

Untangling the Web of Pain: A Team Approach

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Patient History:

- B cell ALL, status post bone marrow transplant, severe graft versus host disease, avascular necrosis of bilateral hips

Problem list:

- Severe grade IV acute graft versus host disease
- Chronic renal insufficiency
- BK virus associated hemorrhagic cystitis
- Chronic severe hypertension
- Chronic pain, multifactorial
- Chronic debilitation
- Situational depression

Psychosocial

- Adopted- @ 2 months-open adoption
- Diagnosed with ADHD
- Adopted Mom diagnosed with breast cancer
- Change in Family Dynamics



STRESSORS

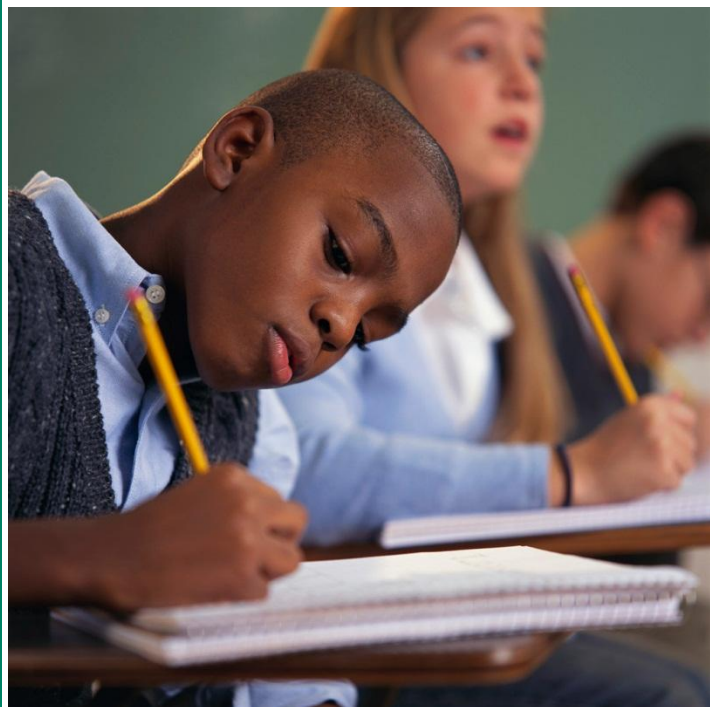
CHURCH

FAMILY

FRIENDS

SCHOOL BAND

Objectives

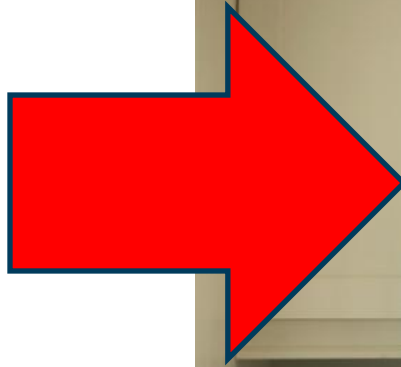


- Identify self-regulation strategies complementary to the medical management of pain.
- Discuss the implementation of clinical hypnosis and biofeedback in a complex case involving cancer pain.

A person wearing an orange long-sleeved shirt and khaki pants is sitting on a wooden library shelf, reading an open book. The person's legs are spread apart, resting on the shelf. The background is filled with rows of books on shelves, creating a library atmosphere. The lighting is warm and focused on the person and the book they are reading.

Cognitive preparation

You are ^{Provider is} are



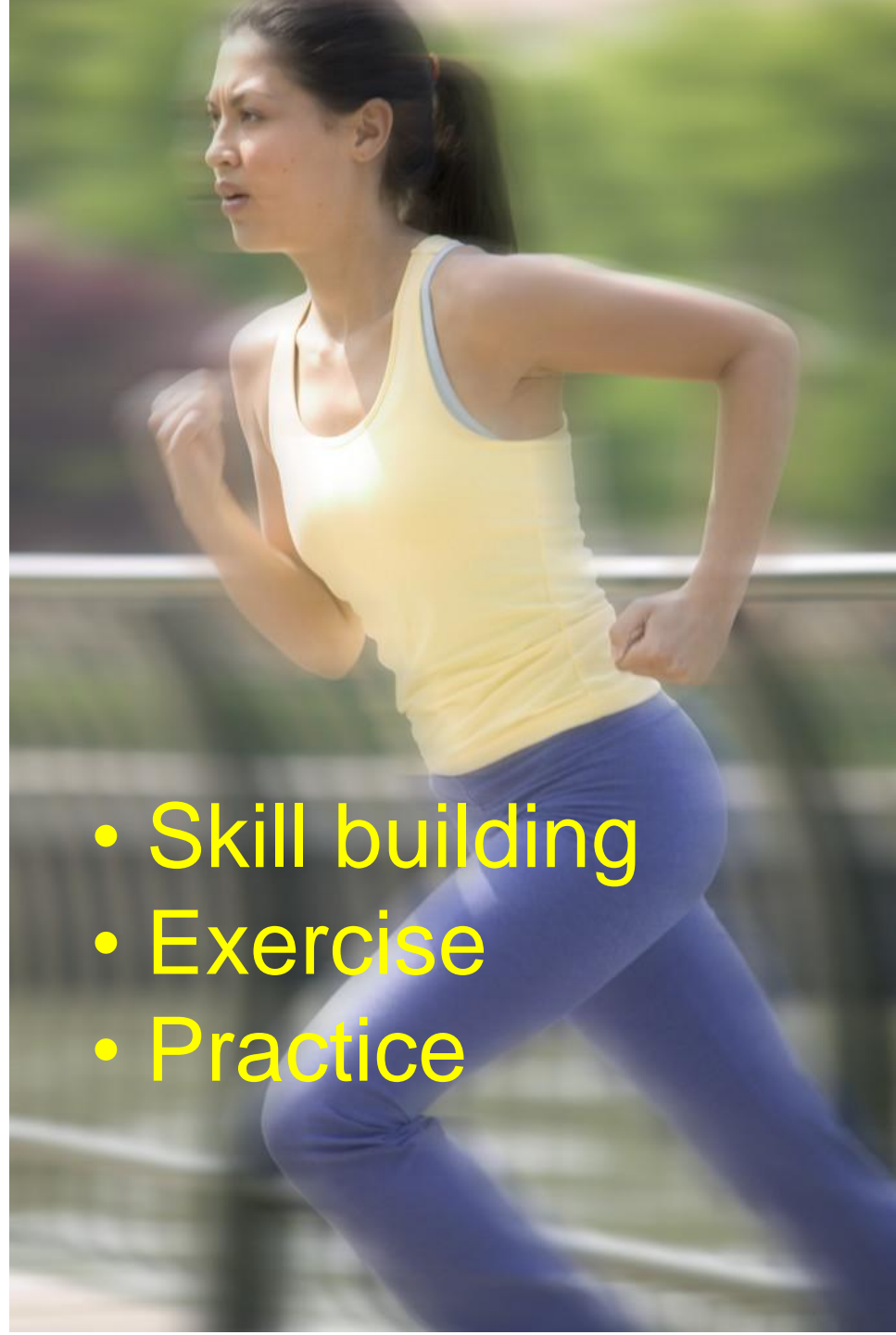


Coach

Star

“Take your nervous system into the gym”

- Skill building
- Exercise
- Practice



Pills

&

Skills



- External LOC
- Effect: steady/tapering
- Side effects undesired

- Internal LOC
- Effect strengthens
- Great side effects!

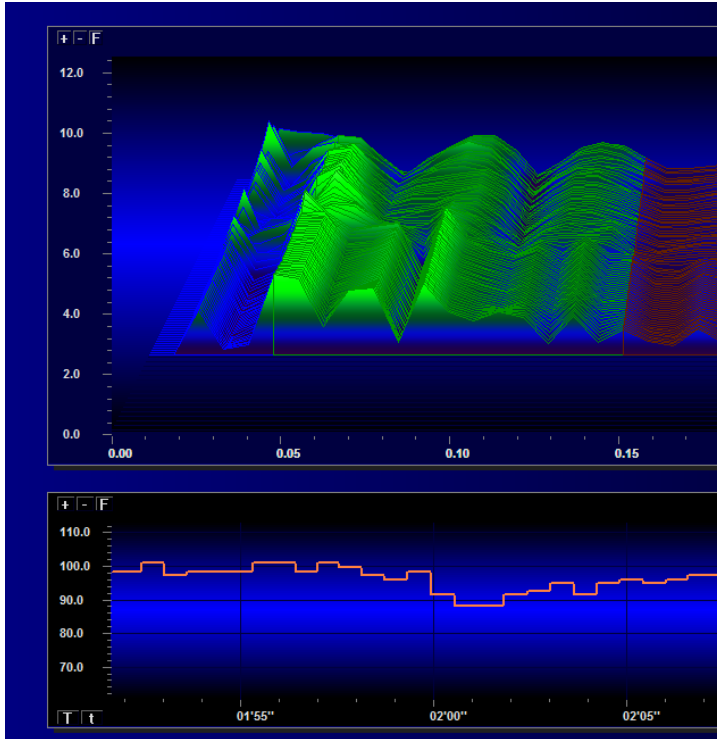
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The proper use of

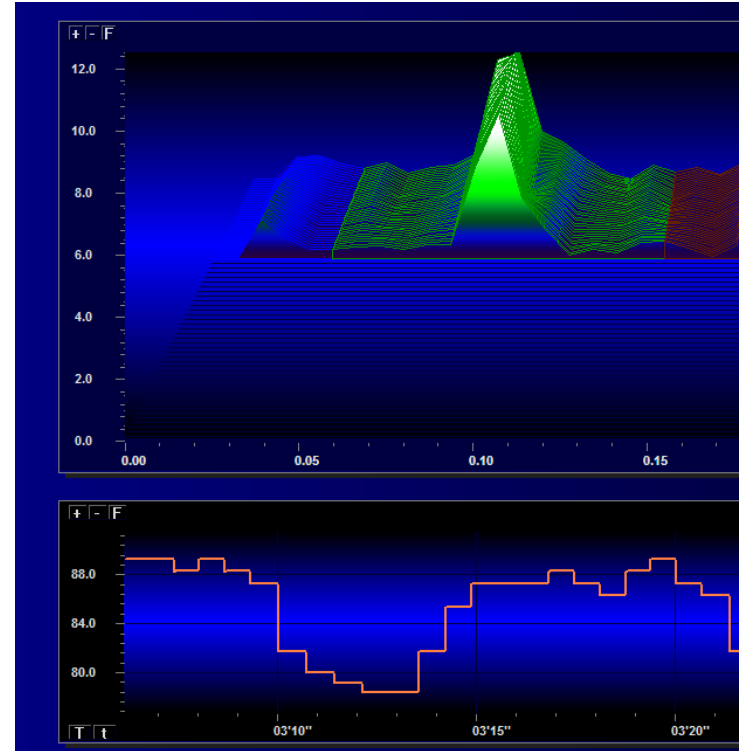


Deep Breathing

HRV & Breathing Pattern



Deep & Slow



Paced, 6 BPM



Clinical
hypnosis

Guided
imagery

Passive
progressive
muscle
relaxation

Biofeedback

Breath
awareness

Opioid Options

- Hydrocodone
- Oxycodone
- Dilaudid
- Methadone
- Morphine
- Fentanyl

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Delivery Options

- Intravenous
- Oral
- Transmucosal
- Transdermal
- Intranasal
- Intrathecal

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Initial Treatment of Pain

- Patient had tried hydrocodone and pain was not well controlled
- Methadone was initiated and the dose titrated
- Pain improved dramatically

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A Bump in the Road

- Patient admitted for diarrhea and dehydration
- Renal failure
- Methadone not an option

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Our Patient Now

- Maintained on fentanyl patch with good results
- Continues to have some chronic kidney issues
- Pain well controlled

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Questions

