

PAIN SERVICES FOR WOUNDED WARRIORS

INPATIENT & OUTPATIENT SERVICES

Acute Pain Service

This services goal is to control pain during injury or surgical procedures, control for regulation of sleep, neuropathic pain (nerve and phantom pain), allow ambulation, allow for physical therapy and rehabilitation. Their final goal is to adjust medications from IV & Catheters to oral medications for discharge from inpatient hospital treatment.

Fleet & Family Services Patient Education Pain Management Class

(Attached link) The WWPCI had teamed up with

Fleet and Family Services to educate WW 's on pain management and proper steps to manage their own care. (Families are welcome.)



Wounded Warrior Family Information Talk **(Attach flyer)**

This is an informational discussion and class focused on educating WW families on treatment for their WW and how to assist them in managing their pain. This is done by sharing a variety of techniques and knowledge on pain management. We meet monthly but not at the same date or location at time so PLEASE LOOK OUT FOR FLYERS!



November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Online Academic Skills Courses 1400 - 1500	2 Limited Duty Process 1000 - 1100	3 Stress Management II 0900 - 1000	4	5
6	7 TSGLI In Patient	8 Job Search Process 1000 - 1100 Voc. Rehabilitation 1300 - 1400	9 Effective Communications 0900 - 1000 Basic Budgeting I 1000 - 1100	10 USMC BIRTHDAY	11 VETERAN'S DAY	12
13	14	15 PEB Process 1300 - 1400	16 Interview Skills 1400 - 1500	17 COSC 0900 - 1000	18 Pain Management 0900 - 1000	19
20	21	22	23	24 THANKSGIVING	25	26
27	28	29 Education Resources 1000 - 1100	30 Goal Setting 0900 - 1000			
				CLASS LOCATIONS TBD		



NAVAL DISTRICT WASHINGTON
FLEET & FAMILY
SUPPORT CENTERS

- Warfighter and Family Services
 Joint Base Anacostia-Bolling, DC
- NSA Annapolis, MD • NROC Ft. Meade, MD
- NSA Bethesda, MD • NAS Patuxent River, MD
- NSF Dahlgren, VA

December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Time Management 0900 - 1000 WW Regiment 1000 - 110	2	3
4	5 TSGLI In Patient	6 Internship Exploration 1400 - 1500	7 Life Transitions 0900 - 1000	8 Resume Writing 1300 - 1400	9	10
11	12 Social Security 1300 - 1400 Career Path Exploration 1400 - 1500	13 VA Benefits 1000 - 1100 MBTI Testing 1100 - 1200	14 Nutrition 1400 - 1500	15 Suicide Prevention 0900 - 1000 REALifelines 1300 - 1400	16 Drug & Alcohol Dependency 0900 - 1000	17
18	19	20	21	22	23	24
25 Christmas Day	26	27	28	29	30	31
				CLASS LOCATIONS TBD		

Wounded Warrior Family Pain Talk

- A Wounded Warrior Pain Care Initiative program to help Wounded Warriors and family members get information on managing pain.
- Provide introduction to Complementary and Alternative methods to Pain Management.
- Discuss the importance of proper medication management.
- Discuss various levels of pain care (Inpatient, Outpatient, Veterans Administration).



Date: subject to change monthly , see Flyers for date

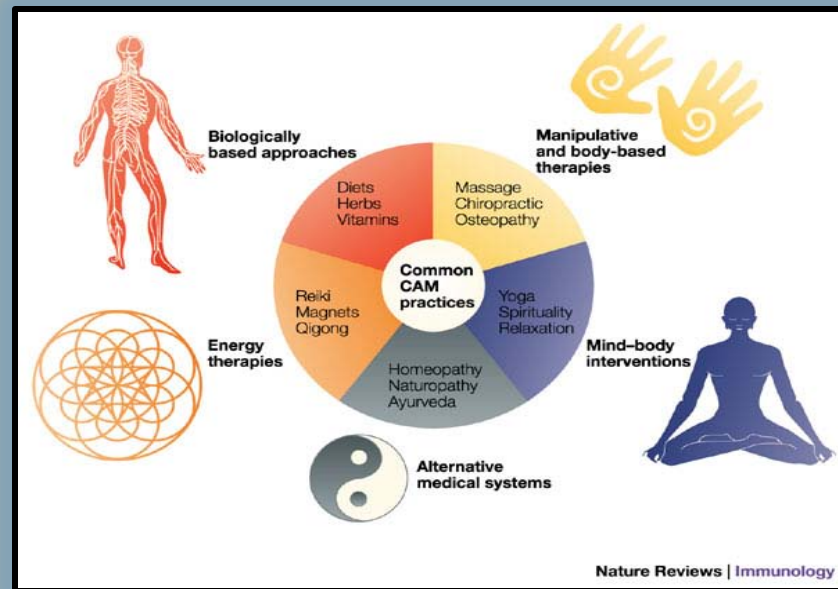
Time:1430-1530

Location: WRNMM Bldg 10, 4th floor Room:4029

POC: Ron Madison at (301)319-8672, Ronald.Madison@med.navy.mil & Amy Osik at Amy.Osik@med.navy.mil, 301-295-4455 ext.171

PAIN SERVICES FOR WOUNDED WARRIORS

CAM Complimentary Alternative Medicine (Attach see below)



Resources (please see attached)

COMPLEMENTARY & ALTERNATIVE MEDICINE

What is Alternative Medicine/CAM?

- Defining CAM is difficult, because the field is very broad and constantly changing. NCCAM defines CAM as a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Medicine as practiced by holders of M.D. (medical doctor) or D.O. (Doctor of Osteopathic Medicine) degrees and by their allied health professionals such as physical therapists, psychologists, and registered nurses.. Conventional medicine (also called Western or allopathic medicine) is medicine as practiced by holders of M.D. (medical doctor) and D.O. (doctor of osteopathic medicine Doctors of Osteopathic Medicine (DOs) are fully licensed physicians. They provide a full range of services, from prescribing drugs to performing surgery, and employ a "whole person" approach to health care. DOs focus special attention on the musculoskeletal system, a system of bones and muscles that makes up about two-thirds of the body's mass. They may use osteopathic manipulative treatment, a system of manual therapy, to treat mechanical strains affecting all aspects of the anatomy, relieve pain, and improve physiologic function.) degrees and by allied health professionals, such as physical therapists, psychologists, and registered nurses. The boundaries between CAM and conventional medicine are not absolute, and specific CAM practices may, over time, become widely accepted.
- "Complementary medicine" refers to use of CAM **together with** conventional medicine, such as using acupuncture A family of procedures that originated in traditional Chinese medicine. Acupuncture is the stimulation of specific points on the body by a variety of techniques, including the insertion of thin metal needles through the skin. It is intended to remove blockages in the flow of qi and restore and maintain health. in addition to usual care to help lessen pain. Most use of CAM by Americans is complementary. "Alternative medicine" refers to use of CAM **in place of** conventional medicine. "Integrative medicine" combines treatments from conventional medicine and CAM for which there is some high-quality evidence of safety and effectiveness. It is also called integrated medicine.
(<http://nccam.nih.gov/health/whatiscam>)

COMPLEMENTARY & ALTERNATIVE THERAPIES

- Nutritional medicine
- Herbal medicine
- Functional medicine
- Mind-body work
- Manual Medicine
- Acupuncture
- Homeopathy
- Traditional Medical Systems
- Referral for Complementary and Alternative Medicine Treatment
- If you have been previously seen by or spoken with one of our CAM Providers , then you can have a referral submitted to the Walter Reed National Military Medical Center Chronic Pain Clinic to see that physician
- If you have not yet been seen by a member of our Chronic Pain Team or CAM Provider, then please have a referral submitted to the Chronic Pain Clinic for an assessment of your candidacy for CAM treatment.

Resources for Wounded Warriors

Wounded Warrior Pain Care Initiative (List of Helpful websites)

1. American Pain Foundation

Exit Wounds-Guide for returning Vets, has information on experiences of vets and families, also has some contact information on help groups and state POC's.

<http://www.painfoundation.org/learn/programs/military-veterans>

2. Veterans Health Administration (VA) Pain Management

The purpose of this web site is to facilitate effective pain management by providing convenient, centralized access to resources for the provision of pain services within the VA healthcare system. The intended users of this site are Veterans, Veterans' family members, caregivers, VA administrators, clinicians, and researchers who have an interest in any aspect of pain management. The site is designed to provide these groups of individuals with quick access to a range of relevant resources from both internal and external sources.

<http://www1.va.gov/painmanagement>

Resources for Wounded Warriors

3. Substance Abuse Mental Health Services Administration (SAMSHA)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The Agency was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. Over the years SAMHSA has demonstrated that - prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health services improve health status and reduce health care and other costs to society. Continued improvement in the delivery and financing of prevention, treatment and recovery support services provides a cost effective opportunity to advance and protect the Nation's health.

<http://www.samhsa.gov>

4. National Institute for Drug Abuse (NIDA)

NIDA's mission is to lead the Nation in bringing the power of science to bear on drug abuse and addiction.

<http://www.nida.nih.gov>

5. Drug Abuse Prevention

<http://www.drugabuse.gov/pdf/tib/prevention.pdf>

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Resources for Wounded Warriors

6. American Academy of Pain Management

The American Academy of Pain Medicine (AAPM) is the medical specialty society representing physicians practicing in the field of Pain Medicine. As a medical specialty society, the Academy is involved in education, training, advocacy, and research in the specialty of Pain Medicine.

<http://www.painmed.org>

<http://www.painmed.org/patient/facts.html>

- 7. American Pain Society

The American Pain Society is a multidisciplinary community that brings together a diverse group of scientists, clinicians and other professionals to increase the knowledge of pain and transform public policy and clinical practice to reduce pain-related suffering.

<http://www.ampainsoc.org>

Resources for Wounded Warriors

8. Defense and Veterans Pain Management Initiative (DVPMI)

The Defense & Veterans Pain Management Initiative (DVPMI) Board, formerly known as the Military Advanced Regional Anesthesia & Analgesia (MARAA), is a tri-service collaborative group of anesthesia providers that makes recommendations about acute pain management in a battlefield environment.

<http://www.arapmi.org/initiatives.html>

9. Washington University in St Louis

over 50 video's on this site on Pain conditions and procedures

<http://paincenter.wustl.edu>