Living Life to the Fullest while Managing Pain

Presented by

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Invisible, Not Imaginary
Experience of Pain

Psychological

Social

Biological
How We Perceive Pain

Pain receptors sense harm and send signals to the brain.
The brain processes and interprets the signals.
Interpretation of the pain and signals for action are sent back to the body.

(McCaffrey, R., Frock, T. L., & Garguilo, H., 2003)
Pain Modulation

• Gate control theory
  – Pain perception can be altered by
    – Emotions
    – Prior experience with pain
    – Anxiety

• Neurotransmitter modulation
  – Endorphins & enkephalins
  – Substance P

(McCaffrey, R., Frock, T. L., & Garguilo, H., 2003)
There are many avenues for addressing pain through lifestyle...

- Coping skills
- Activity pacing
- Body mechanics
- Relaxation
- Spirituality
- Medication routines
- Sleep routines
- Eating & exercise
- Staying engaged
- Pain flare up planning

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Managing Your Energy Expenditure

• Overexertion is a common trigger
• Strategies to manage energy
  • Exercise
  • Keep a regular daily routine
  • Manage stress and depression
  • Activity pacing
  • Energy conservation
Activity Pacing

• Avoid overexertion and fatigue
• Increase ability to achieve prioritized goals
• Improve productivity over time

“I do as much as I can – just in case I don’t feel well later”

“Paying for it”
Activity Pacing

- **Over-activity**
  - Prolonged rest
  - Severe symptoms

- **Moderate activity**
  - Limited rest
Macro & Mezzo Levels of Pacing

- Plan rest breaks between activities
- Planning ahead & scheduling

### WEEK AT A GLANCE

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Food shopping, Food prep, Rest</td>
</tr>
<tr>
<td>Monday</td>
<td>Put roast in oven, Rest, Dinner with friends</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Rest, Clean kitchen</td>
</tr>
</tbody>
</table>

### Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM</td>
<td>Sleep</td>
</tr>
<tr>
<td>6:30 AM</td>
<td>Sleep</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>Wake</td>
</tr>
<tr>
<td>7:30 AM</td>
<td>Get ready</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>BREAK</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Conference session 1</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Conference session 1</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>BREAK</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Conference session 2</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Conference session 2</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>BREAK</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Rest &amp; lie down</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Rest &amp; lie down</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Conference session 3</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Conference session 3</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>BREAK</td>
</tr>
</tbody>
</table>
Micro Level of Pacing

1. Sort laundry
2. Check-in, pain has not increased
3. Carry bags downstairs, one at a time
4. Check-in, pain has increased slightly
5. 2 minute stretch break, pain returns to baseline

6. Put laundry in washer
7. Read newspaper seated
8. Put laundry in dryer
9. Check-in, pain has increased moderately
10. Lie down, do deep breathing, decreases pain

11. Get clothes from dryer, get help carrying bag upstairs
12. Hang clothes that need to be hung
13. Check-in, pain has increased moderately
14. Eat a snack while seated to rest
15. Fold clothes while seated
Energy Conservation

Think of your energy reserves as a pitcher of water...

...and all of the things you want or need to do as glasses
Total energy at start of day

- Play with grandkids
- Gardening
- Self-care
- Housework
Typical amount of energy

Woke up with fatigue & less energy to start with

Self-care
Play with grandkids
Grocery Shopping
Housework
How can you fill your pitcher?

- Read
- Chat with a friend
- Creative pursuits
- Have a cup of tea
- Light walk
Energy Conservation Strategies for Pain Management

- Set priorities & realistic expectations
- Plan to balance work, restorative activity, & rest
- Set limits & rotate activities
- Delegate, eliminate, or simplify
- Modify your environment
- Use adaptive equipment
- Practice proper body mechanics

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Stay Engaged!

Occupational engagement
Doing things that make you feel good, productive, & happy

Distraction
Endorphin release
Cortisol decrease

More control
Better quality of life
Manage pain, don't let pain manage you!
Thank you!

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