



Pain and mental health

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Road map

**Pain
and mental health**

Managing pain

Opioids?

Moving forward



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Pain: IASP, 2020

An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage.

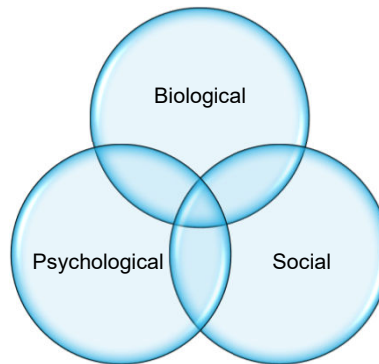
International Association for the Study of Pain, 2020



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IASP Notes, 2020

A personal experience influenced by biological, psychological and social factors.

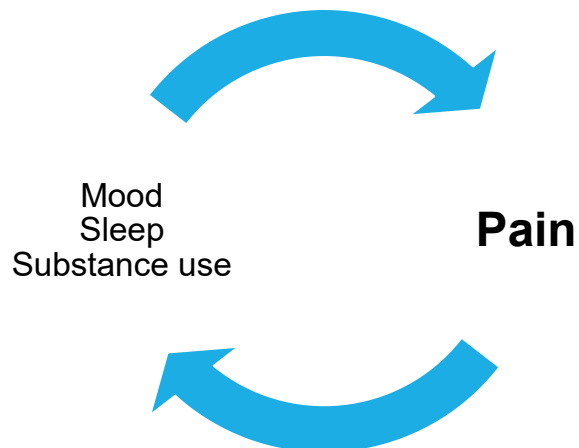


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International Association for the Study of Pain, 2020

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Pain and mental wellbeing

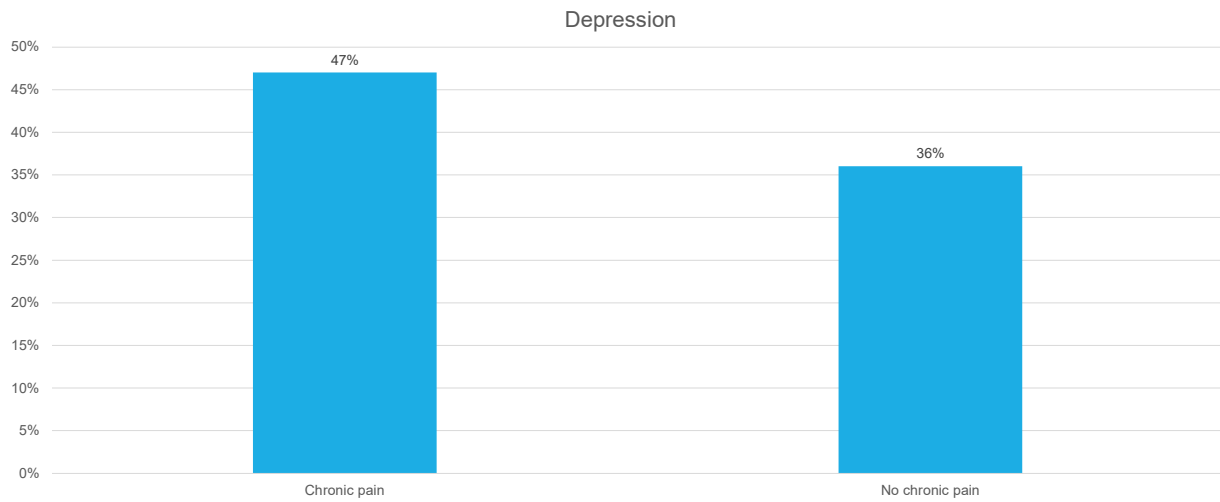


Vadivelu N, Kai AM, Kodumudi G, Babayan K, Fontes M, Burg MM. Pain and Psychology-A Reciprocal Relationship. Ochsner J. 2017 Summer;17(2):173-10.

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Mental Health America self screening



<https://www.psychiatry.org/news-room/apa-blogs/chronic-pain-and-mental-health-interconnected>



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Psychosocial impact of chronic pain

- Impact on relationships
- Underemployment
- Disability
- Opioid misuse, dependence and opioid use disorder

Pizzo PA, Clark NM. Alleviating suffering 101—pain relief in the United States. *N Engl J Med.* 2012;366(3):197–199.
Tauben D, Stacey BR. Evaluation of chronic non-cancer pain in adults. *UpToDate.* 2020.



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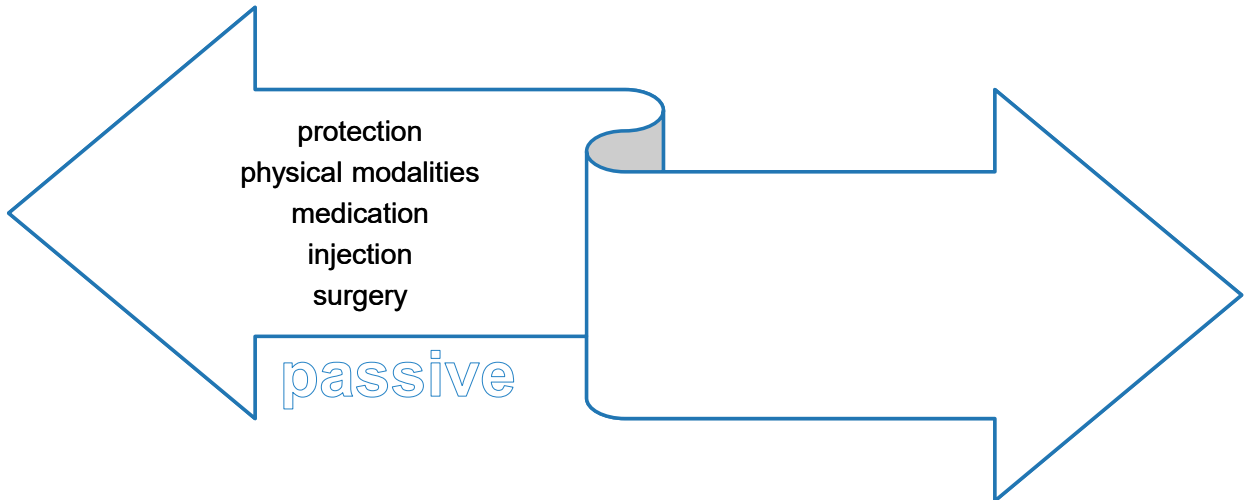
Acute pain vs chronic pain

Acute pain has been called the body's smoke alarm.

Acute
Tissue damage
Protective
Symptom
Well-defined
Confined
Responses



Treating acute pain



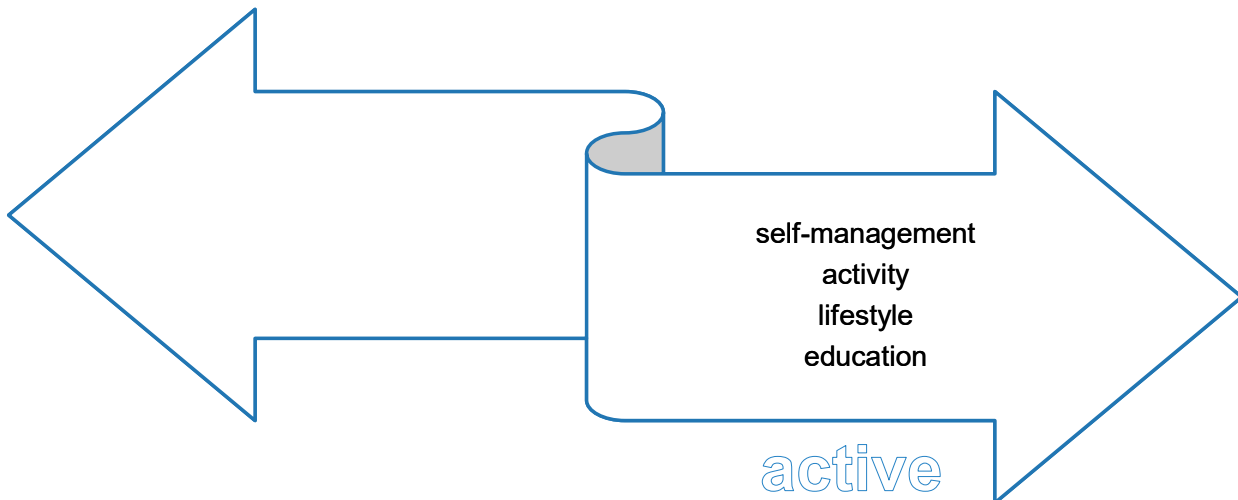
Acute pain vs chronic pain

Acute	Chronic
Tissue damage	Tissues have healed
Protective	No physiologic purpose
Symptom	Experience
Well-defined	Vague
Confined	Spread
Responses	Attending responses



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Managing chronic pain



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The tools we use to treat acute pain are often ineffectual or harmful when dealing with chronic pain.

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Opioids

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Acute extremity pain in the ED

- Ibuprofen (400 mg) plus acetaminophen (1000 mg)
- Same pain relief at 2 hours as
 - Acetaminophen plus oxycodone 5 mg
 - Acetaminophen plus hydrocodone 5 mg
 - Acetaminophen plus codeine 30 mg

Chang AK, et al. Effect of a Single dose of oral opioid and nonopioid analgesics on acute extremity pain in the emergency department: A randomized clinical trial. *JAMA*. 2017;318(17):1661-1667.



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Opioids and chronic pain: Efficacy

Chronic low back pain
Osteoarthritis

Opioids vs other medications

Function unchanged at 12 months

Slight increase in pain in opioid group

Society of General Internal Medicine, 2017.



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Prescription opioids: Adverse effects



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Opioid tolerance, dependence, misuse, addiction

Tolerance

Dependence

Misuse

Opioid use disorder (OUD)



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Opioid prescription: Risk of harm

More than 86 million patients were prescribed an opioid in a year

12 percent of them misused them

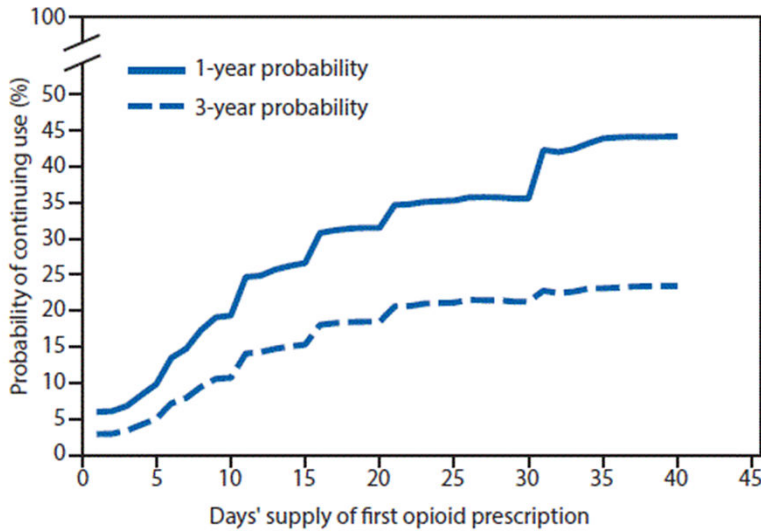


Getty Images. Mediabin.



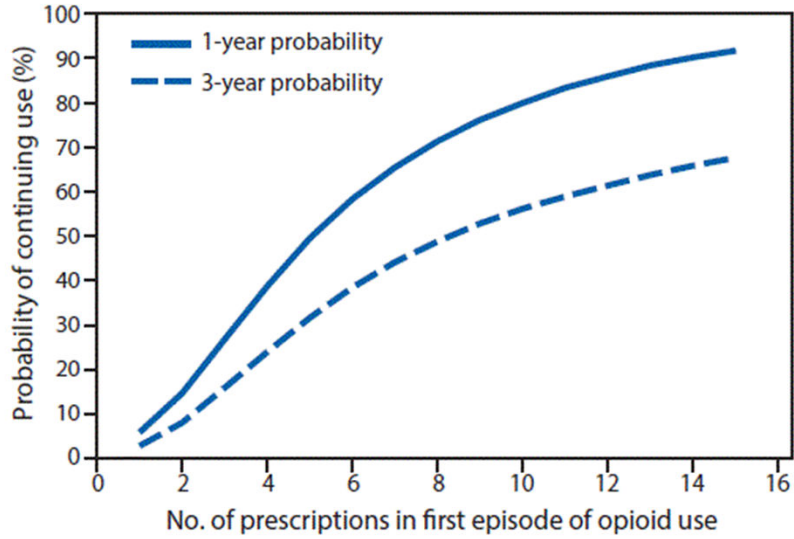
Griesler PC, Hu MC, Wall MM, Kandel DB. Medical use and misuse of prescription opioids in the US adult population: 2016-2017. *Am J Public Health*. 2019;109(9):1258. Epub 2019 Jul 18.

Likelihood of continued opioid use after first prescription



Shah A, Hayes CJ, Martin BC. Characteristics of initial prescription episodes and likelihood of long-term opioid use — United States, 2006–2015. *MMWR Morb Mortal Wkly Rep*. 2017;66:265–269.

Likelihood of continued opioid use after first episode of use



Shah A, Hayes CJ, Martin BC. Characteristics of initial prescription episodes and likelihood of long-term opioid use — United States, 2006–2015. *MMWR Morb Mortal Wkly Rep.* 2017;66:265–269.

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Opioids and Construction Workers

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Opioid use in construction workers

- Construction workers (along with mining workers) may be more likely to be prescribed opioids for a work-related injury.
- Workers in smaller companies are prescribed opioids more frequently than workers in larger ones.



Pixabay, CCL

WCRI. Correlates of opioid dispensing, December 2018.



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Opioid use in construction workers

2007-2012

Highest rate of death from overdose among all occupations

2011-2016

Although construction workers represented 7% of the workforce, they experienced 15% of overdose deaths, third highest.

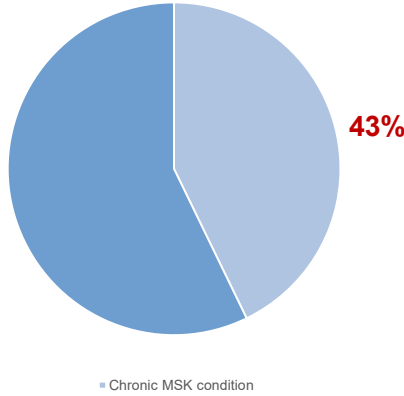
Harduar Morano L, Steege AL, and Luckhaupt SE. Occupational patterns in unintentional and undetermined drug-involved and opioid-involved overdose deaths—United States, 2007–2012. *MMWR Morb Mortal Wkly Rep.* 2018;67: 925–930.
Tiesman, H.M., Konda, S., Cimineri, L., et al. Drug overdose deaths at work, 2011–2016. *Injury Prevention.* 2019; 25:577–580.
CPWR. Chart Book (6th edition): Labor Force Characteristics – Labor Force Structure and Definitions. <https://www.cpw.com/research/data-center/the-construction-chart-book/chart-book-6th-edition-labor-force-characteristics-labor-force-structure-and-definitions/>.



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Opioid use disorder in construction workers

19,909 union construction workers
2015-2018



34% received an opioid, including 6% who received them long-term.

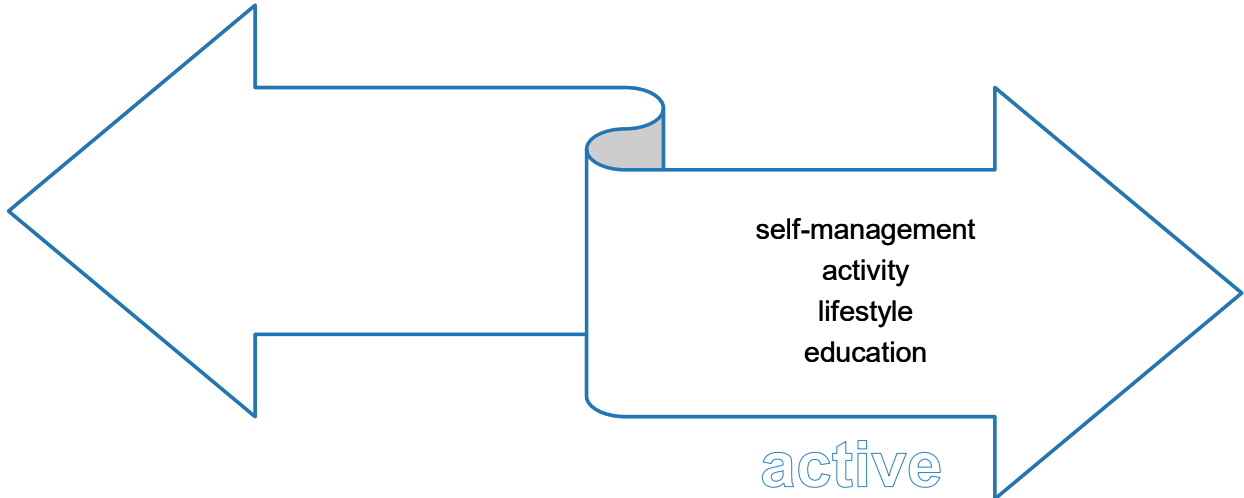


4.71X increased risk of opioid use disorder (10X if long-term opioids)

Dale AM, Buckner-Petty S, Evanoff BA, Gage BF. Predictors of long-term opioid use and opioid use disorder among construction workers: Analysis of claims data. *Am J Ind Med.* 2021;64:48-57.



Managing chronic pain

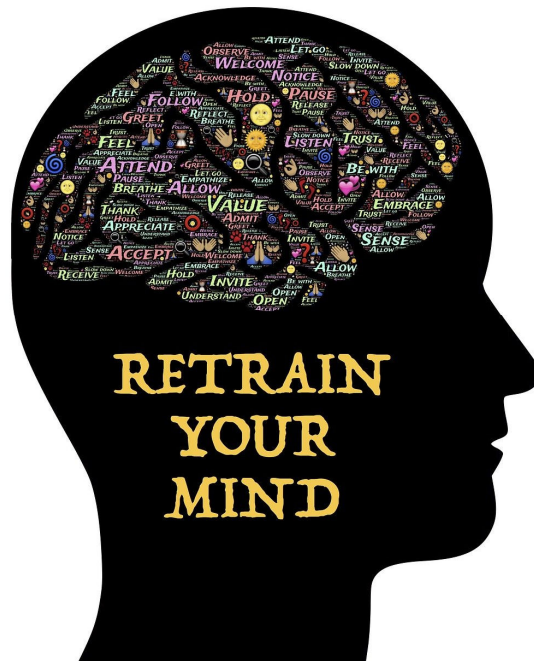




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Images: Pixabay CCL

**RETRAIN
YOUR
MIND**

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Interventions: Resources

- Fear avoidance behavioral therapy
- Cognitive behavioral therapy
- Progressive Goal Attainment Program (PGAP®)
- Functional restoration



Image by truthseeker08 from Pixabay

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Interventions: What you can do

- Focus on injury prevention
- De-emphasis on opioids
- **Focus away from pain and on function**
- Emphasis on alternative solutions
- Raising awareness
- Providing mental wellbeing support
- Providing treatment for substance use disorders



Image by truthseeker08 from Pixabay

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THANKS



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