

UVM ScholarWorks

Chronic Pain Management: Local Resources and Education

Item Type	Presentation;Presentation
Authors	Kearl, Colby Russell
Download date	2026-06-05 22:35:10
Item License	http://creativecommons.org/licenses/by/4.0/
Link to Item	https://hdl.handle.net/20.500.14849/1860

Chronic Pain - Management Options and Resources

Suggestions from the Centers for Disease Control (CDC):

The CDC recently updated guidelines for providers prescribing opioids. Information was also made to help those dealing with chronic pain understand treatment options. Some suggestions taken from their online information* are:

- “Work with your doctor to create a plan on how to manage your pain, and consider non-opioid options”
- “Some of these options may actually work better than opioids and have fewer risks and side effects. Options may include:
 - Acetaminophen (Tylenol®) or ibuprofen (Advil®)
 - Cognitive behavioral therapy
 - Physical therapy and exercise
 - Medications for depression or for seizures
 - Interventional therapies (injections)”
- “If you are prescribed opioids use them only as instructed by your doctor. Never take opioids in greater amounts or more often than prescribed.”

*More information at <http://www.cdc.gov/drugoverdose/prescribing/patients.html>

Advice from local doctors:

From John Brooklyn MD

“Chronic pain needs many strategies. Opioids are one part of it and are not what I use first. Part of the problem is expectations-that there is a pill to fix things and that pain needs to go away-of many Westerners due to aggressive pharmaceutical marketing and belief that one must always be happy.”

From Jeffrey Haddock MD

“You can’t think about chronic pain management without thinking about functionality. For example; a patient with 6/10 pain who can’t get out of bed is worse off than a patient with 6/10 pain who is able to get out and garden, take care of the kids, or do other things that bring meaning. They both have the same pain level, but the latter is functioning and that is what we need to aim for.”

From local physician, name withheld

“People need disease specific resources and I notice that one of the most common errors providers make is that they treat all chronic pain the same. Medications should be geared toward either the underlying condition or the pathophysiology of the pain symptoms. Two main treatments that are ubiquitously good for chronic pain are acupuncture and mind-body medicine.”

Disposal of unused medication:

To learn more about where you can drop off unused medications ask local law enforcement, your pharmacy, or Vermont 2-1-1.

Mind Body Resources for the Management of Chronic Pain

by Richard Pinckney, MD used with permission

Our bodies are designed to respond to pain as an acute threat. Chronic pain is therefore somewhat unnatural. Our typical responses to pain that work well for acute pain, are often counterproductive in chronic pain. Mind body medicine is a scientifically proven treatment that has been shown to help people retrain their mind and body to respond better to chronic pain. This leads to greater productivity and happiness, and in many cases, reduced pain levels. Below are several available resources for mind body medicine.

In person training opportunities

University of Vermont Medical Center MindBody Medicine Clinic, This is an 11 week intensive group review of mind-body approaches to manage chronic pain. This includes stretching, medication management, relaxation and stress management techniques. (802) 847-2673

Community Mindfulness Sessions at Mindfulness for Mental Health

This is a free, drop in community meditation. Guided meditation and instruction provided. Nina Larosa - <https://www.ninalarosa.com/> (802) 735-2265

Center for Mindfulness - University of Massachusetts

Internationally renowned program that is considered the model for mindfulness training, <http://www.umassmed.edu/cfm/>

Books

Managing Pain before it Manages You, Workbook format. Used by UVM’s MindBody Clinic, Margaret A Caudill, ISBN 978-1-59385-982-4

Natural Pain Relief, Short book with CD of exercises. Well-known, local author who specialize in mindfulness and its application to pain and suffering Shinzen Young, ISBN 978-1-60407-088-0

Audio Files

Mindfulness Meditation for Pain Relief. By the founder of the Center for Mindfulness. Jon Kabat-Zinn. <http://exquistemind.com/learn.html>) Downloadable, free mindfulness series from a local, well-known author and mindfulness expert.

Community Resources:

Vermont Recovery Network, vtrecoverynetwork.org, (802) 738-8998

Vermont Department of Health, healthvermont.gov, (800) 464-4343

Vermont 2-1-1 Resource Database, vermont211.org, 211