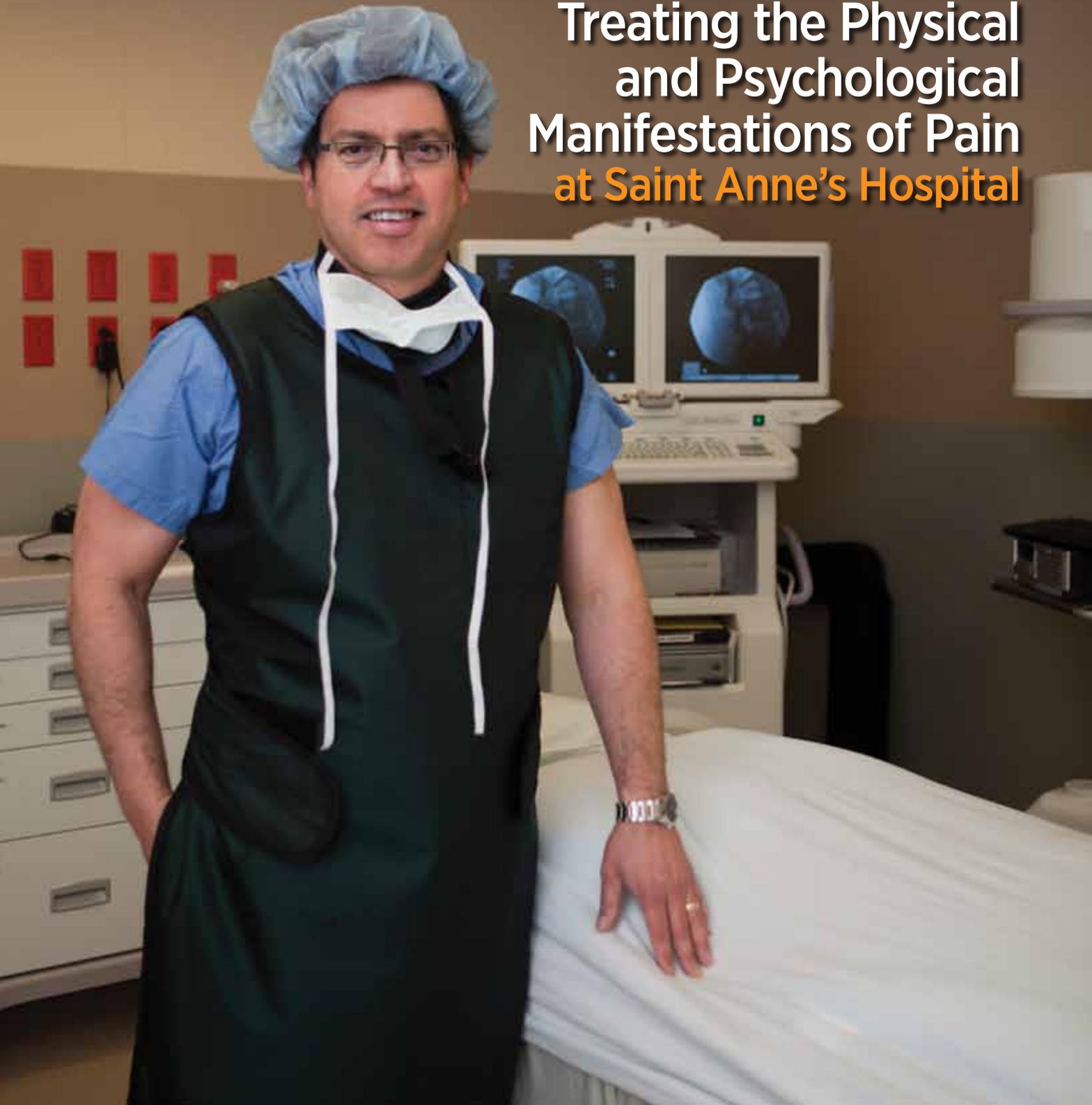


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## Treating the Physical and Psychological Manifestations of Pain at Saint Anne's Hospital



# Treating the Physical and Psychological Manifestations of Pain at Saint Anne's Hospital



ACCORDING TO A RECENT REPORT PUBLISHED BY THE INSTITUTE OF MEDICINE, MORE THAN 116 MILLION AMERICANS EXPERIENCE PERSISTENT PAIN LASTING FROM WEEKS TO YEARS. ALTHOUGH THE TOTAL MEDICAL COSTS OF THESE PATIENTS RANGE FROM \$560 BILLION TO \$635 BILLION ANNUALLY, THE DICHOTOMY BETWEEN OVERPRESCRIBING AND UNDERPRESCRIBING OPIOIDS AND OTHER NARCOTICS HAS CREATED AN OUTLET FOR THE INADEQUATE PAIN MANAGEMENT AND TREATMENT OF MANY PATIENTS.

**C**HRONIC PAIN IS often deeply rooted and connected to myriad possible causes. Pinpointing its origins can be daunting; however, the Steward Center for Pain Management at Saint Anne's Hospital understands the intricacy of treating complex pain cases and takes a multidisciplinary, state-of-the-art and mind-body approach to treating the whole patient to achieve pain relief. Established in 1994,

the center has grown from a two-specialist program to a network of centers boasting a team of all fellowship-trained physicians, a psychologist, counselors, a physiatrist, and other providers. The team also includes nurses who are board certified in pain management.

"A unique and very important piece of our program is our comprehensive mental health evaluation for patients with chronic pain," says Eric Dominguez, M.D.,

board-certified anesthesiologist, pain medicine specialist and Medical Director of the Center for Pain Management. "Chronic pain is a complex phenomenon. It's important to acknowledge that the way a person experiences pain is connected both physically and mentally. Patients seen at the Center for Pain Management are treated using advanced medical, psychological and lifestyle enhancement approaches to help eliminate or reduce chronic pain."

**"Physical medicine can play a vital role in lessening or eliminating a patient's chronic pain. By really understanding a patient's physical strengths and limitations and employing the right therapies and modalities, we are in a unique position to help our patients live more positive, productive lives."**

— Marc Adams, D.O., physical medicine and rehabilitation specialist at the Center for Pain Management at Saint Anne's Hospital



According to clinical psychologist Donald P. Corriveau, Ph.D., chronic pain can elicit emotional responses through various channels.

“Chronic pain involves a part of the brain called the limbic system, which plays a role in controlling our emotions,” says Dr. Corriveau, who oversees the psychological and behavioral health services of the pain management program. “So, it’s not surprising that the emotions of stress and depression are common with chronic pain sufferers — but it’s much more than that. Chronic pain can produce major changes in someone’s life, and these changes can have a devastating impact on patients and their families. Pain can be far-reaching in terms of the emotional consequences that can accompany it.”

When a patient is referred to the Center for Pain Management, he or she undergoes a thorough psychosocial evaluation, the results of which are reviewed by one of the fellowship-trained pain management physicians. Coupled with a review of the patient’s medical history, this evaluation can give physicians a general idea of the location, related symptoms and timeline of the patient’s pain, in addition to contributing behavioral factors, such as the presence — or lack — of a social support system in the patient’s life. From there, physicians can determine an individualized treatment plan that may encompass a range of therapies, from physical therapy and relaxation training to interventional procedures, such as epidural steroid injections and vertebroplasty.

### Digging into the Pain Psyche

The psychological component of the program helps patients overcome not only the physical aspects of pain, but also the mental obstacles of dealing with chronic pain. In addition, because pain often leads to excessive muscle tension — which can actually activate or intensify the pain condition — patients also learn progressive muscle relaxation exercises to help break that cycle.

Other components of behavioral medicine and psychological intervention include:

- + assessment of living situations



Left to right: Pain medicine specialists Angela Haliburda, D.O.; Marc Adams, D.O.; and Eric Dominguez, M.D.; and psychologist Donald Corriveau, Ph.D., are members of the Saint Anne’s Hospital multidisciplinary team that works together in providing a mind-body approach to managing chronic pain.

Among the physicians and board-certified nurses who staff the Saint Anne’s Hospital pain management program are (L-R) Eric Dominguez, M.D.; Judith Harrison, M.S.N., APRN, ANP-BC; William Guptill, D.M.D., M.D.; Angela Haliburda, D.O.; Christopher Stowe, M.D.; Dina Mello, M.S.N., ANP-BC; and Marc Adams, D.O.



## MEET THE EXPERTS

**COMPRISED OF A** multidisciplinary team of experienced professionals, the Center for Pain Management staff includes registered pain management nurse specialists, a physiatrist, physical therapists, interpreters and an acupuncturist, in addition to:

- + Eric Dominguez, M.D., Medical Director
- + Angela Haliburda, D.O.
- + William E. Guptill, D.M.D., M.D.
- + Christopher Stowe, M.D.
- + Marc Adams, D.O.
- + Donald P. Corriveau, Ph.D.
- + Judith Harrison, ANP
- + Dina Mello, ANP
- + Myrna Condon, LMHC
- + Douglas Hughes, LMHC
- + Leah Rowe, M.A.
- + Brenda Sweeney, LMHC

- + activity management
- + development of appropriate anxiety- and pain-coping responses
- + lifestyle evaluation and modification
- + pain-reduction training
- + relaxation training
- + stress management
- + treatment of depression

The Center for Pain Management at Saint Anne’s Hospital also pays significant attention to patients’ lifestyle habits. Diet, smoking, excess weight and physical activity are all connected to and play an important role in managing pain. The center offers a variety of educational programs and lectures that address different aspects of lifestyle habits as they relate to proper

management of pain, such as appropriate use of opiate medications, nutritional guidance, lifetime pain medicine and smoking cessation.

### Recognizing the Reality of Addictive Medicine

Specialists at the Center for Pain Management acknowledge that, without proper management, many prescription medications used to treat chronic pain can lead to addiction or, in extreme cases, overdose fatalities. The Centers for Disease Control and Prevention reports that in 2008 drug overdoses caused 36,450 deaths in the United States. Of those deaths, 20,044 were directly linked to prescription drug overdoses, with 14,800 involving opioid analgesics. To address these alarming trends, the American Society of Interventional Pain Physicians (ASIPP) advocates continuing physician, provider and patient education. In the society’s journal *Pain Physician*, ASIPP



Eric Dominguez, M.D., is Medical Director of the Steward Center for Pain Management at Saint Anne's Hospital.



Angela Haliburda, D.O., is a pain medicine specialist who also is board certified in addiction medicine.

characterized education as “a crucial component of any program to control the diversion of prescription drugs.”

To help ensure patients have the necessary resources and supervision to appropriately administer and control their prescription medications, the center offers the services of Angela Haliburda, D.O., pain management and addiction medicine specialist.

“Many times, problems with opioid addiction surface only after patients begin treatment for chronic pain. This makes addiction management a vital part of overall pain management,” Dr. Haliburda says. “We don’t cast out patients who either develop or have a known history of substance abuse. I work with them from both addiction and pain perspectives.”

Instead of excluding medications from these patients’ treatment plans, Dr. Haliburda uses them in a controlled and strict environment. Monitoring methods include pill counting, frequent

urine testing and additional follow-up visits. Specialists at the Center for Pain Management also utilize physical medicine and rehabilitation techniques to curb patients’ pain, thus reducing the amount of medication needed to relieve pain and helping patients avoid medication abuse.

“For patients dealing with chronic pain, whether the result of an injury, illness or other condition, it’s important to be involved in physical or occupational therapy and establish an exercise program,” says Marc Adams, D.O., physical medicine and rehabilitation specialist at the Center for Pain Management. “I use gentle osteopathic manipulation, movement techniques, bracing and some therapeutic modalities to restore patients’ confidence in their bodies, which encourages them to get back to some of the activities they used to enjoy. They can live a more fulfilling life, be a better family member, and be a positive contributor to society.”

In addition, Dr. Adams incorporates diet and nutrition education into his sessions with patients.

### All-Encompassing Care

By interweaving pain management, psychological and behavioral health, physical medicine, and rehabilitation services all under one roof, patients are positioned to receive comprehensive, multidisciplinary care. To accommodate the high demand for pain management services, the Center for Pain Management at Saint Anne’s Hospital offers convenient locations in Swansea, Fall River and Dartmouth, with a fourth scheduled to open in East Providence, RI, this summer.

*For more information or to inquire about patient referrals, call (508) 675-5640 or e-mail [pain.management@steward.org](mailto:pain.management@steward.org). Detailed information also is available at [www.stewardhealth.org/painmanagement](http://www.stewardhealth.org/painmanagement).* ■



Steward Health Care System  
Centers for Pain Management

(508) 675-5640

[www.stewardhealth.org/painmanagement](http://www.stewardhealth.org/painmanagement)

## MYRIAD TREATMENT MODALITIES

THE CENTER FOR PAIN MANAGEMENT AT SAINT ANNE’S HOSPITAL provides patients a broad spectrum of treatment options for managing chronic pain. Conditions commonly treated at the center include:

- |   |                           |                                      |
|---|---------------------------|--------------------------------------|
| + arthritis                                       | + intercostal neuralgia   | + postmastectomy pain                |
| + back pain                                       | + ischemia-related pain   | + postoperative pain                 |
| + cancer-related pain                             | + myofascial pain         | + post-thoracotomy pain              |
| + chronic neck pain                               | + neurogenic pain         | + reflex sympathetic dystrophy (RSD) |
| + diabetes-related pain                           | + osteoporosis            | + sciatica                           |
| + fibromyalgia                                    | + polymyalgia             | + shingles (herpes zoster)           |
| + human immunodeficiency virus (HIV)-related pain | + post-herpetic neuralgia | + stress-related pain                |
|   | + postlaminectomy pain    | + temporomandibular disorders (TMJ)  |

The pain management team at the Center for Pain Management tailors treatment to each individual and addresses not only physical contributors to pain, but also those related to behavioral and mental health.

Treatments for pain management include, but are not limited to:

- |   |   |
|---|---|
| + diagnostic facet joint injections                 | + medication and substance abuse management   |
| + behavioral medicine components                    | + peripheral and sympathetic nerve blocks   |
| + epidural steroid injections                       | + spinal implantation techniques for electrical stimulation or medical administration |
| + integration of supplementary components           | + transcutaneous electrical nerve stimulation   |
| + physical conditioning and rehabilitative programs | + vertebroplasty  |
| + psychological interventions                       |   |