

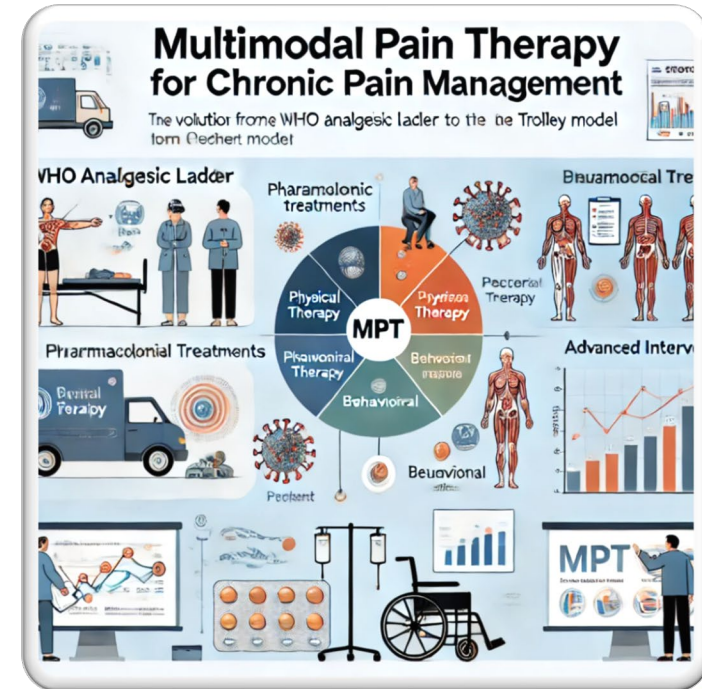
Multimodal Pain Management

Exploring Evidence-Based Approaches to Improve Patient Outcomes

Yashar Eshraghi, MD

Program Director, Pain Medicine Fellowship Program
Associate professor Ochsner Health System University of
Queensland Ochsner Medical School Department of
Anesthesiology

Clinical Assistant Professor- Louisiana State University
School of Medicine



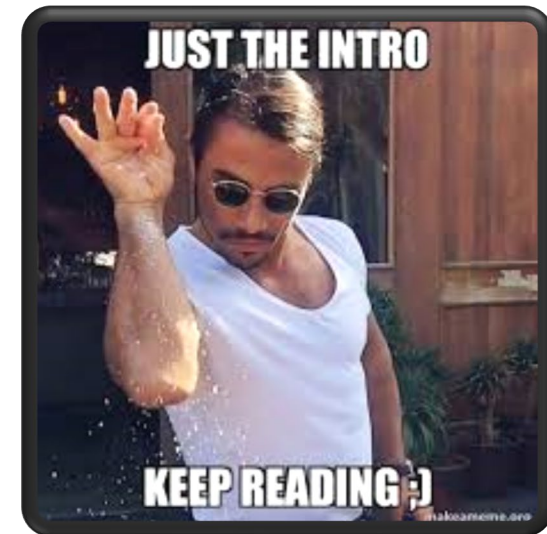
COI

- Research PI: AVANOS, SPR, SGX/ Medtronic (Ended in last 24 months)
- Research consultant for Autonomous Healthcare Inc.
- Saluda Medical Americas Inc. (Advisory Services Materials Development)
- SPR (Advisory Services Materials Development)

Introduction

Multimodal Pain Management Holistic approach to pain relief

- ❑ **Overview:** Multimodal Pain Management (MPM), which uses a combination of therapies to manage pain more effectively.
- ❑ **Concept:** Developed to address complex pain mechanisms by targeting multiple pathways, including both physiological and psychological components.
- ❑ **Significance:** MPM is crucial in modern medicine as it aligns with the biopsychosocial model, recognizing the physical, mental, and social dimensions of pain.



Mechanisms of Action in MPM

Targets pain pathways in the CNS and PNS

Engaging neurotransmitters and neuromodulators
for comprehensive pain control.



Principles of Multimodal Approaches

Improves outcomes and reduces side effects associated with single-treatment approaches

Enhanced
Pain Relief

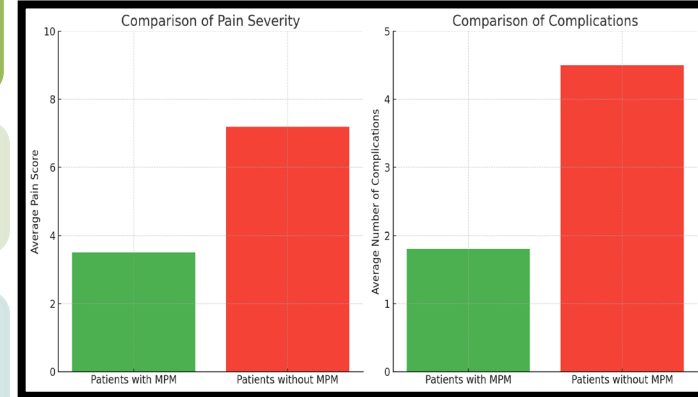
Provides better pain relief with reduced side effects compared to traditional single-drug approaches.

Patient Outcomes

Reduced opioid dependency, enhanced recovery times, and improved mental health.

Case Study Insight

Wick, Grant, & Wu (2017) in *JAMA Surgery* reveal that postoperative patients in MPM pathways experience less severe pain and fewer complications.



Principles of Multimodal Approaches

Combination of Treatments:

Pharmacologic treatments (NSAIDs, opioids) and non-pharmacologic therapies (CBT, acupuncture).

Patient-Specific Tailoring

Approaches are customized based on pain type, intensity, and patient comorbidities.

Evidence

Deckert et al. (2015), standardizing outcome measures in MPM helps achieve consistent results across patient populations.



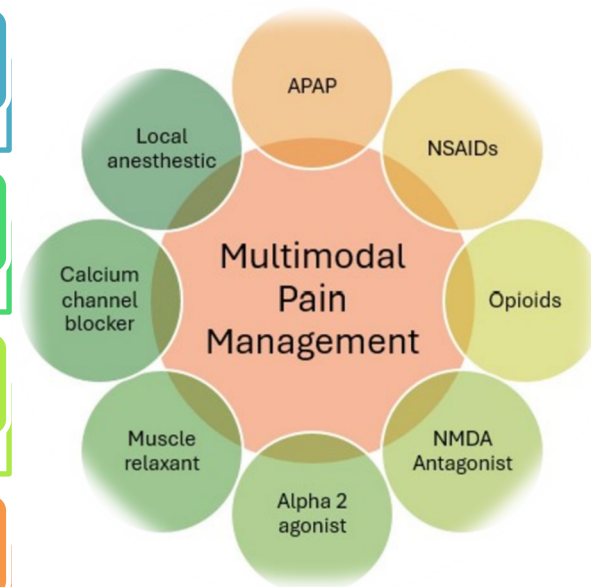
Advantages of MPM

Lower risk of opioid dependency

Enhanced patient satisfaction

Improved functional outcomes

Reduced adverse effects



MPM vs Traditional Pain Management

Traditional pain management
Focuses on
single-modality treatments

May lead to:
Incomplete pain control
Higher side effects



Non-Pharmacological Interventions

Types of Interventions

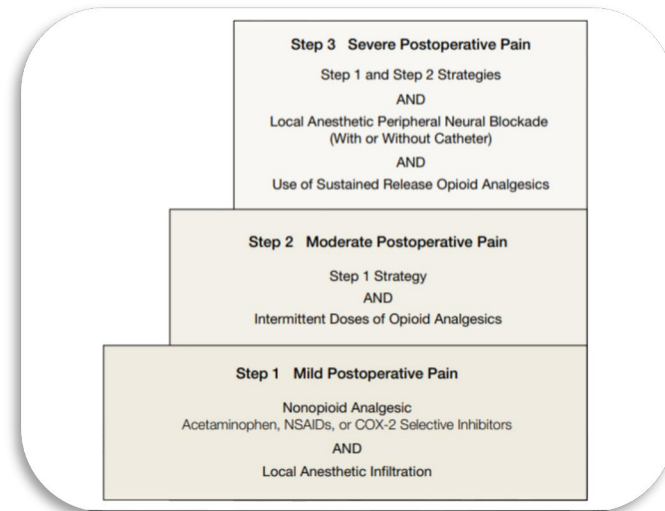
Physical therapy, mindfulness, cognitive-behavioral therapy (CBT), acupuncture, and exercise.

Benefits

Reduces reliance on medications, addresses mental aspects of pain, and improves patient self-efficacy.

Study Insight

Crews (2002) highlights the value of physical therapy in ambulatory care, which aids in functional recovery.



Pharmacological Components

Categories

Non-opioid analgesics (NSAIDs, acetaminophen), opioids, adjuvant analgesics (gabapentinoids).

Roles

NSAIDs reduce inflammation
Opioids are for severe pain
Gabapentinoids address neuropathic pain

Hartrick (2004) in *American Journal of Health-System Pharmacy* underscores the role of NSAIDs and opioids in multimodal pain control.



Evidence-Based Advantages

Improved Outcomes

MPM patients generally report faster recovery, higher satisfaction, and fewer adverse effects.



Reduction in Hospital Stay

Lower hospitalization duration and fewer readmissions due to better pain control.



Wick et al. (2017) describe reduced postoperative opioid use and improved recovery in ERAS (Enhanced Recovery After Surgery) pathways with MPM.

Clinical Review & Education

JAMA Surgery | Review

Postoperative Multimodal Analgesia Pain Management With Nonopioid Analgesics and Techniques A Review

Elizabeth C. Wick, MD; Michael C. Grant, MD; Christopher L. Wu, MD

IMPORTANCE Amid the current opioid epidemic in the United States, the enhanced recovery after surgery pathway (ERAS) has emerged as one of the best strategies to improve the value and quality of surgical care and has been increasingly adopted for a broad range of complex surgical procedures. The goal of this article was to outline important components of opioid-sparing analgesic regimens.

OBSERVATIONS Regional analgesia, acetaminophen, nonsteroidal anti-inflammatory agents, gabapentinoids, tramadol, lidocaine, and/or the *N*-methyl-D-aspartate class of glutamate receptor antagonists have been shown to be effective adjuncts to narcotic analgesia. Nonsteroidal anti-inflammatory agents are not associated with an increase in postoperative bleeding. A meta-analysis of 27 randomized clinical trials found no difference in postoperative bleeding between the groups taking ketorolac tromethamine (33 of 1304 patients [2.5%]) and the control groups (21 of 1010 [2.1%]) (odds ratio [OR], 1.1; 95% CI, 0.61-2.06; *P* = .72). After adoption of the multimodal analgesia approach for a colorectal ERAS pathway, most patients used less opioids while in the hospital and many did not need opioids after hospital discharge, although approximately 50% of patients received some opioid during their stay.

CONCLUSIONS AND RELEVANCE Multimodal analgesia is readily available and the evidence is strong to support its efficacy. Surgeons should use this effective approach for patients both using and not using the ERAS pathway to reduce opioid consumption.

JAMA Surg. 2017;152(7):691-697. doi:10.1001/jamasurg.2017.0898
Published online May 31, 2017.

CME Quiz at
jamanetwork.com/learning
and CME Questions
page 712

Author Affiliations: Department of Surgery, University of California, San Francisco (Wick); Department of Anesthesiology and Critical Care Medicine, The Johns Hopkins Hospital, Baltimore, Maryland (Grant, Wu).

Corresponding Author: Elizabeth C. Wick, MD, Department of Surgery, University of California, San Francisco, 513 Parnassus Ave, Room 5549, San Francisco, CA 94143 (elizabeth.wick@ucsf.edu).

Challenges in Implementation

Standardization Issues

Lack of uniform protocols and outcome measures across healthcare systems.

Cost and Accessibility

Non-pharmacological treatments may not be covered by insurance, limiting access for some patients.

Socioeconomic Disparities

Studies by Pieh et al. (2012) show that low-income populations have less access to comprehensive pain management.



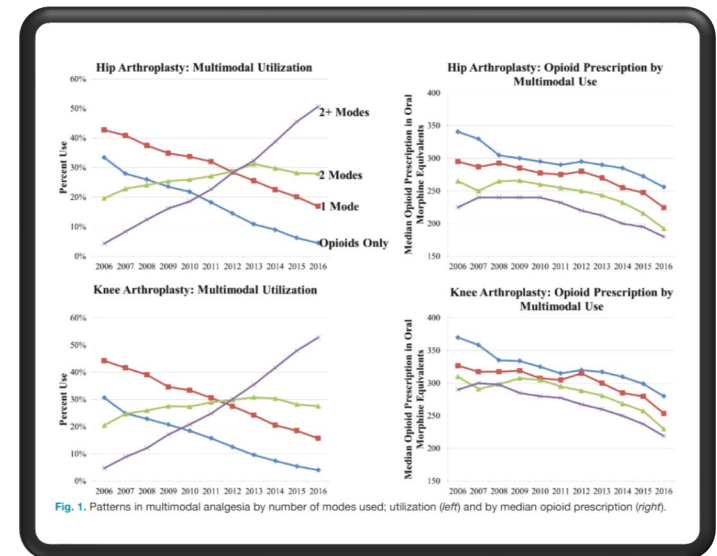
Case Studies in Perioperative Care

ERAS Protocol

- Enhanced Recovery After Surgery (ERAS) uses MPM to reduce reliance on opioids, combining non-opioid analgesics and CBT.

Outcome Data

- Memtsoudis et al. (2018) found lower opioid consumption and faster discharge times in perioperative settings with MPM.



Looking Ahead: Personalized Pain Management

Future Innovations

- Emerging technologies such as AI and digital health tools for real-time monitoring and adjusting pain management protocols.

Research on Personalization

- Wardhan & Chelly (2017) emphasize the need for tailoring pain management based on genetic, psychological, and social factors.

Personalized MPM holds promise for enhanced efficacy and patient satisfaction.



Role of Multimodal Pain Management in Reducing Opioid Dependence

Impact on Opioid Usage

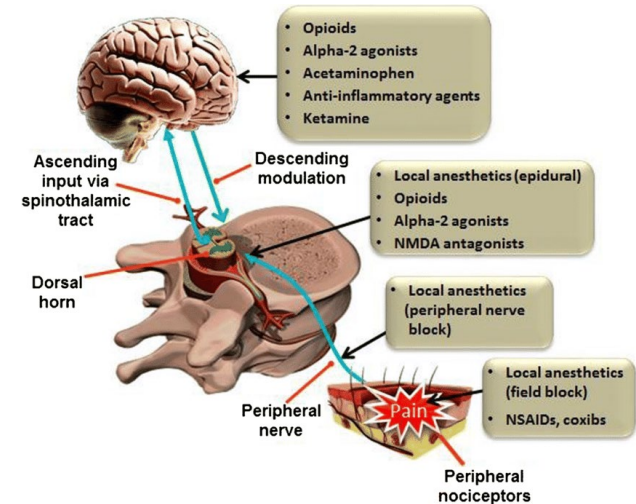
- MPM significantly decreases the need for opioids by offering alternative pain relief methods.

Research Findings

- Studies by Wick et al. (2017) in *JAMA Surgery* report up to 40% reduced opioid prescriptions with effective MPM.

Additional Benefits

- Lower risk of opioid-related side effects, addiction, and dependency.



Psychological Techniques in MPM

CBT, mindfulness, and biofeedback

Help patients manage pain perception

Enhance coping mechanisms



Cognitive-Behavioral Therapy

CBT in Pain Management

- Teaches patients coping strategies, reshapes pain perceptions, and reduces anxiety.

Study Insights

- Deckert et al. (2015) highlight that CBT helps manage chronic pain by addressing mental health factors.

Effectiveness

- CBT combined with physical therapy and medication improves pain outcomes and reduces functional disability.



Non-Pharmacologic Interventions

Acupuncture
Yoga
Meditation



Offer complementary pain relief methods
Support MPM's holistic approach

Acupuncture and Alternative Therapies

Alternative Therapies in MPM

Acupuncture, Chiropractic care, Massage



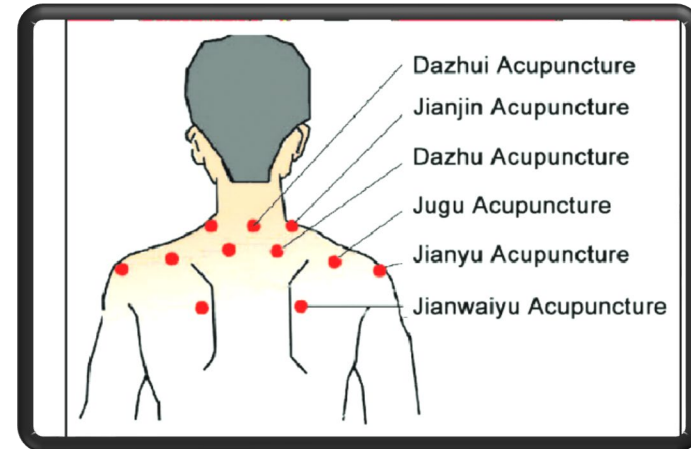
Benefits

Enhances relaxation, reduces pain perception, and lowers medication needs.



Research

Sherman et al. (2020) found acupuncture reduces pain intensity by 20-40% in chronic pain cases.



Gender Differences in Multimodal Pain Management Outcomes

Research Findings

- Pieh et al. (2012) revealed that gender differences impact pain response and MPM outcomes.

Men vs. Women

- Women are more likely to respond to therapies like CBT, while men often benefit from more physical interventions.

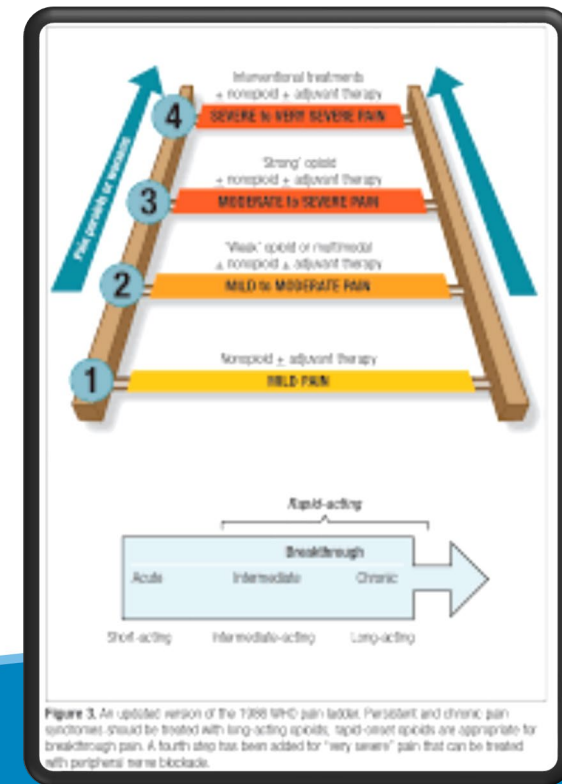
Clinical Implications

- Customizing MPM based on gender can enhance effectiveness and patient satisfaction.



Case Study: MPM in Cancer Pain

- MPM helps manage complex cancer pain by combining pharmacologic and non-pharmacologic methods.



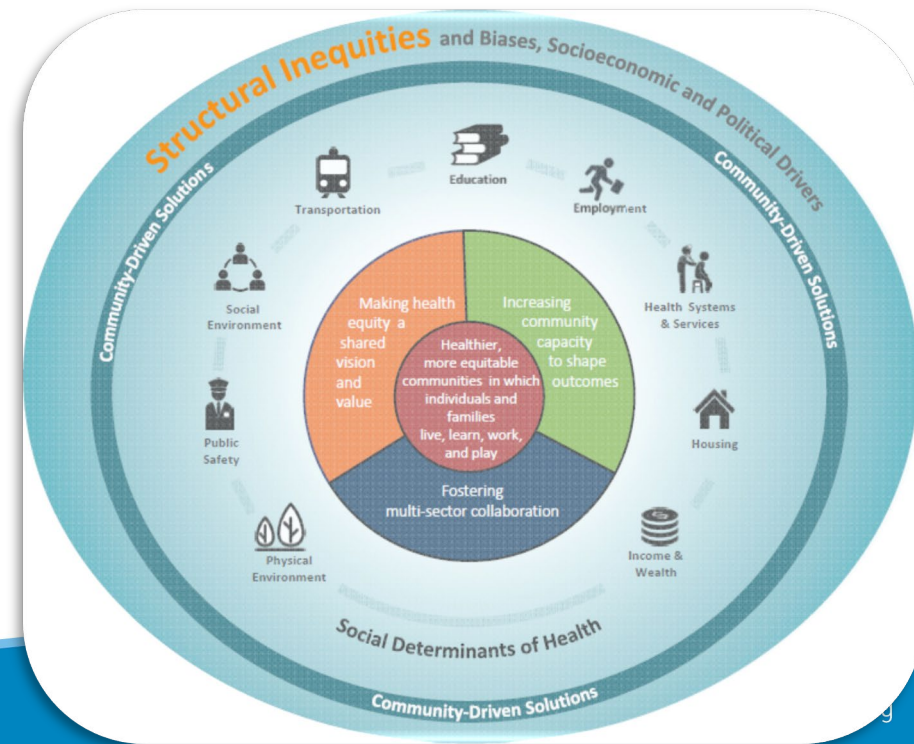
MPM in Pediatric Pain Management

□ MPM is essential in pediatrics to address developmental and emotional factors in pain experience.



Socioeconomic and Racial Disparities in Access to MPM

- **Accessibility Challenges:** Low-income and minority groups face barriers to accessing comprehensive pain management.
- **Data Insight:** Memtsoudis et al. (2018) highlight that lack of insurance and limited clinic availability reduce access to MPM for marginalized communities.
- **Potential Solutions:** Community health programs and insurance reform to improve equitable access.



Outcomes in Chronic Pain Management with MPM

- **Pain Relief & Functionality:** MPM enhances pain relief and improves daily functioning.
- **Long-Term Benefits:** Studies show sustainable results up to 12 months post-treatment with fewer relapses.
- **Data:** Deckert et al. (2015) report 60% of MPM patients experience lasting benefits in both pain intensity and physical function.



Cost-Effectiveness of Multimodal Pain Management

- **Financial Benefits:** MPM reduces long-term costs by decreasing chronic pain-related healthcare visits.
- **Cost Analysis:** Studies show MPM lowers opioid dependency, minimizing expensive treatments and side effects.
- **Data Insight:** Memtsoudis et al. (2018) found a 25% reduction in healthcare costs with MPM.



Patient Satisfaction and Quality of Life in MPM

- ❑ **Patient-Reported Outcomes:** High satisfaction due to reduced pain, enhanced mobility, and lower opioid reliance.
- ❑ **Improved QoL:** Integrating physical and psychological treatments contributes to a well-rounded recovery.
- ❑ **Survey Data:** Wick et al. (2017) report 85% satisfaction rate in postoperative MPM patients.



















The Role of Technology in Enhancing MPM

- **Digital Health Tools:** Apps and wearables to track pain levels, medication, and physical activity.
- **Telemedicine:** Increases access to MPM, especially for remote or underserved populations.
- **Research Findings:** Sherman et al. (2020) found digital monitoring tools improved adherence and outcomes.



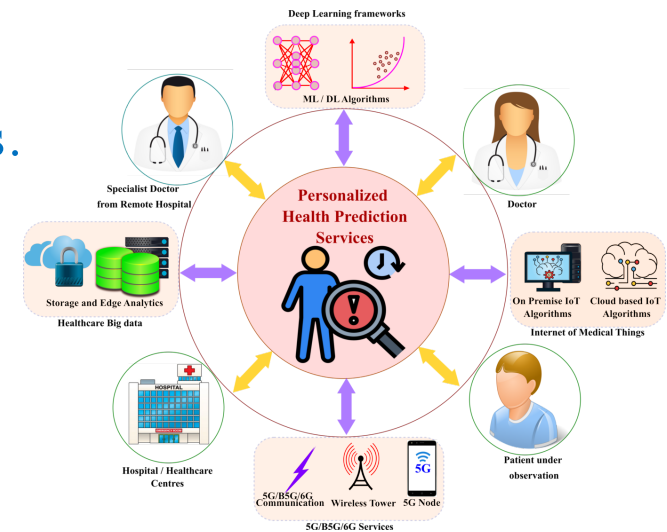
Current Limitations and Challenges in MPM Implementation

- **Barriers:** Limited insurance coverage, lack of standardized protocols, and availability of trained professionals.
- **Socioeconomic Factors:** Access disparities for low-income patients.
- **Future Goals:** Increase coverage, integrate MPM into standard care, and expand training for healthcare providers.

Barrier	Proposed Solution
 Limited Access to Multidisciplinary Care	 Boost funding for MPM programs and expand telemedicine for wider reach
 High Cost of Treatment	 Advocate for insurance coverage and develop affordable community-based programs
 Lack of Standardized Protocols	 Create evidence-based guidelines and standardized training for consistent care
 Poor Communication Between Teams	 Use integrated digital communication tools and hold regular team meetings
 Patient Adherence Issues	 Offer engaging patient education and personalized motivation techniques
 Cultural & Socioeconomic Disparities	 Design inclusive programs tailored to cultural contexts and address socioeconomic challenges
 Limited Long-Term Outcome Data	 Support long-term studies and use real-time tracking tools for continuous improvements
 Resistance to Non-Traditional Therapies	 Train healthcare providers on MPM benefits through workshops and courses

Future Directions in Multimodal Pain Management

- **Personalized Medicine:** Tailoring MPM based on genetic, lifestyle, and environmental factors.
- **Enhanced Protocols:** Ongoing research to refine combinations of therapies for various pain types.
- **AI and Data-Driven Insights:** Using predictive modeling to optimize treatment plans.



Summary and Key Takeaways

- **Integrated Approach:** MPM combines medications, therapy, and non-invasive techniques for a holistic treatment.
- **Evidence-Backed Outcomes:** Research supports improved pain control, reduced opioid dependence, and higher satisfaction.
- **Socioeconomic and Technological Impacts:** Addressing access issues and leveraging technology for better MPM reach.
- **Final Note:** MPM represents a paradigm shift in how we treat and manage chronic and postoperative pain.

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