

Introduction

Matthew Peterson, L.Ac., M.O.M., Dipl. O.M.

- Acupuncturist with Virginia Piper Cancer Institute, Allina Health, for 5 years.
- Outpatient Acupuncture and Traditional Chinese Medicine provider
 - Oncology
 - Chronic Pain: musculoskeletal conditions, headache, neurologic
 - Mental health, sleep disorders, auto-immune disease
- Tai Chi and Qi Gong instructor

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Conflict of Interest

- Nothing to disclose

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Learning Objectives


- Review Integrative Pain management strategies
 - Acupuncture
 - Aromatherapy
 - Bio-Feedback
 - Massage Therapy
 - Meditation and Mindfulness practices
 - Tai Chi and Yoga, Mind-Body practices
- Transformative Nurse Training (TNT)
- Transforming Pain Shared Medical Visit Program
- Ordering, Accessing, and Insurance Coverage

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Acupuncture

- Acupuncture is a modality based in Traditional Chinese Medicine
- Involves the insertion of thin sterile needles to points around the body
- Points may be located over areas of pain or along "channels"
- Treatment is typically a series of visits, effects are often cumulative



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Acupuncture

- Treatments are safe and well tolerated
 - Adverse events are mild and infrequent: bleeding or Hematoma due to small vessel injury- 1 to 10 events in 100 treatments¹²
 - Patients often sleep during and feel very relaxed following treatments
 - Sensation of needle insertion is mild and often not perceived
- Acupuncture for Acute and Chronic pain.
- Also used for many other health conditions:
 - Allergies
 - Anxiety, depression, stress
 - Auto-immune conditions
 - Reproductive disorders
 - Sleep disorders


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Acupuncture is Effective


- Treating Chronic Pain:**
Patient data meta-analysis of 20,827 patients, from 39 trials, 2018⁽²⁾
 - Musculoskeletal pain,
 - Osteoarthritis
 - Chronic Headache
 - Shoulder Pain
- Treating Acute Pain:**
Acupuncture Trial in Emergency Department at Abbott Northwestern Hospital⁽³⁾
 - Acupuncture was feasible and well accepted
 - Acupuncture reduced pain and anxiety
 - Given with usual care, offers non-pharmacologic option for patients
 - Strengthened collaboration with Integrative Therapies
 - "Our study demonstrated that acupuncture, as an adjunct to usual care, is beneficial in managing pain and anxiety in ED patients. Using this integrative therapy, hospitals may be able to provide a more holistic approach to pain and anxiety management within a large and busy ED setting."

"We have confirmed that acupuncture has a clinically relevant, persistent effect on chronic pain that is not completely explained by placebo effects. Referral for a course of acupuncture treatment is therefore a reasonable option for a patient with chronic pain."

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Acupuncture, Acute postoperative pain in children⁽⁷⁾

- "...acupuncture is both feasible and highly accepted by parents and children for the treatment of acute pain, particularly postoperative pain, in hospitalized pediatric patients."
- Patients were able to relax or sleep, parents and patients found it calming
- Moderate opioid sparing effect, maximal effect peaked at 4 hours and waned at 24 hours
- Small study, but first of its kind!






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Acupuncture and Reducing Opioids

- The Joint Commission updates its language on use of Non-pharmacologic methods of pain relief, includes Acupuncture⁽⁴⁾
- American College of Physicians recommends Acupuncture as first-line treatment of Lower back pain⁽⁵⁾
- Consortium Pain Task Force recommends Acupuncture⁽⁶⁾
 - Acute pain
 - Chronic pain
 - Cancer related pain


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How Acupuncture and other integrative therapies can help post-operatively

 SKIN Itch, swelling, itching, warmth, redness	 RESPIRATORY coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, hoarse voice, nasal congestion or runny or itchy nose, red, itchy or watery eyes	 GASTROINTESTINAL nausea, stomach pain or cramps, vomiting, diarrhea	 CARDIOVASCULAR dizziness, lightheadedness, pale/hoarse voice, weak pulse, fainting, dizziness, loss of consciousness	 NEUROLOGICAL anxiety, feeling of impending doom, feeling that something bad is about to happen, headache
				OTHER urinary retention

NOT JUST PAIN!!

- Nausea
- Urinary retention
- Anxiety
- Difficulty sleeping
- Muscle spasms
- Constipation/Ileus
- Support healing

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Traditional Chinese Medicine (TCM) Approaches to Pain

- A system of medicine that identifies connection of mind and body - a vision of [Whole Person Care](#)
- Physical medicine modalities: Tui Na orthopedic massage and Cupping therapy
- Herbal medicine
- Increased patient efficacy and lifestyle modification
 - Stress management strategies, i.e. meditation, mind-body practices
 - Exercise to regulate the body, i.e. Tai Chi and Qi Gong
 - Dietary suggestions to support body function from TCM perspective

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Acupuncture: Access and Coverage

- Allina employs 33 Acupuncturists located throughout the system:
 - Inpatient: Abbott Northwestern, United, Mercy Hospitals
 - Outpatient: Abbott Northwestern, Plymouth-WestHealth, Woodbury, Highland Park, East Lake Street, River Falls, Hastings, North Field, Isanti, Buffalo, Shakopee- St. Francis Medical Center, Coon Rapids, Fridley, New Ulm, Owatonna
- Insurance Coverage:
 - Private plans:
 - Chronic pain, Nausea
 - Government plans:
 - Medicare- *Non-covered*
 - (although currently considering- Low Back Pain)
 - MN Medicaid- Covered Acute and Chronic pain, nausea, anxiety, depression, other.

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How to Order Acupuncture

- Inpatient:
 - Enter an Integrative medicine order with acupuncture selected as the service
 - Order must be signed by Advanced Care Provider (MD, NP, PA, DO, etc.)
- Outpatient:
 - Enter order in Allina EPIC EMR use **AMB CONSULT FOR ACUPUNCTURE [207374]**
 - Chronic pain is one condition that is often covered by insurance. Other conditions may be covered. Place order for Patient to schedule then Registration will check benefits.
 - **Evaluate and Treat for “chronic pain”** related to the diagnosis of _____ with the associated ICD 10 Code _____.



Clinical Aromatherapy

The controlled and therapeutic use of essential oils in the clinical setting for specific outcomes that are measurable.

Aroma therapy inhaler, patches, or oils available inpatient and outpatient.



Essential Oils Used

- Ginger (*Zingiber officinale*)
 - Pain, nausea
- Mandarin (*Citrus reticulata*)
 - Nausea, anxiety, insomnia
- Spearmint (*Mentha spicata*)
 - Nausea, gas, stress, depression, fatigue
- Lavender (*Lavandula*)
 - Anxiety, depression, insomnia



Bio Feedback

- Strategy to treat Chronic Pain syndromes
- Applying sensors to read: breathing, heart rate, blood pressure, muscle tension, EEG
- Sound and visual feedback to represent body level of stress and muscle tension
- Guided relaxation with real-time measure of body changes- displaying mind-body connection
- Developing more awareness of body response to stress, tension, and fear-pain cycle



Massage Therapy

- Offered both Inpatient and Outpatient
 - Complimentary or Fee for service
- Association of physical touch to changes in pain stimuli
- Addressing myo-fascial causes of pain
- Method to re-connect body and mind




Meditation and Mindfulness Practices

- Quiet sitting with focus on breathing
 - Other techniques to keep mind focused, and re-focusing
- Building *Active* relaxation practice to interrupt the fear-pain cycle
- Mindfulness in all things:
 - Eating, resting, moving, working...
- Reconnecting Body and Mind to “Be here now”



Tai Chi and Yoga, Mind-Body practices

- Tai Chi- Chinese exercise system and martial art
- Yoga- Indian exercise system with many styles of practice
 - Alignment, Relaxation, Breath, Balance
 - Pain relief from gentle relaxed movement- Tai Chi for Arthritis
 - Suitable for aging population and can be modified to ability.
 - Build Strength and body awareness



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Tai Chi here at Allina

- Upcoming classes starting Fall – Winter 2019
- Watch for announcements, classes to be offered at multiple metro sites
- Class sign up through Penny George Institute
- Go to www.Allinahealth.org -> Resources -> Classes and Events -> search Tai Chi

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Transformative Nurse Training - TNT

- Developed in 2006 and taught by integrative health nurses
- 32-hour curriculum grounded in holistic nursing philosophy, principles and theory, with a focus on professional development and self-care
- Introduces the use of basic massage, guided imagery and relaxation techniques within the context of Whole Person Care
- Approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation for 29.5 contact hours.

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2019 TNT Dates and Locations

• October 14, 21, 28, Nov 4	St. Francis Regional Med Center
• October 15, 16, 29, 30	Mercy Hospital
• November 5, 6, 19, 20	Abbott Northwestern Hospital

Contact Julie Streeter to register
Julie.Streeter@allina.com
 612-863-5292

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Penny George Transforming Pain Shared Medical Visit

- Transforming Pain Shared Medical Visit (SMV) is a skills based, upstream, non-pharmaceutical approach for the treatment and prevention of chronic pain.
- Combining the latest evidence based neuroscience understanding of chronic pain with the wisdom of traditional Chinese medicine
- Program utilizes group synergy, mindfulness, tai chi, qi gong and education to reduce patients’ pain and improve their quality of life.

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Penny George Transforming Pain Shared Medical Visit

- Program consists of 8 weekly visits of 2.5 hours, billed to patient’s insurance.
- Weekly 1 on 1 visit with Dr. Nancy Van Sloun, follow-up 6-8 weeks after completion of program
- Group discussion of previous week’s content and practice
- A specific topic regarding the treatment of chronic pain
- Tai chi and qi gong practice
- Homework for following week: Reading assignments, written exercise, mindfulness, tai chi - qi gong practice

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Penny George Transforming Pain Shared Medical Visit

- Interested patients should schedule **Integrative Medicine Consult** with Dr. Nancy Van Sloun.

Practicing at WestHealth Plymouth Penny George Institute for Health and Healing location.

- Developed by Nancy Van Sloun, MD and Michael Egan, L.Ac. with a Practitioner Project Grant from the Penny George Institute Foundation in 2015-2016

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Thank you!

Questions?

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