Whole Health Initiative, the role of patient centered non-pharmacological pain management

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WHAT IS THE WHOLE HEALTH INITIATIVE?

• The VA Office of Patient Centered Care and Cultural Transformation (OPCC&CT)
  – Goal: to transform VA’s health system from the traditional medical model, which focuses on treating specific issues, to a personalized, proactive, patient-driven model that promotes whole health for Veterans and their families.

• **Personalized care** means putting the patient’s needs first and partnering with them to create a customized health plan based on your goals, personal history, and lifestyle.

• **Proactive care** means the care team actively works with the Veteran to find preventive, rather than reactive, options for care.

• **Patient-driven care** puts the patient at the head of the personal health care team, so clinicians can give you the skills, resources, and support to drive your own care.
• Chronic pain is significant problem for Veterans. (Back pain most common)

• Recent clinical guidelines recommend non-pharmacological options first.

• Opioid Crisis necessitates new approaches to managing pain.
• Establishment of 18 “flag ship” sites to conduct outcomes

• Issue of Medical Care dedicated to Whole Health Initiative
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• Conducted a State of the Art conference for non-pharmacological management of MSK pain.
WHAT IS THE FUTURE OF RESEARCH IN NON-PHARMACOLOGICAL PAIN MANAGEMENT?

• Challenges of conducting RCT
  – Placebo vs. sham interventions
  – Enrolling the right type of patient

• Differentiating specific from non-specific effects of interventions
  – Role of context

• Funding challenges