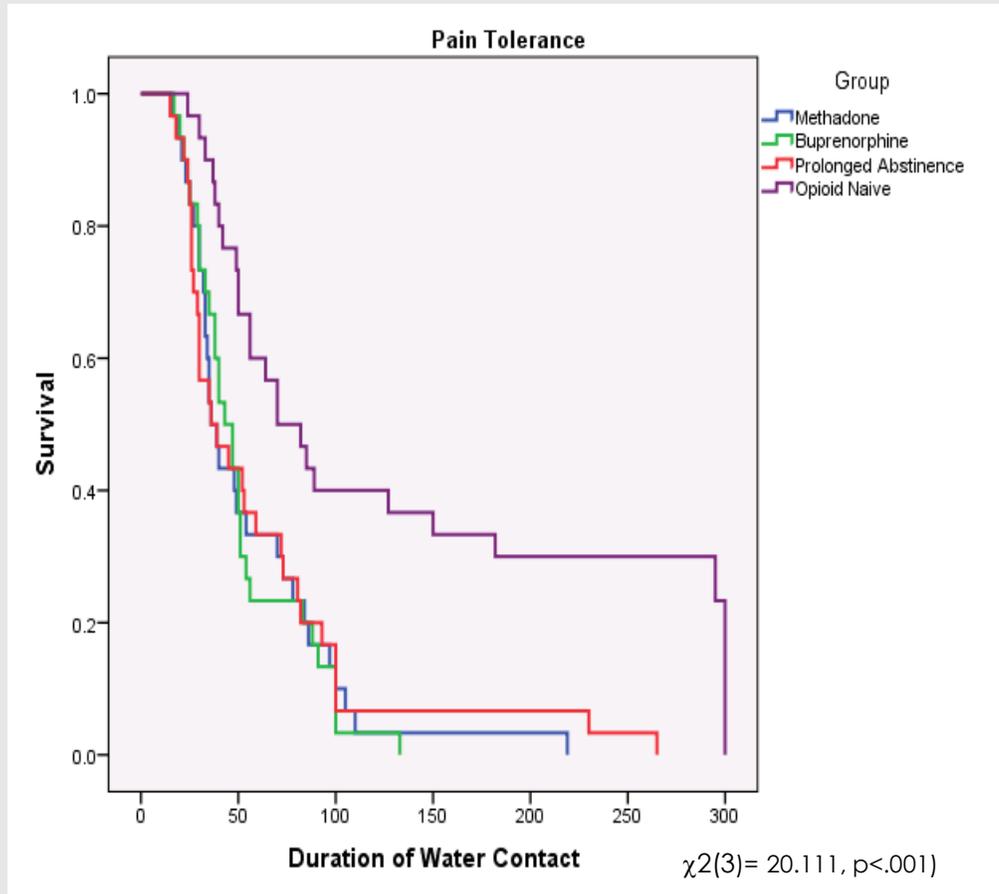
over 5x



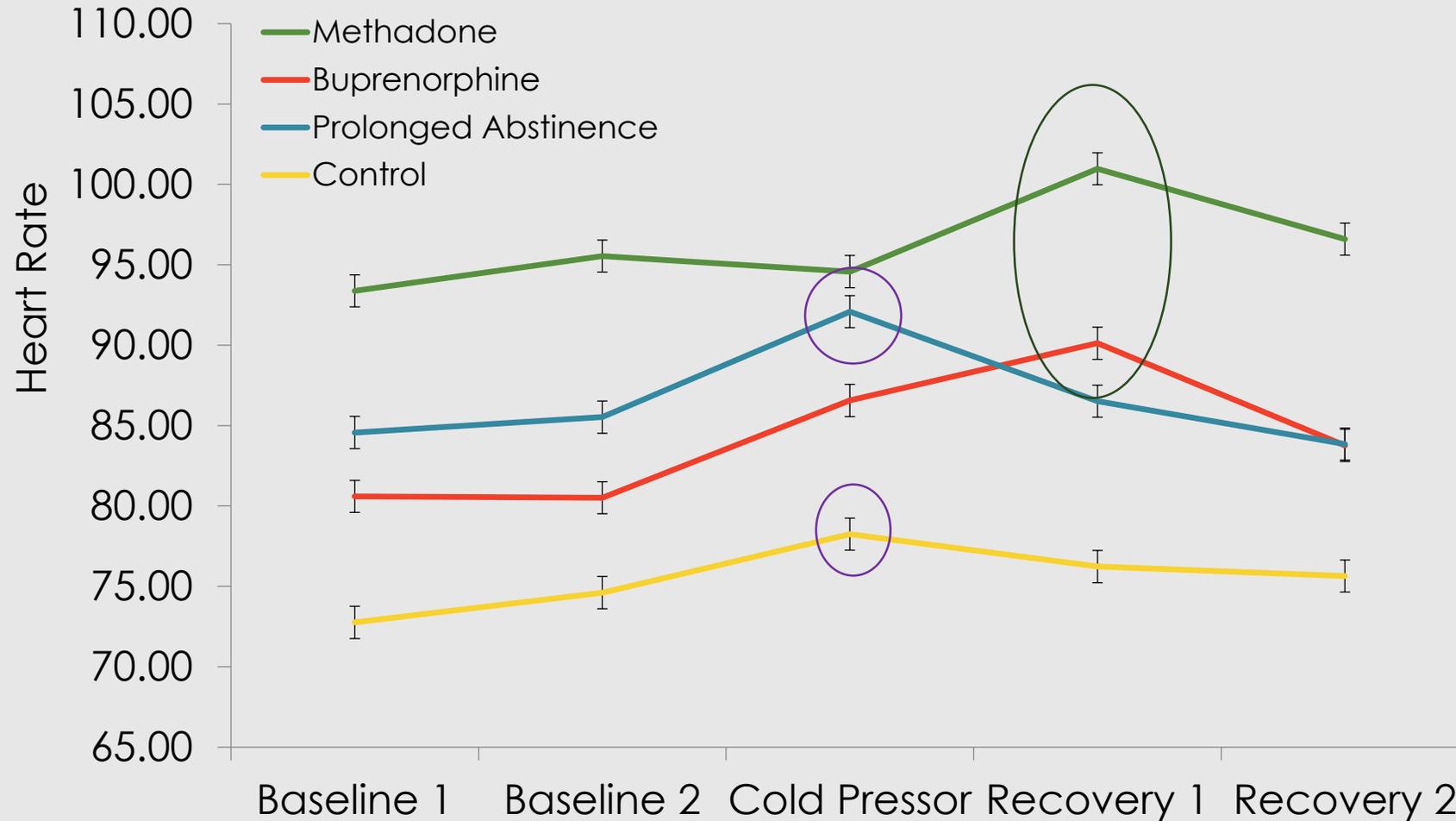
Challenge #4: Pain and OUD creates multipronged issues



Challenge #5: Long-term opioid use affects pain



Challenge #6: Long-term opioid use changes physiological response to pain



Challenge #7: Limited Treatment Options for Patients with Pain and OUD

YES NO
→ ↓ ←
CATCH 22



Developing Solutions: Understanding the Problem

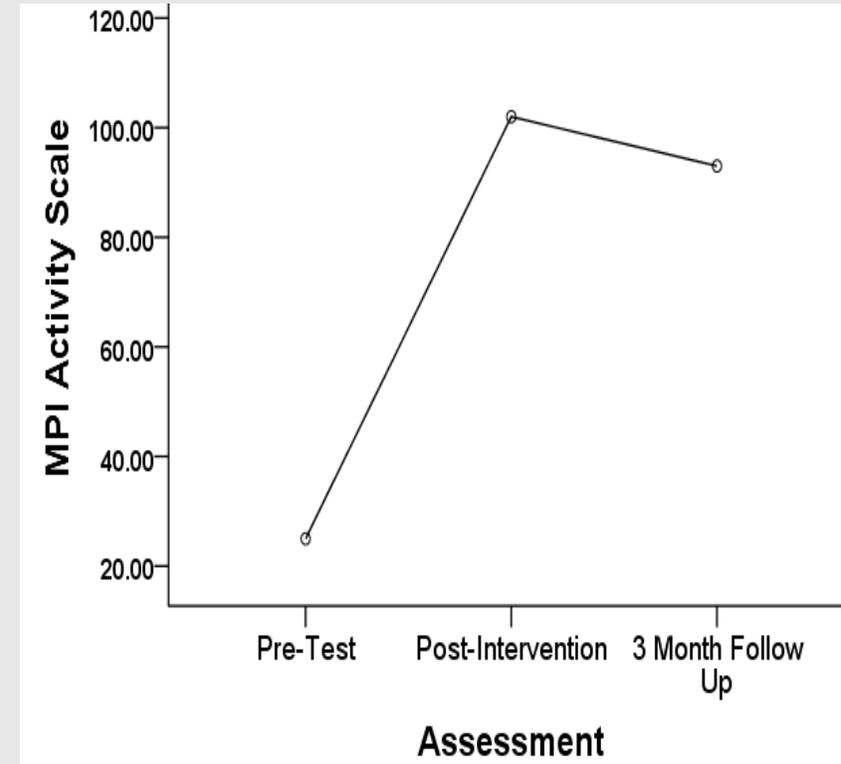
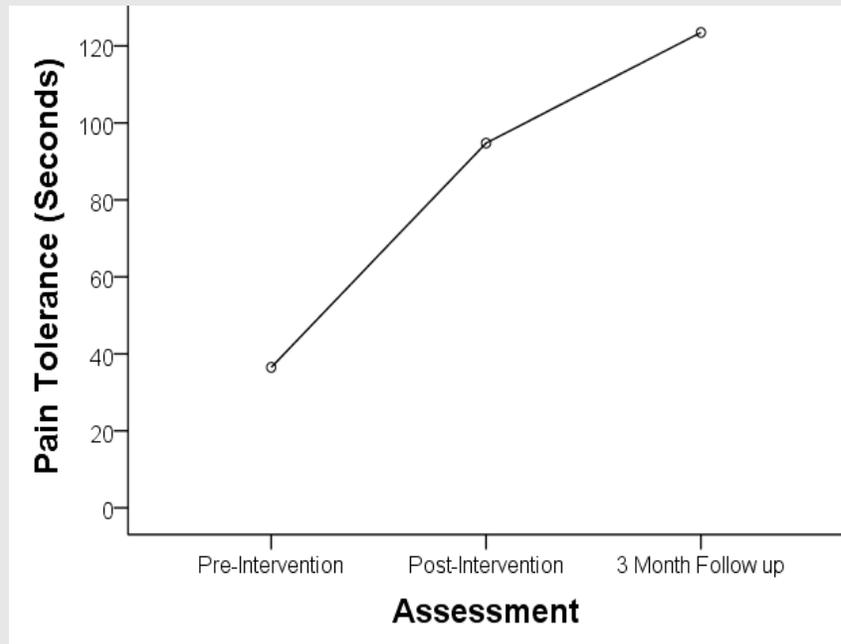


Developing Solutions: Treatments

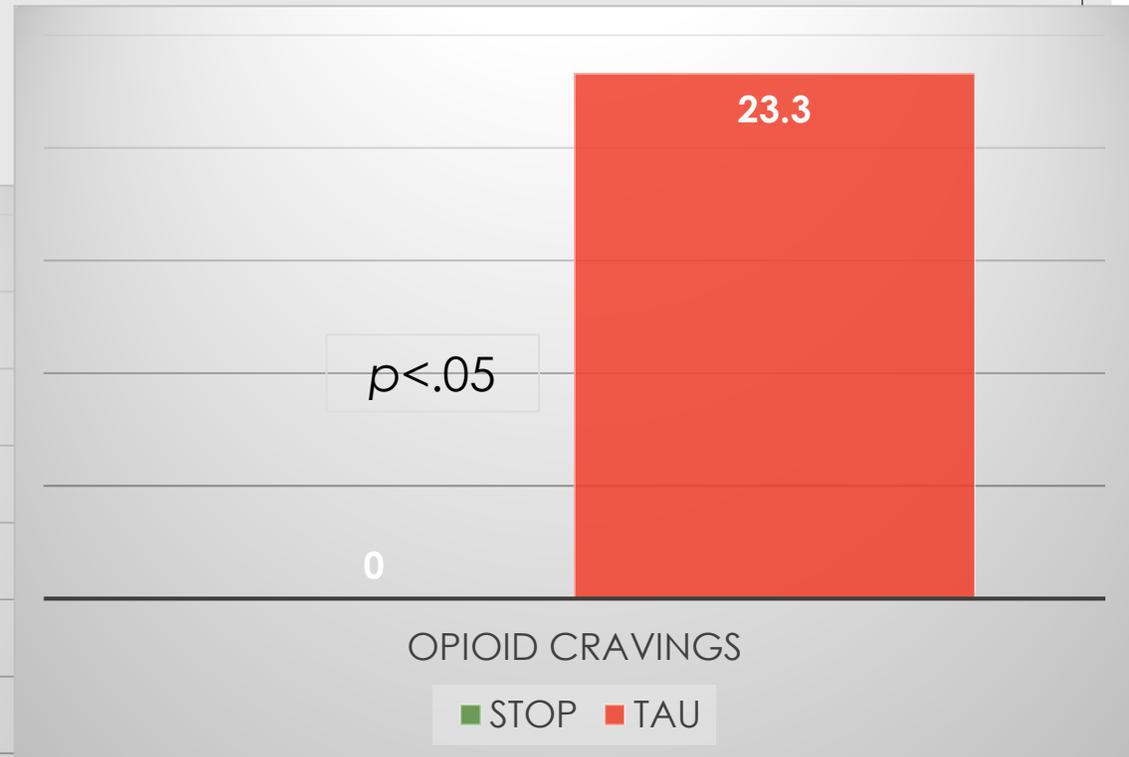
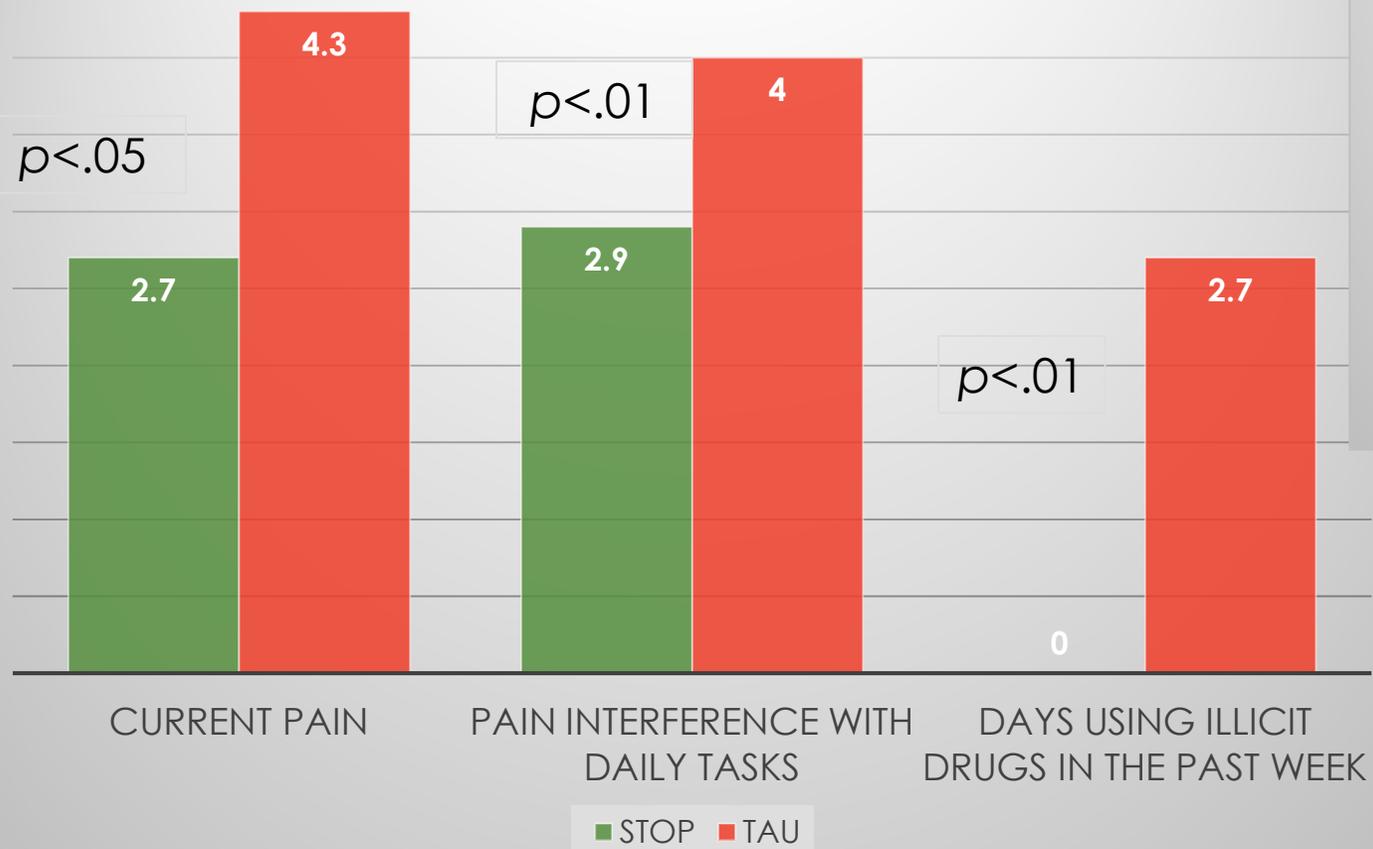
- Based on lessons learned from psycho-physiology needs assessment
- Combines both Pain and OUD psychotherapy in a single treatment
- Integrates at home biofeedback practice with biodots
- Integrates exercise and functional ability
- Integrates MAT
- Integrates social support
- Allows for spiritual resources if patient desires
- Includes training for addiction or pain therapists to address both areas
- STOP model
 - Self-regulation
 - Therapy for
 - OUD and
 - Pain
- Additional versions being tested or developed;
 - I-STOP
 - Y-STOP
 - T-STOP
 - STOP-PR



Developing Solutions: Piloting STOP

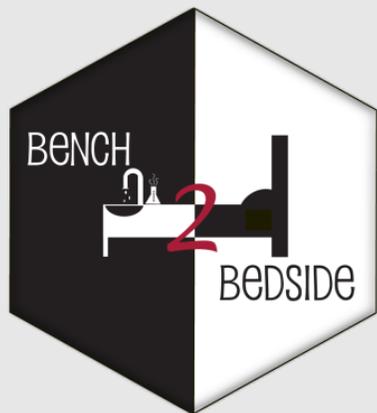


Developing Solutions: STOP vs TAU



Developing Solutions: Lessons Learned

1. Patients with pain and OUD are a unique complex population
2. Use of psychophysiology to understand the problem can lead to better treatments
3. Chronic pain patients with long-term opioid abstinence can act as exemplars to guide treatment development
4. Multimodal treatments that address both pain and OUD simultaneously are key



Thank you

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