Pain Care Symposium- www.woundedwarriorpaincare.com

In September 2011, the WWPCI had the 1st Wounded Warrior Pain Care Symposium, based on educating PCMs on pain management techniques and developing an integrated approach to treating Wounded Warriors. This event will be annually and projected to be Bi-coastal.

CAM Complimentary Alternative Medicine (Attach PowerPoint Presentation)

Battlefield Acupuncture
A training or two will be offered in the upcoming 2012 year!
Please look for information coming your way or if you have questions contact the POCs by email.

Resources (see attached)
Complementary and Alternative Medical Treatments for Pain Management

Joan Ordman, MD
American Board of Medical Acupuncture, Fellow
American Board Internal Medicine
American Board of Holistic and Integrative Medicine, Founding Member
"Medical interventions not taught widely at US medical schools or generally not available in US hospitals"

David Eisenberg 1993
“A diverse group of medical systems, used throughout the world to promote health, well-being and to treat disease, some of which have been incorporated into western medical practices”

Malcolm Riley, F.D.S.
Complementary and Alternative Therapies

- Nutritional medicine
- Herbal medicine
- Functional medicine
- Mind-body work

- Manual Medicine
- Acupuncture
- Homeopathy
- Traditional Medical Systems
WHY TALK ABOUT NUTRITION?

• Nutrients
  – fight infection
  – fight cancer
  – fight inflammation
  – building blocks to repair and heal
    • Immune system
    • Muscle Mass

• Food as Medicine
  – Not all food is created equal
High Glycemic Foods

- Processed Foods
- Juices, syrups, sodas
- Sweets
- Most starches
  - White potatoes
- THE WHITES
  - Bread, pasta, rice, potatoes
omega-3 EFA such as EPA and docosahexaenoic acid (DHA) have inhibitory effects on inflammation and tumorgenesis, but omega-6 EFA such as AA and linoleic acid have proinflammatory and tumor-growth-enhancing properties.”

Jho, David H. et al. Role of Omega-3 Fatty Acid Supplementation in Inflammation and Malignancy, INTEGRATIVE CANCER THERAPIES 3(2); 2004 pp. 98-111
Cold water fish
  salmon, haddock, halibut, bass, cod, mackerel, sardine
Borage Oil
Flax Seeds and Oil
Evening Primrose Oil
Conjugated linoleic acid

Supplements
EPA, DHA
PROTEIN

• Needed to maintain muscle mass
• Needed to repair muscle
• Body will break down muscle....
  – Fish, poultry, meat, eggs
  – Nuts
  – Dairy
MIND BODY MEDICINE

• Meditation
• Progressive Relaxation
• Guided Imagery
• Yoga
MANUAL MEDICINE

- Chiropractic
- Massage
ACUPUNCTURE

• Imbalance of Qi
• Modulate Neurotransmitters
Figure 4: Meridians of the Head (Lateral View)

Notes: Points KI 1, DU 28, and HT 1 cannot be seen in this figure.
- KI 1 is located on the sole of the foot at the depression that appears during plantar flexion at the junction of the anterior third and posterior two-thirds of the line connecting the base of the second and third toes and the heel.
- DU 28 is located under the upper lip, at the junction of the labial frenulum and upper gum.
- HT 1 is located at the apex of the axillary fossa, just medial to the axillary artery.
ACUPUNCTURE-SCHOOLS

- 5 Elements
- 8 Principles
- Medical Energetics
- Battle Field Acupuncture
- Korean Hand acupuncture
- Scalp acupuncture
- Harari
THEORY-RELEASE OF NEUROTRANSMITTERS

• Needling stimulates the CNS
  – Spinal Cord
    • Enkephalin, dynorphin release
  – Midbrain
    • Enkephalin release
  – Hypothalamus
    • B-endorphin release
    • Increased blood flow in thalamus
  – Adrenal Gland
    • ACTH release
1997 NIH Consensus Statement on Acupuncture

- Nausea and vomiting
- Pain control
- Addictions
ACUPUNCTURE

Treatment of Lower Back Pain

- 60 patients with low back pain-herniation
- decrease intensity of LBP pain
- decrease intensity of radicular pain 64 to 12
- 3-12 months later 88% satisfied

Does acupuncture have additional value to standard post stroke motor rehabilitation?

- 106 patients
- moderate to severe functional impairment
- 3-5 days after a stroke
- Conventional therapy
- No statistical significance

The use of auricular acupuncture to reduce preoperative anxiety

Acupuncture and clinical hypnosis for facial and head and neck pain: a single crossover comparison.

Chronic neck pain: a comparison of acupuncture treatment and physiotherapy
WHAT TO EXPECT?

• Treatments
  – Needling
    • Body Points
    • Ear Points
    • Scalp Points
  – Laser
  – Stimulation
Figure 4: Meridians of the Head (Lateral View)

Notes: Points KI 1, DU 28, and HT 1 cannot be seen in this figure.
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- DU 28 is located under the upper lip, at the junction of the labial frenulum and upper gum.
- HT 1 is located at the apex of the axillary fossa, just medial to the axillary artery.
NADA PROTOCOL

- Lung
- Liver
- Kidney
- Shen Men
- Sympathetic
(a) Somatosensory cortex in right cerebral hemisphere

(b) Motor cortex in right cerebral hemisphere
WHAT TO EXPECT?

• During Treatment
  – Relaxation
  – Sleepy
  – Pain reduction or elimination
  – Improvement in sense of well-being
WHAT TO EXPECT?

• After Treatment
  – Relaxation
  – Pain reduction or elimination
  – Improvement in sense of well-being
  – Improvement in insomnia
  – Increased activity for same level of pain
  – (Improved function)
WHAT TO EXPECT?

- Improvement for hours, days, weeks
- Treatments have cumulative effects
- Treatments given
  - few times a week
  - weekly
  - as needed
References & Resources for Physicians

- [http://www.biomedcentral.com/1472-6882/7/16](http://www.biomedcentral.com/1472-6882/7/16) -- Complementary and alternative medicine use among US Navy and Marine Corps personnel
- [http://www.agencymeddirectors.wa.gov/Files/PrescGuide.pdf](http://www.agencymeddirectors.wa.gov/Files/PrescGuide.pdf) -- Cautious, Evidence-Based Opioid Prescribing
References & Resources for Physicians


HTTP://WWW.NEJM.ORG/DOI/FULL/10.1056/NEJM200011023431802 -- A COMPARISON OF LEVOMETHADYL ACETATE, BUPRENORPHINE, AND METHADONE FOR OPIOID DEPENDENCE-OVERVIEW

http://jama.ama-assn.org/content/267/20/2750.abstract -- A Controlled Trial of Buprenorphine Treatment for Opioid Dependence- overview of study

http://www.ncbi.nlm.nih.gov/pubmed/10714729 -- Methadone maintenance vs 180-day psychosocially enriched detoxification for treatment of opioid dependence: a randomized controlled trial. – Overview


http://clinicaltrials.gov/ct2/show/NCT01278355 The Feasibility of Integrating Ear Acupuncture into the Aeromedical Evacuation System from Ramstein AB to Andrews AFB


http://www.anesthesia-analgesia.org/content/108/2/635.full.pdf -- Microcirculatory Responses to Acupuncture Stimulation and Phototherapy.


http://www.rehab.research.va.gov/jour/03/40/5/kerns.html -- Veterans’ Reports of Pain and Associations with Ratings of Health, Health-Risk Behaviors, Affective Distress, and Use of the Health Care System

http://jama.ama-assn.org/content/301/20/2099.full.pdf -- Optimized Antidepressant Therapy and Pain Self-management in Primary Care Patients With Depression and Musculoskeletal Pain