

## Program Services

### Pain Education Classes

Our Pain Education Classes provide a comprehensive overview of pain management skills for managing chronic pain and its negative impact on physical, emotional, and social functioning. Classes are structured, and each focuses on a particular topic such as body mechanics, sleep, stress management, and relaxation.

### Family Sessions

Group and individual sessions include family members, enhancing their understanding of chronic pain and helping them respond and cope more effectively.

### Aftercare Program

The aftercare program promotes continued exercise and helps individuals troubleshoot difficulties in generalizing their skills.

### Medication Management

When used appropriately, medications can help reduce pain. Other conditions that sometimes accompany chronic pain such as depression and insomnia may also merit use of medications.

### Acupuncture

Acupuncture/acupressure may be a recommended adjunct treatment to help patients achieve improved pain control enabling them to participate more actively in pain management classes.

### Biofeedback

Biofeedback treatment allows individuals to see how stress affects their physiology. Through biofeedback, patients gain mastery of self-control techniques based on body awareness, reducing physical pain and stress.

### Headache Management

Our headache program helps patients reduce medication use and manage their headaches through self-regulation and analysis of triggering factors. Participants learn several relaxation techniques, including biofeedback, autogenic training, and self-hypnosis.

## CHRONIC PAIN DEPARTMENT

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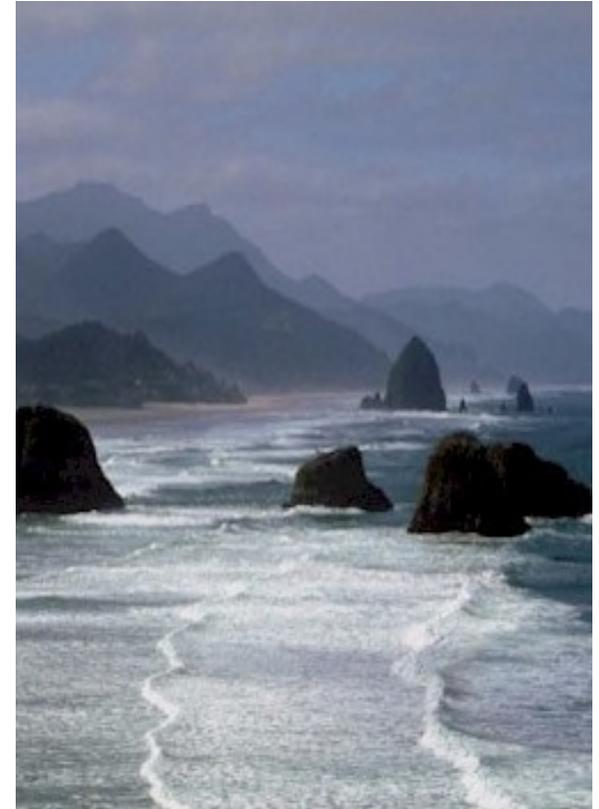


**KAISER PERMANENTE®**

## Chronic Pain Management Program

**San Francisco Medical Center**  
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# Chronic Pain Management Program



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## What Is Chronic Pain?

Pain's purpose is to warn us of damage to the body so we will do what is needed to take care of it. Chronic pain, however, continues long after any useful purpose has been served. Chronic pain becomes a syndrome composed of physical, emotional, and behavioral changes that create immeasurable suffering and diminished quality of life for the patient.

## Program Overview

The Chronic Pain Management Program (CPMP) offers comprehensive pain management services for adults who experience chronic, benign pain and who have exhausted standard medical treatment options. The overarching goals of the program are adequate pain control, reduction in suffering, the establishment of effective social support, and improved function. Program participants learn a variety of non-pharmacologic pain management skills including physical, psychological, and psychophysiological coping skills that improve functioning and quality of life.

## Multidisciplinary Team

Chronic pain is a difficult and complex problem for which no one discipline has an adequate answer. A multidisciplinary approach, which combines the unique contributions of health psychology, medicine, pharmacology, physical therapy, and acupuncture has proven to be a much more effective treatment for most people.

## Who Is The Program For?

The Chronic Pain Management Program is for adult patients with physical pain who have exhausted standard medical treatment options and whose pain continues to impede their ability to function.

## How Do I Enroll?

Your primary care provider can refer you to the Chronic Pain Management Program. Once the referral is received, we'll contact you for an orientation session. After your orientation, we'll schedule a multidisciplinary evaluation.

## Treatment Components

### 1-Evaluation

Each patient receives a thorough evaluation by a physician, a physical therapist, and a health psychologist. Together, we create a treatment plan to meet the unique needs of each patient.

### 2-Medical Therapy

Our physicians are trained and practiced in state-of-the-art medical therapy for chronic pain.

### 3-Behavioral and Psychological Therapies

Our behavioral team provides powerful and proven tools to enable patients to manage pain and improve quality of life. The program delivers these tools through several different groups at varying levels of intensity and individual psychotherapy.

## 4-Physical Reconditioning

Using both traditional and non-traditional approaches, physical therapists help chronic pain patients regain ease of movement, strength, flexibility, coordination, and balance.

## What Can I Expect?

We expect you to be an active participant in treatment planning and in establishing personal goals for yourself. Individuals should be motivated to take charge of managing their pain more independently with less interference in physical, vocational, and psychological functioning. You are expected to commit fully to all recommended aspects of the program. It's also important that you request the support of family/friends while you're involved in our program.

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