



A SNAPSHOT

Pain and Stress Management Program

2016–2019

Background



Prolonged use of opioids can lead to an increased risk of opioid-related abuse¹



Musculoskeletal pain affects approximately half of the general population²



Studies show that nearly two-thirds of patients with musculoskeletal disorders were prescribed an opioid to treat their condition³



Yoga exercises, deep breathing meditation, and phone-delivered mindfulness training have been found effective in reducing stress, pain and anxiety symptoms^{4,5,6}

About this Program



Goal

Launched in 2016 to improve awareness, knowledge, and practice of pain and stress management techniques



Program Structure

Each year the program holds:

- 3 educational lectures
- 8 yoga and meditation workshops
- 24 monthly clinic-based meditation workshops concluding with a social work-led debrief session
- 52 weekly expert-guided mindful breathing conference calls



Audience

Patients and community members experiencing chronic pain and pain related stress

For more information please contact Maggie Wimmer at wimmerm@hss.edu

HSS Education Institute

¹ Centers for Disease Control and Prevention (2017). Prescription Opioid Data. Retrieved from: <https://www.cdc.gov/drugoverdose/data/overdose.html>

² McBeth, J., & Jones, K. (2007). Epidemiology of chronic musculoskeletal pain. *Best practice & research Clinical rheumatology*, 21(3), 403-425.

³ Pierce, D., Pierce, B., Cheng, C. I., & Perzhinsky, J. (2019). Assessing treatment and monitoring of musculoskeletal conditions using opioid versus nonopioid therapy: A cross-sectional study. *Medicine*, 98(15), e15128. doi:10.1097/MD.00000000000015128

⁴ National Center for Complementary and Integrative Health. (2018). Yoga. Retrieved September 21, 2019 from <https://nccih.nih.gov/health/yoga>

⁵ Morone, N. E., Greco, C. M., & Weiner, D. K. (2008). Mindfulness meditation for the treatment of chronic low back pain in older adults: a randomized controlled pilot study. *Pain*, 134(3), 310-319.

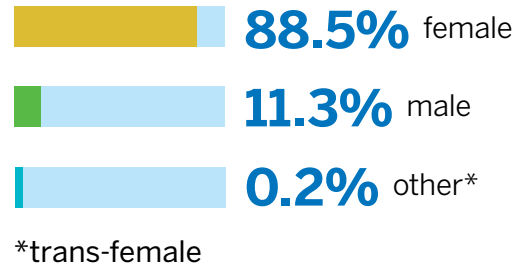
⁶ Salmoirago-Blotcher, E., Crawford, S. L., Carmody, J., Rosenthal, L., Yeh, G., Stanley, M., ... & Ockene, I. S. (2013). Phone-delivered mindfulness training for patients with implantable cardioverter defibrillators: results of a pilot randomized controlled trial. *Annals of Behavioral Medicine*, 46(2), 243-250.



Program Reach and Impact

Reached **881**
community members
and patients

82%
aged 60 years or older



Improved Self-Management Skills

Mindful breathing used in place of medication in the past week:

50% used **5** or more times

13% used **3-4** times

19% used **1-2** times

98% reported mindful breathing helped to manage pain

100% reported mindful breathing helped to manage stress

Program Satisfaction

93% were satisfied with the program

92% would recommend the program to a friend or family

“I am glad I came to this workshop today. It made me realize that although I had a stressful weekend, I needed to show myself compassion.”

“When I’m doing the breathing, I start to focus on different parts of my body like my knees and my spine and it feels better.”

“It makes me a little more stress free. Even just for a moment.”