

CHALLENGES AND OPPORTUNITIES FOR MULTIMODAL TREATMENT IN PAIN & OUD

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- Co-Investigators:



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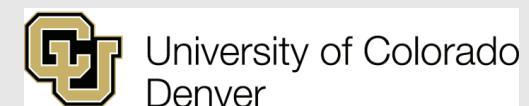
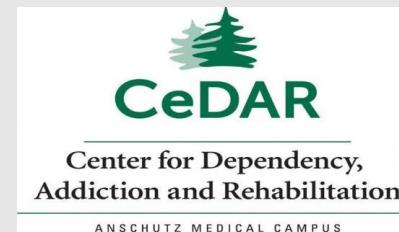
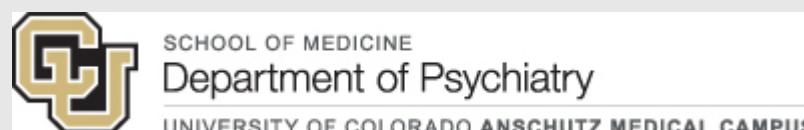
Martin Cheattle, PhD

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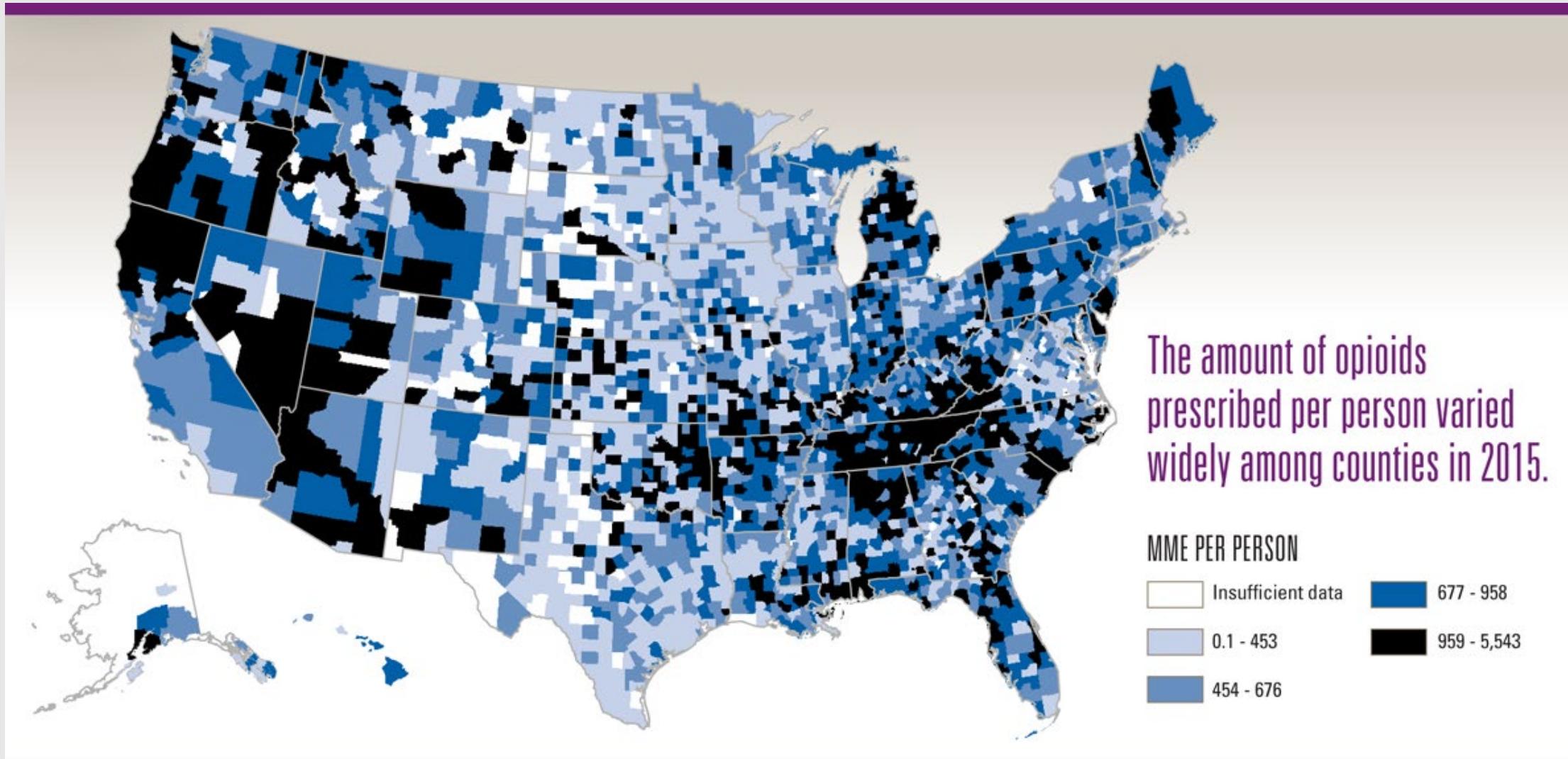


- Local addiction treatment communities and associates in Narcotics Anonymous



- No conflicts of interest to declare.

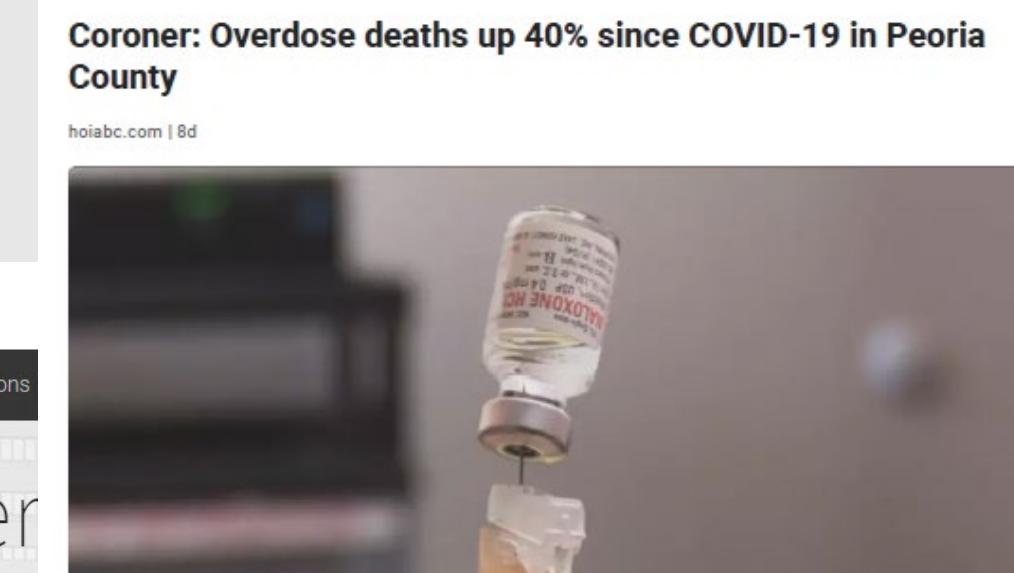
Challenge #1: Opioid Prescriptions



Challenge #2: COVID may exacerbate

The screenshot shows the Health Affairs website. At the top, there's a red header bar with the "Health Affairs" logo. Below it, a dark navigation bar has "TOPICS", "JOURNAL", and "BLOG" tabs. The main content area features a large image of a hospital building. Overlaid on the image is a dark box containing the title of an article: "Once The Coronavirus Pandemic Subsides, The Opioid Epidemic Will Rage". Below the title, the author's name, "Navdeep S. Kang", and the date, "APRIL 15, 2020", are listed.

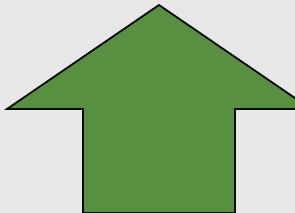
The screenshot shows the VUMC Reporter website. The header features the "VANDERBILT UNIVERSITY MEDICAL CENTER" logo and a navigation bar with links for "Home", "For Media", "About", "Archives", "Subscribe", and "Publications". Below the header, the word "VUMC Reporter" is displayed in large, semi-transparent letters. A central article box contains the following text: "Safeguarding opioids a concern as children may have more access with families at home due to COVID-19". At the bottom of the article box, the date "Apr. 22, 2020, 12:46 PM" and the author's name, "by Jake Lowary", are mentioned.



Challenge #3: Pain related to opioid relapse

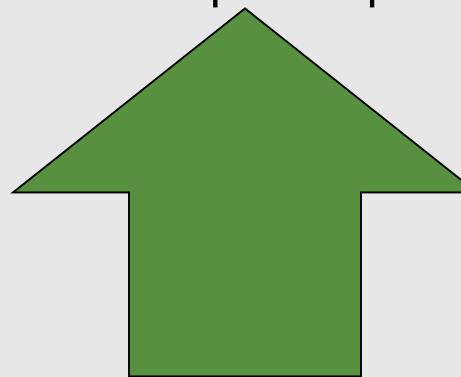
- Odds of opioid relapse in moderate pain pts?

2.6 x

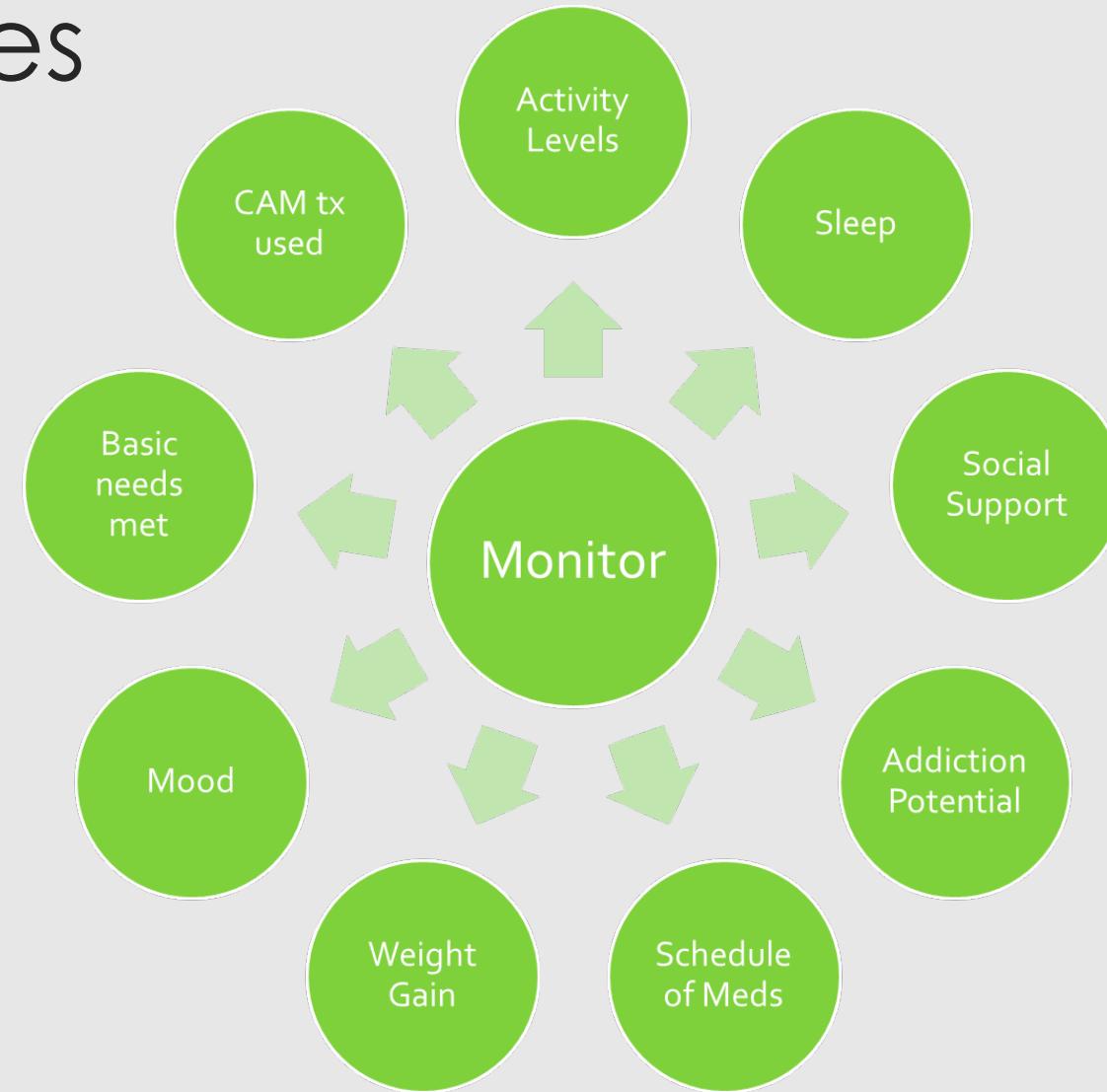


- Odds of opioid relapse in severe pain pts?

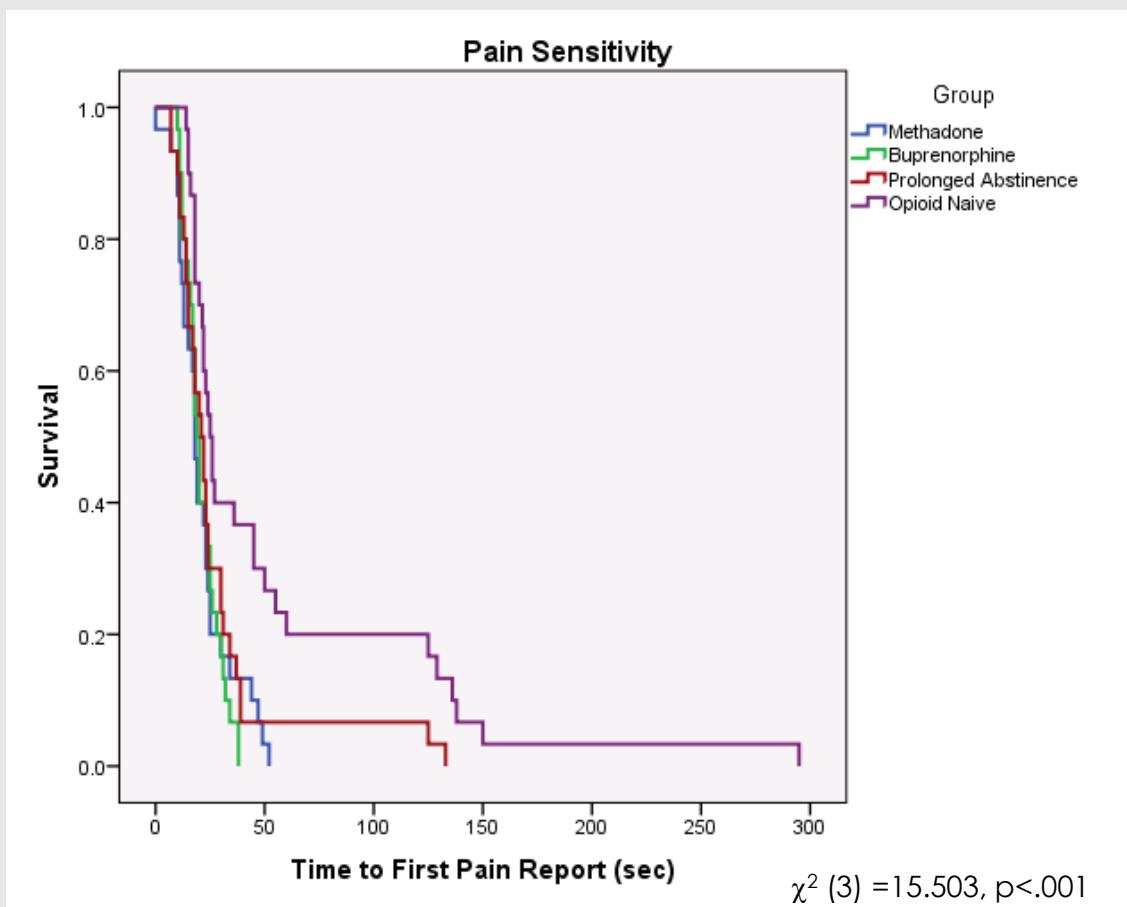
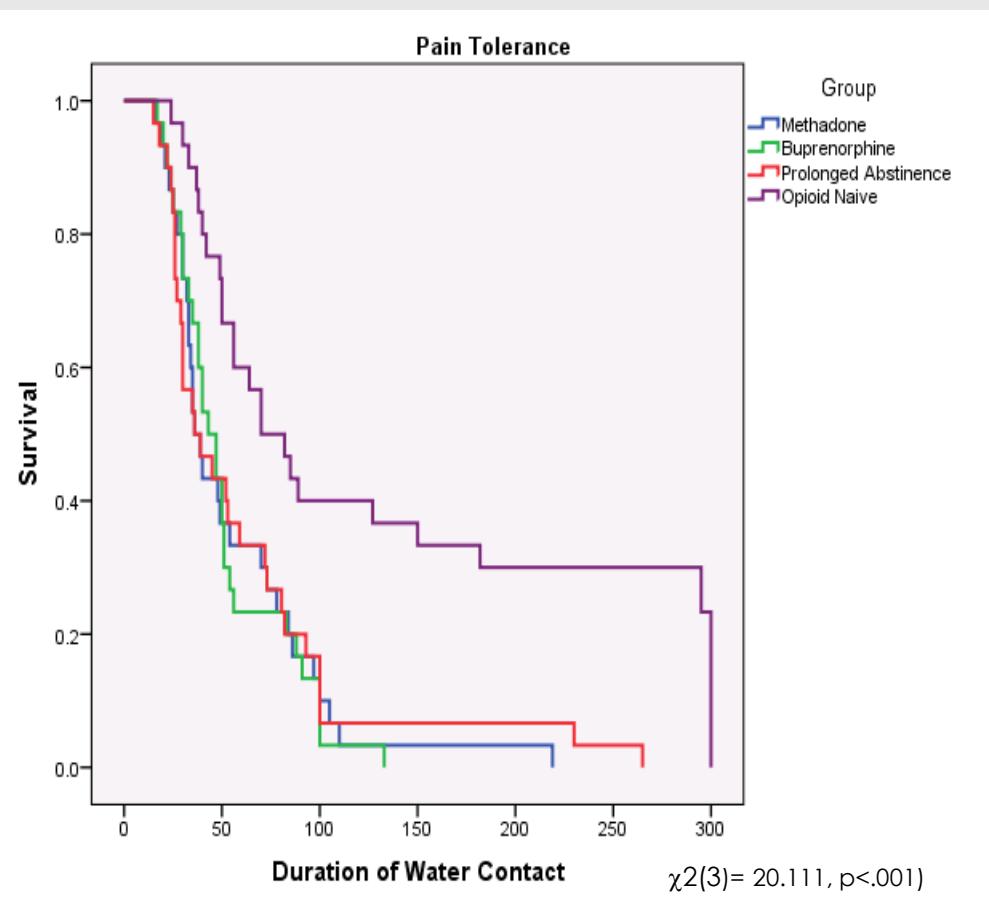
over 5x



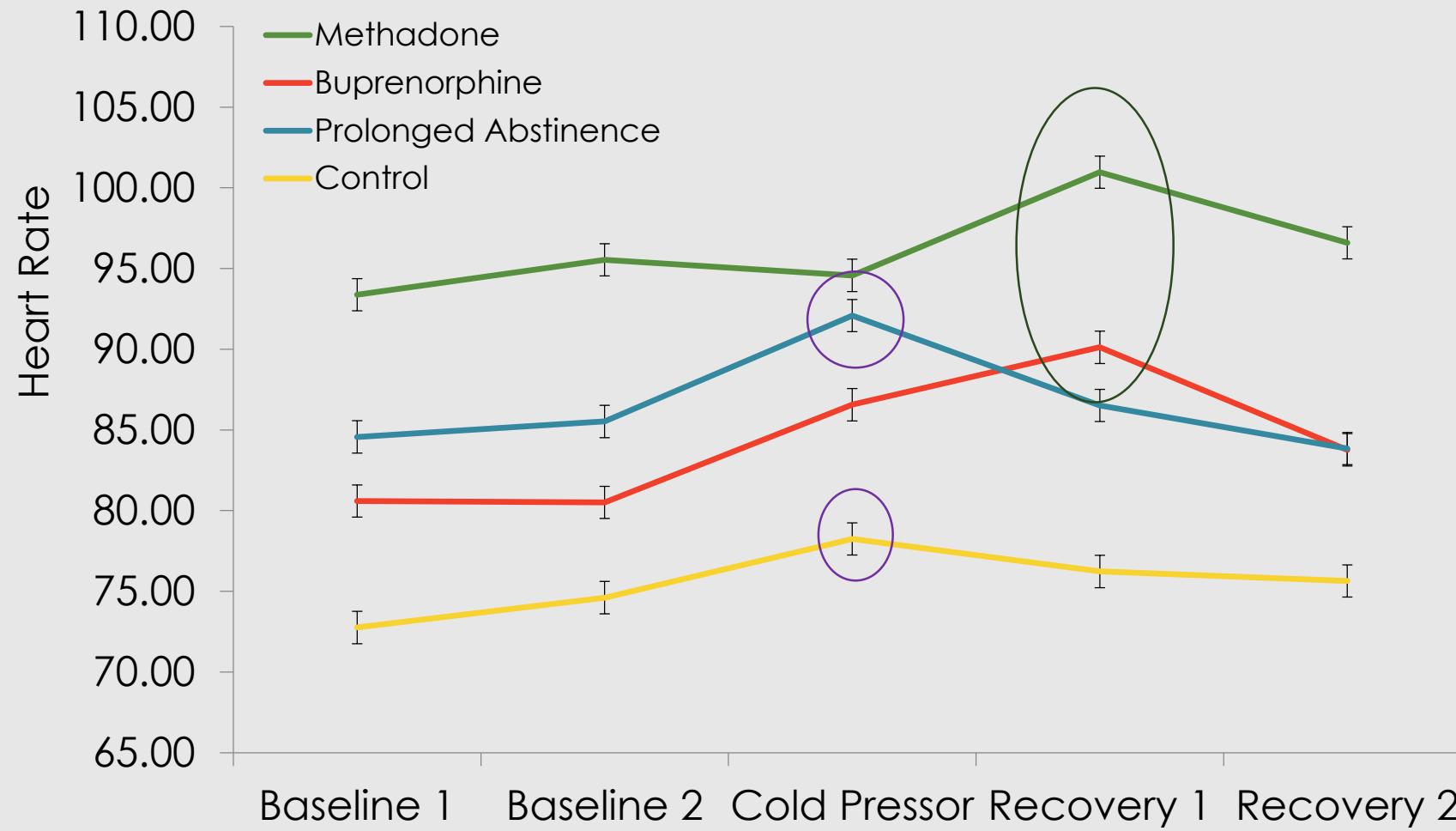
Challenge #4: Pain and OUD creates multipronged issues



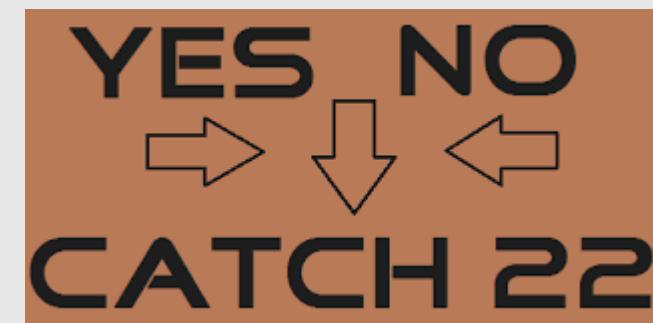
Challenge #5: Long-term opioid use affects pain



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



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

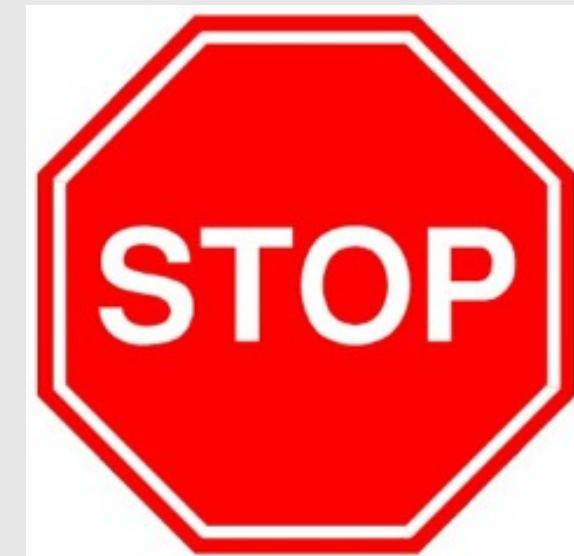


Developing Solutions: Understanding the Problem

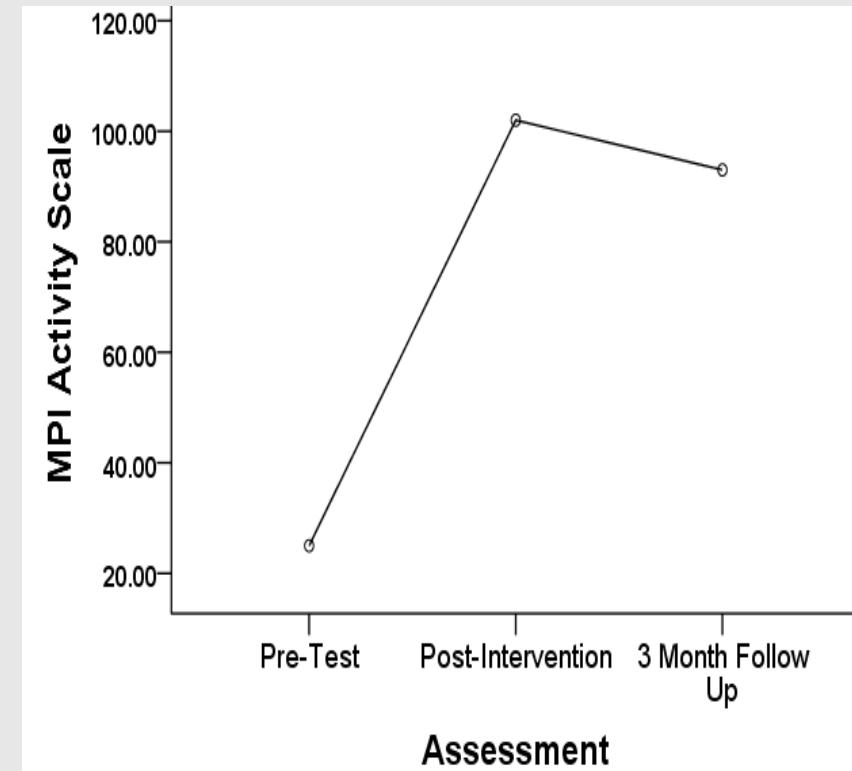
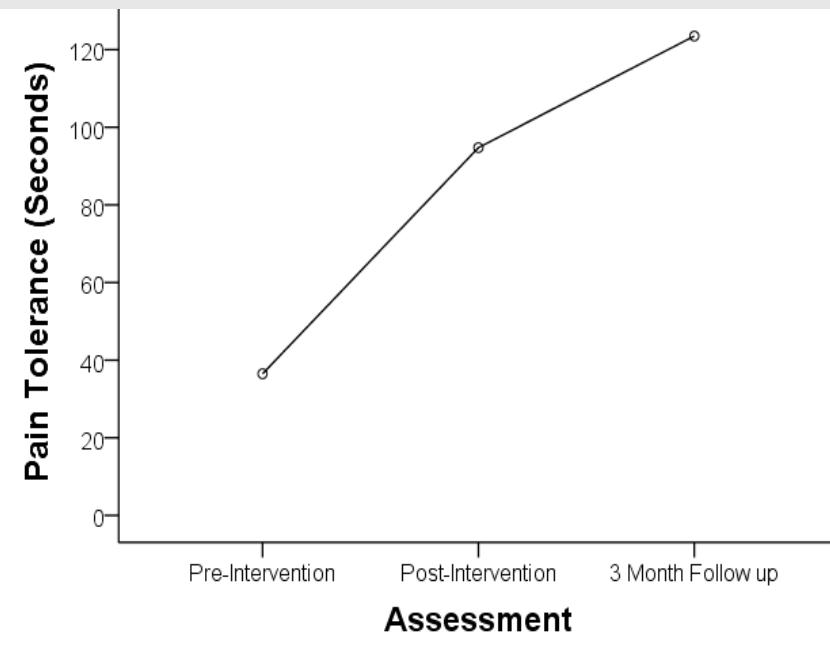


Developing Solutions: Treatments

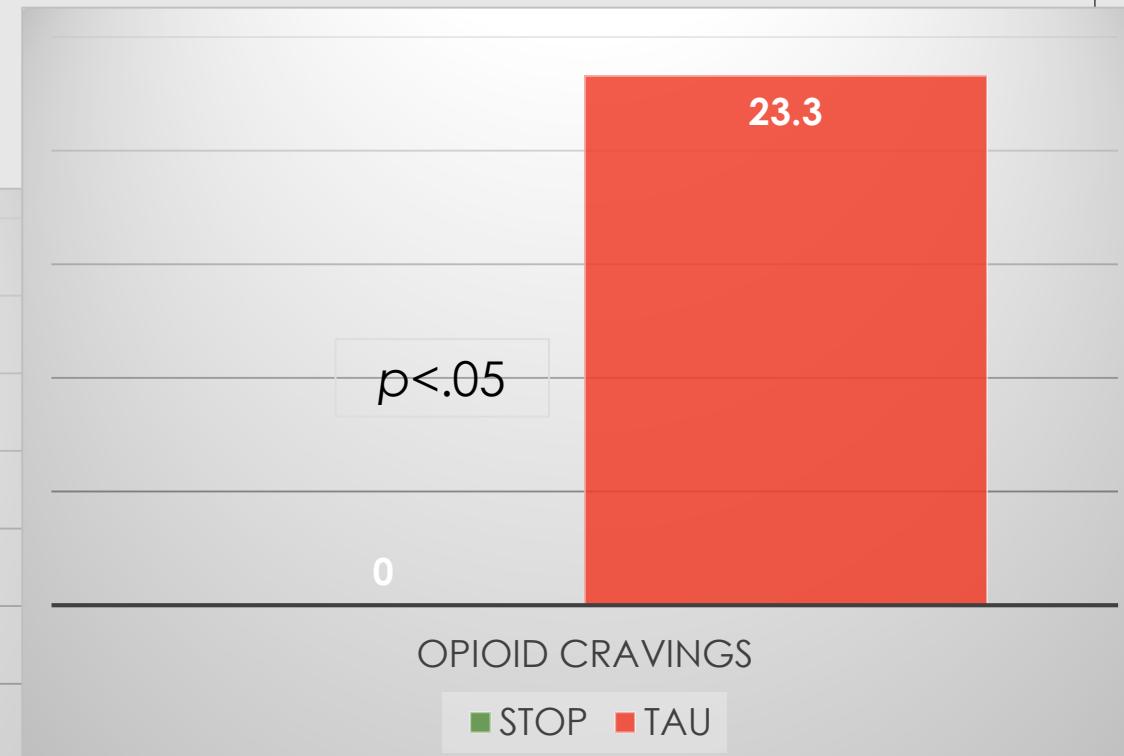
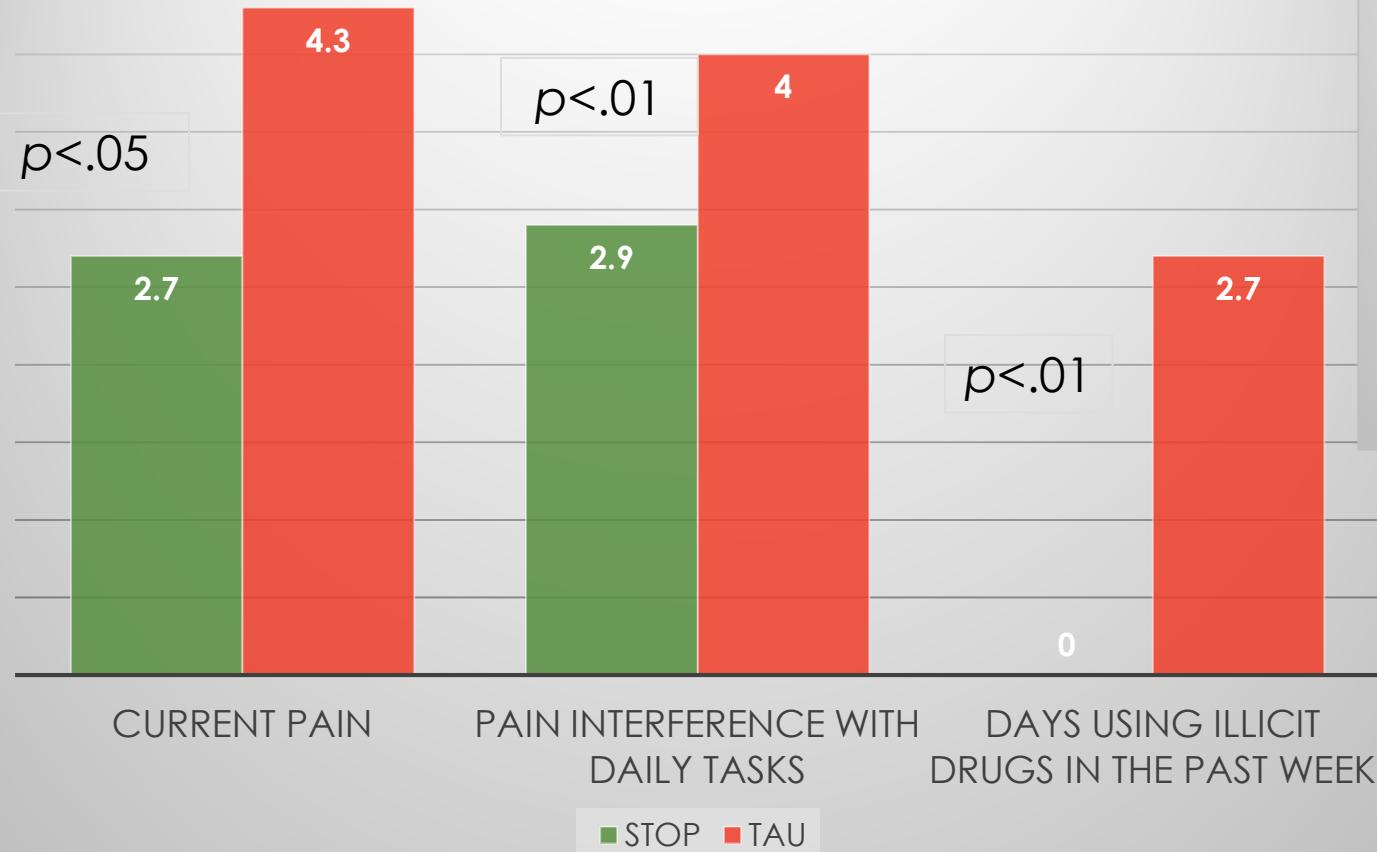
- Based on lessons learned from psycho-physiology needs assessment
- Combines both Pain and OUD psychotherapy in a single treatment
- Integrates at home biofeedback practice with biodots
- Integrates exercise and functional ability
- Integrates MAT
- Integrates social support
- Allows for spiritual resources 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

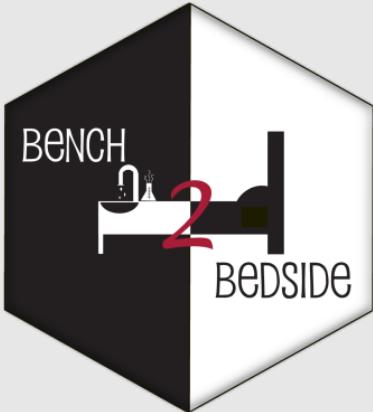


Developing Solutions: STOP vs TAU



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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