

Chronic Pain Management Program

The Chronic Pain Management Program has been serving patients for more than 40 years and is one of the longest running chronic pain management programs in the country. This four week program is designed for patients with chronic pain, which means pain lasting for at least six months, with the goal of helping individuals learn to better manage their pain. The purpose of the program is not to eliminate or to avoid pain, but rather to reduce disability or other problems associated with pain and to improve effective pain coping skills. Because pain management strategies are provided in a multidisciplinary format by a clinical psychologist, physical therapist and nurse, assessment and treatment for chronic pain is both comprehensive and integrated:

- Guided by a physical therapist, individualized daily exercise programs and physical activities help you regain physical function
- Medications currently used for pain are evaluated, with the ultimate goal of gradually tapering off opioid medication by the end of the program
- Psychological issues (e.g., depression, stress) and social issues (e.g., family, job) associated with or caused by the pain are identified and treated.

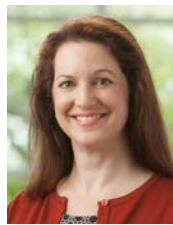
Location

Chronic Pain Management Program at
Specialty Services Pavilion
4350 Emile St., Omaha, NE 68105
Phone: 402.559.4364

Our Providers



David Cates, PhD
Director



Kimberley Haynes-Henson, MD
Medical Director



Jerry V. Walker, III, PhD, ABPP
Psychology Services Manager



Kimberly Vacek, PhD
Psychologist



Lindsay Seim, PsyD
Psychologist



Giuseppe Siracusano, DPT, PT
Physical Therapist



Lori Long, DPT, PT
Physical Therapist



Adrienne Connor, PT
Physical Therapist



Melissa Bernard
Physical Therapy Assistant

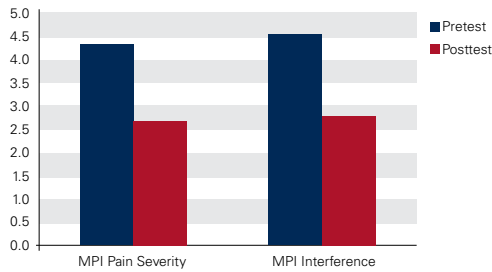


Beth Inzauro, RN
Program Nurse

Nebraska Medicine Chronic Pain Management Program outcomes are consistent with national outcomes for interdisciplinary pain management programs.

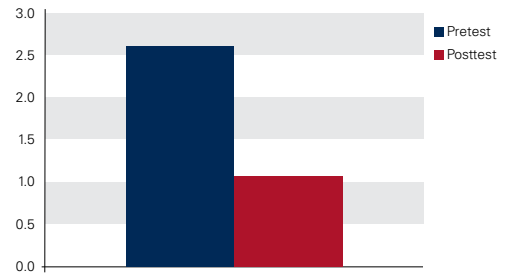
- For each patient, we systematically measure pain levels, functional abilities, mood and other variables when patients begin and complete the program
- 2018 at-a-glance (65 patients surveyed), overall patient satisfaction is 9+ out of 10

Multidimensional Pain Inventory (MPI) Scores – 2018
(N=65)



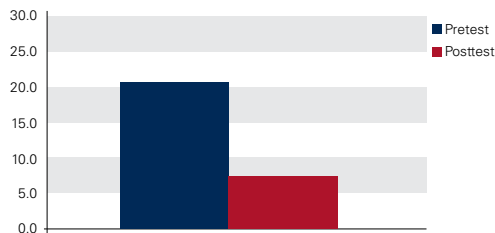
- Pain severity decreased by **38%**
- Pain interference decreased by **40%**

Catastrophizing Scale (CSQ) – 2018
(N=65)



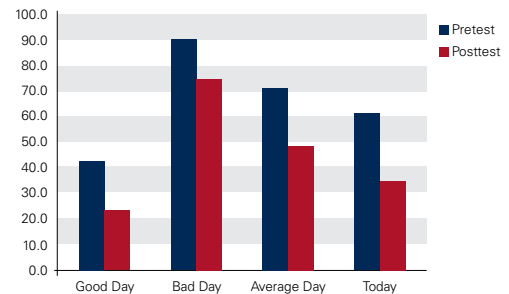
- Catastrophizing refers to exaggerated negative thoughts about actual or anticipated pain. Catastrophizing decreased by **59%**

Beck Depression Inventory (BDI) – 2018
(N=65)



- Depression ratings decreased by **62%**

Visual Analog Scale (VAS) Pain Ratings – 2018
(N=65)



- Average day pain ratings decreased by **35%**

Commonly Treated Conditions

- Abdominal pain
- Back pain
- Cervical radiculopathy
- Cervicalgia
- Chronic pain syndrome
- Complex regional pain syndrome
- Degenerative disc disease
- Failed back syndrome
- Fibromyalgia
- Headaches
- Migraines
- Hip pain
- Lumbar radiculopathy
- Neck pain
- Neuropathic pain
- Pelvic pain
- Phantom limb pain
- Post traumatic headaches
- Shoulder pain

Standout Features of the Chronic Pain Management Program

- Four week intensive outpatient treatment program (Monday through Friday, 8 a.m. to 4:30 p.m.)
- Census is limited to six to eight patients
- Lodging and meal vouchers are provided at no charge to patients
- Two individual cognitive behavioral therapy sessions weekly
- At least two hours of individual physical therapy treatment weekly
- Three months free access to gym and group activities