

LOGAN: At the Center of Integrated Pain Management

Patients are pained by the segregated health care system. Diagnosing this hurt has yet to provide effective relief, especially for elder patients who experience the highest levels of reported pain.

Norman Kettner, DC, FICC, Logan's Department of Radiology chair and professor, says the rates of failure for the treatment of pain are "enormous," prompting him and Logan College of Chiropractic, in partnership with Saint Louis University, to convene the health care community to examine pain management and the elderly.

Their efforts uncovered a remedy: integration.

Logan: The Site for Integration

The forum transformed Logan College of Chiropractic from the epicenter of chiropractic education to the center for an integrative pain management movement.

Officially named the Third National Symposium on Complementary and Alternative Geriatric Health Care (also referred to as the 24th Annual Geriatric Research Education and Clinical Center on Integrative Pain Management), the effort united practitioners from diverse health care disciplines and practice environments to re-examine the approach to pain management. These health care leaders targeted the aging, whose population is complex and swelling with current epidemiological data suggesting the 65-plus population will rise over 70 percent between 2010 and 2030, according to symposium presenter Paul Dougherty, DC.



Presenter Vitaly Napadow, PhD, is a faculty member with Logan's Radiology Department.

Inside Logan's Purser Center September 24-25, medical doctors and chiropractors offered their perspectives and findings on pain, its effects on the senior population and their respective treatment protocols and responses. According to Dr. Kettner, the forum's culminating panel discussion presented the most illuminating portion of the two-day conference. During this time, panelists Drs. Paul Dougherty, Jane Hart, Joseph Flaherty, David Seaman and Linda Smith analyzed case studies and offered their interpretations related to diagnosis and pain management techniques.

"At a single table on Logan's Purser Center stage, we had chiropractors and medical doctors discussing cases and providing professional perspectives in support of a multidisciplinary approach to pain management," said Dr. Kettner. "The collective presence was impressive alone, and then to factor in that this gathering took place on a chiropractic campus was immense."

As the facilitator, Dr. Kettner probed the panelists as they explained their interpretations, diagnoses and proposed treatment plans for the presented cases to determine how they arrived at these findings. "The panel discussion demonstrated how doctors, naturally, approach cases based on their specific areas of study and clinical experiences. Coming into this symposium, we understood that no one single health provider or specialist has the sole remedy for pain management. After witnessing how different disciplines approach pain, we walked away with a better appreciation for the various levels of care appropriate for this patient population and the critical need for health care integration."



Pictured from left to right, Drs. Jane Hart, David Seaman, Joseph Flaherty, Norman Kettner, Paul Dougherty and Linda Smith.

Leaving Logan

As the symposium's presenters and roughly 75 participants, which included Logan students, departed the Purser Center and returned to their practices and areas of study, the forum's lessons traveled with them.

For instance, Dr. John Morley wrote in Saint Louis University's *Aging Successfully*, "A highlight of the conference was the presentation by Vitaly Napadow, PhD, LicAc, Logan Radiology Department adjunct professor and assistant professor at Harvard Medical School Radiology Department. ... His studies have shown that acupuncture activates areas in the brain. ... He also recently found that persons with fibromyalgia have disruption of intrinsic

brain connectivity and this is related to their pain. He told me that 'Pain harms the brain and acupuncture is a direct path to the pain.'"

Since the conference, Dr. Kettner has produced a DVD to capture the presented content and extend the educational benefits beyond the two-day seminar and Logan's campus. "Inviting the health care community on to the Logan campus is an important step toward more integrated management for pain and conditions that warrant chiropractic, acupuncture, nutrition and other non-pharmaceutical interventions. But, we have to go further. We have to sit at the tables of other health care providers if chiropractors and our patients are to enjoy the full benefits of integrated care."



Professor Norman Kettner, DC, addresses the symposium.

Conference Overview and Objectives

The symposium provided a multidisciplinary educational experience for advancing the clinician's skill and understanding of the diagnostic and integrative treatment of pain in older adults. Complementary and integrative approaches to pain management were emphasized. The forum's learning efforts and objectives called for the review and discussion of:

- The anatomical and neurophysiological principles underlying pain processing
- The role of the biopsychosocial model
- The functional neuroimaging models of complementary and integrative techniques

- The differential diagnosis of common pain syndromes
- The range of pain assessment tools
- Complementary and integrative techniques as well as medical therapeutics

Symposium Sponsors

- Logan College of Chiropractic
- Saint Louis University School of Medicine
- Gateway Geriatric Education Center of Missouri and Illinois
- Veteran Integrated Service Network 15 GRECC

Program Presenters

John Morley, MB, BCh

Keynote speaker

"Aging Successfully with Pain"

Norman Kettner, DC, FICC

"Physiology of Pain: From the Periphery to the Cortex"

Rodger Tepe, PhD

"Biopsychosocial Models of Pain"

Vitaly Napadow, PhD, LicAc

"Neuroimaging of CAM Techniques"

Jeffery Kamper, DC

"Clinical Presentation and Differential Diagnosis of Geriatric Pain Syndromes"

Fredric Metzger, PhD

"Using the Instruments of Pain Assessment"

Paul Dougherty, DC

"Chiropractic Management of Lumbar and Cervical Spine Stenosis"

Linda Smith, DC

"Interrupting the Cycle of Musculoskeletal Pain: Acupuncture for Older Adults"

Jane Hart, MD

"Guided Imagery for Pain Management"

David Seaman, DC

"The Chemistry of Inflammation and Nociception: Insights into Nutritional Modulation"

Joseph Flaherty, DC

Case study panel discussion

"Identifying and Treating Pain Among Older Patients"