

Impact and Prevalence of Chronic Pain



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Impact and Prevalence of Chronic Pain: An Overview

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**UCDAVIS
HEALTH**

**SCHOOL OF
MEDICINE**

Pain in Context

- ▶ US Department of Health & Human Services/CDC (11/2020)
 - ▶ 20.4% of the US population has chronic pain
 - ▶ 36.4% of these individuals have high-impact chronic pain
 - ▶ Chronic pain is most prevalent in women, individuals over 65, and non-Hispanic white adults
 - ▶ Prevalence higher in more rural areas

Zelaya CE, Dahlhamer JM, Lucas JW, Connor EM. Chronic pain and high-impact chronic pain among U.S. adults, 2019. NCHS Data Brief, no 390. Hyattsville, MD: National Center for Health Statistics. 2020.

Does pain serve any function or purpose?





Is all pain the same?

Acute Pain

- ▶ Hurt = Harm
 - ▶ Avoidance decreases damage
- ▶ Etiology:
 - ▶ Clear pathway
 - ▶ Often single cause
- ▶ Treatment Course
 - ▶ Fixed end point
 - ▶ Immobilization often essential for recovery
 - ▶ Medications

Chronic Pain

- ▶ Hurt \neq Harm
 - ▶ Fear-avoidance cycle
- ▶ Etiology:
 - ▶ Many unknowns
 - ▶ Multifactorial
- ▶ Treatment Course
 - ▶ No fixed end point
 - ▶ Immobilization can worsen condition
 - ▶ Medications: Caution

Management Approach to Pain

- ▶ Similar to other chronic health conditions lacking a cure
- ▶ Focus on quality of life & functioning

Example: Diabetes

- ▶ Regulate diet
- ▶ Check blood sugars
- ▶ Exercise regularly
- ▶ Take insulin/medications
- ▶ Monitor wounds



Chronic Pain Management

- ▶ Medical optimization
 - ▶ Physician, NP, PA
- ▶ Physical reconditioning
 - ▶ Rehabilitation provider (PT)
- ▶ Behavioral/lifestyle modification
 - ▶ Pain psychologist, LCSW
- ▶ Complementary/integrative therapies
 - ▶ Acupuncture, spiritual care

Interdisciplinary Management

Diabetes

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Chronic Pain

- ▶ Medical optimization
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Interdisciplinary Management

Primary goal:

Help patients learn
to live with pain



Learn to Live with Pain?

LIFE

Learn to Live with Pain?

LIFE

Family Friends Work School

Sports Leisure Self-care Music

Vacations Hobbies Dining

Entertainment Socializing

Cooking Cleaning Errands

Learn to Live with Pain?

LIFE

Family Friends Work School

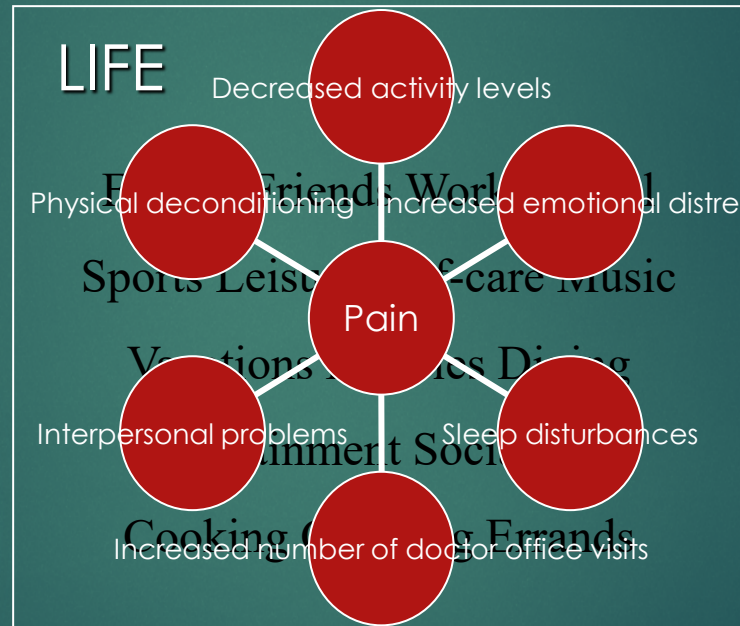
Sports Leisure Self-care Music

Vacation **Pain** Hobbies Dining

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Learn to Live with Pain?



Yes, Learn to Live with Pain!

LIFE

Family Friends Work School

Sports Leisure Self-care Music

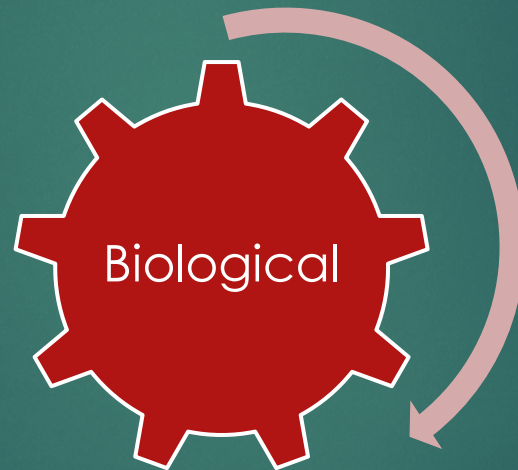
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Pain

Biomedical vs. Biopsychosocial



Biomedical vs. Biopsychosocial

