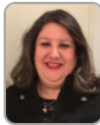


290017 - Innovative Solutions for Pain Rehabilitation

📅 Saturday, October 28 ⌚ 11:30 AM - 12:45 PM 📍 Location: Room 306

Presenter(s)



Nicole Sasson, MD, CAc

Chief, Physical Medicine & Rehabilitation Service • Clinical Professor
Veterans Affairs-New York Harbor Health Care System • New York University School of Medicine, Department of Rehabilitation Medicine
New York, New York



Kira Charles, BA, GCFP (Guild Certified Feldenkrais Practitioner)

Feldenkrais Practitioner • ChildSpace Practitioner
Department of Neurology, NY Harbor Healthcare System, Veterans Administration, Interdisciplinary Pain Rehabilitation Program • Private Practice
New York, New York



Lisa Ludovici, BA, CMS-HP (Certified Medical Support Hypnosis Practitioner)

Medical Hypnotist
VA NY HARBOR HEALTHCARE SYSTEM; Private Hypnotherapy Practice
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Jason Siefferman, MD

Clinical Assistant Professor
Veteran's Affairs New York Harbor Healthcare System Dept. of Anesthesiology, Division of Pain Medicine, NYU
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Research Scientist
NYU School of Medicine Department of Neurology and Department of Rehabilitation, New York

This symposium will describe the VA's integrative pain rehabilitation program and demonstrate how the efficacy of these methods are measured. The VA New York Harbor Healthcare System offers veterans an innovative approach to pain management. A Commission on the Accreditation of Rehabilitation Facilities (CARF) - accredited 12 - week outpatient educational program, presents a wellness approach to chronic pain management using Complementary and Alternative Medicine (CAM) and physical rehabilitation. Participants are taught to take responsibility for their body and manage pain through psychological and physical rehabilitation approaches. Social work and vocational services are also provided as pain and disability may affect many aspects of life. A secondary role of the program is to provide a comprehensive medical pain care assessment and plan, and ensure that the participants are referred to the appropriate medical providers within the VA system.

Medical hypnosis provides an educational adjunct to medical care using a natural altered state of mind to modulate and eliminate pain, and accelerate healing. Hypnosis is the process of accessing subconscious thought, where our beliefs, feelings, emotions, habits, and automatic patterns reside. It also feeds into the autonomic nervous system which affects the physiological stress response to pain. The goal is to teach Veterans self-hypnosis to control their mental and physiological response to pain, and release any deep emotions tied to the pain or original injury. After a series of classes, individual sessions are offered to address a person's specific issue.

The Feldenkrais Method® of somatic education uses movement and awareness to help people to develop new possibilities for action. It is taught in both group and one-on-one sessions, and helps those with chronic pain discover how to move with minimum effort and maximum biomechanical efficiency through increased consciousness of movement. Unlike Physical Therapy, which often focuses on muscles and strength training, Feldenkrais focuses on movement patterns, engaging neuroplasticity to interrupt maladaptive patterns of movement, and creating new responses to pain-limiting restrictions to optimize function.

Patient outcomes are tracked using the Brief Pain Inventory, Multidimensional Health Locus of Control, Pain Catastrophizing Scale, Patient Health Questionnaire, Oswestry Disability Index, and the World Health Organization Quality of Life. Preliminary data from the first year demonstrated a reduction in pain intensity by 26% with Feldenkrais and 42% with hypnotherapy. Pain interference was reduced 27% with Feldenkrais and 45% with hypnotherapy. Qualitative outcomes have included statements such as "This program by far has helped me more than any medication that the VA doctors have prescribed," "this program has enabled me to return to work" and "This saves lives."

Learning Objectives:

- Describe uses of CAM therapies
- Discuss Data Management in Pain Programs
- Assess Utilization of Outcome Measures to Improve Care