



WEBINAR 
WEDNESDAYS

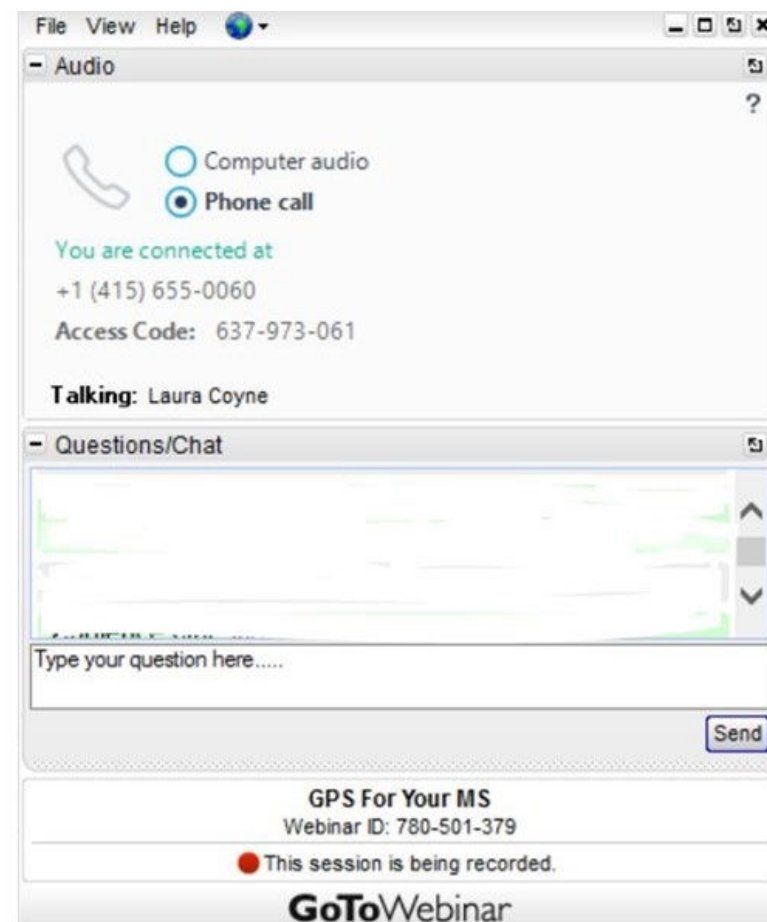
How To Take Control of Pain

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How To Ask Questions During the Webinar

Type in your questions using the **Questions/Chat** box





September PROGRAMS

Pain

Webinar –Sept 7
How to Take Control of Pain

JUMPSTART – Sept 15
*Get Started with Pain
Management Strategies*

YOUR QUESTIONS ANSWERED – Sept 20
Pain in MS



Dawn Ehde, PhD

- Clinical Psychologist
- Professor of Rehabilitation Medicine
- Nancy & Buster Alvord Endowed Professorship in MS Research

- Co-Director of the University of Washington MS Rehabilitation & Wellness Research Center, Seattle, WA

Interactive Poll

Do you have pain?

Yes

No

Unsure

Learning Objectives



Describe the types of pain that can occur in MS



What can you do right now to manage MS-related pain?

- Medical
- Rehabilitative
- Psychological



Pain Is Common In MS

- In a meta-analysis (Foley et al., 2013):
 - 63% of adults with MS have pain
 - 62% within the last month
- In a prospective epidemiologic study
 - (Fiest et al., 2015):
 - 74.1% had any pain
 - 40.5% had disruptive pain

Fiest KM et al. Mult Scler 2015.

Foley PL et al. Pain 2013.

Pain Has Adverse Effects

- Greater risk of falls
- Negative impact on other symptoms & function:
 - Can interfere with daily activities
 - Increased cognitive symptoms, including attention
 - Poorer sleep
 - Increased fatigue
 - Poorer mental health
 - Reduced social activities
- Higher level of healthcare use



Interactive Poll

Where do you have pain?

Arms / Legs

Back

Face/Head

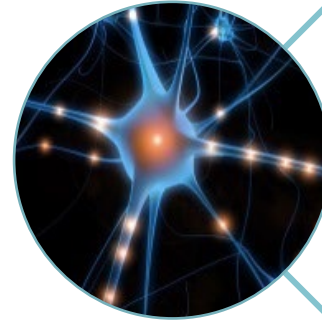
Joints

Other
(Write your answer
in chat)

What Types of Pain Occur in MS?

FAMILIAR TERMS	MEDICAL TERMS
Pains That Start/End Abruptly <ul style="list-style-type: none">• Stabbing facial pain• “Electric shock” when bending the head forward• “MS hug”• Painful spasms in arms or legs	Acute Neuropathic Pain <ul style="list-style-type: none">• Trigeminal neuralgia• Lhermitte’s sign• Squeezing sensation around the torso• Paroxysmal spasms
Ongoing Painful Sensations <ul style="list-style-type: none">• Burning, prickling, stabbing pain• Muscle aches and pains	Chronic Neuropathic Pain <ul style="list-style-type: none">• Dysesthesias
Muscle & Joint Aches and Pains	Musculoskeletal (Orthopedic) Pain

Pain Involves



Nociceptors (nerve cells all over body)

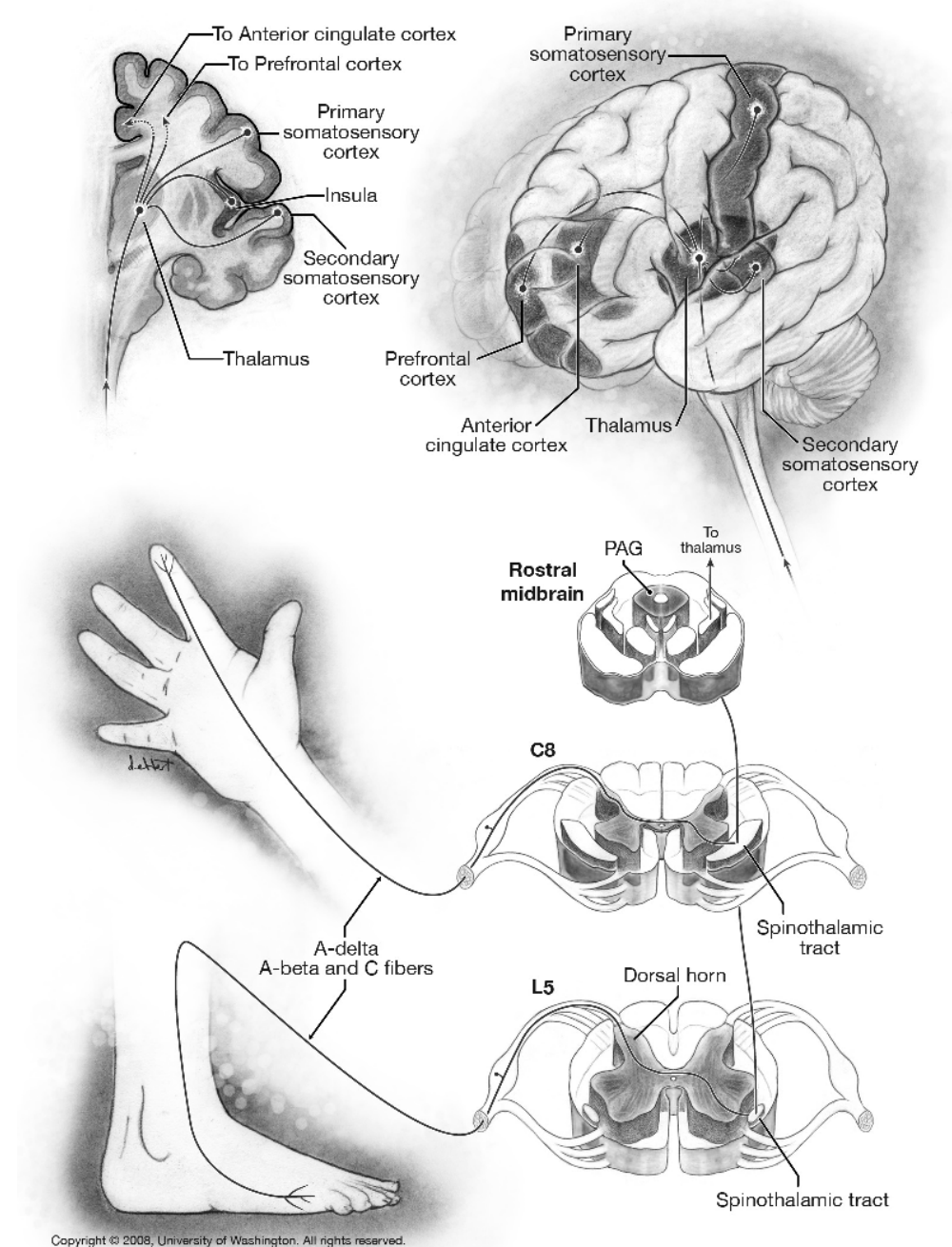


Spinal cord



Brain

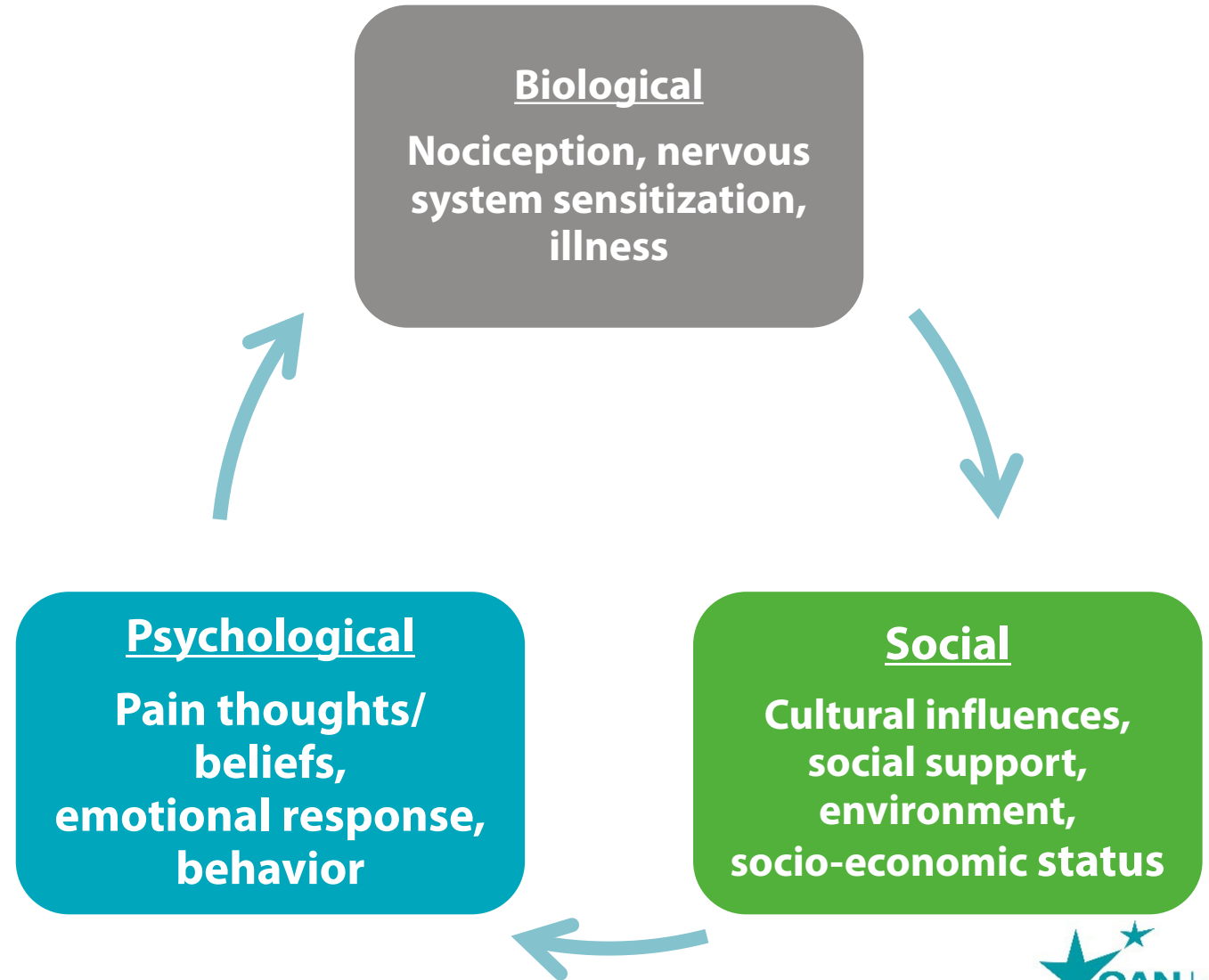
“Pain is in my head” (the brain, that is)



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Biopsychosocial Model of Pain

**Pain:
Its Origins &
Our Response
are Complex**



Self-Assessment



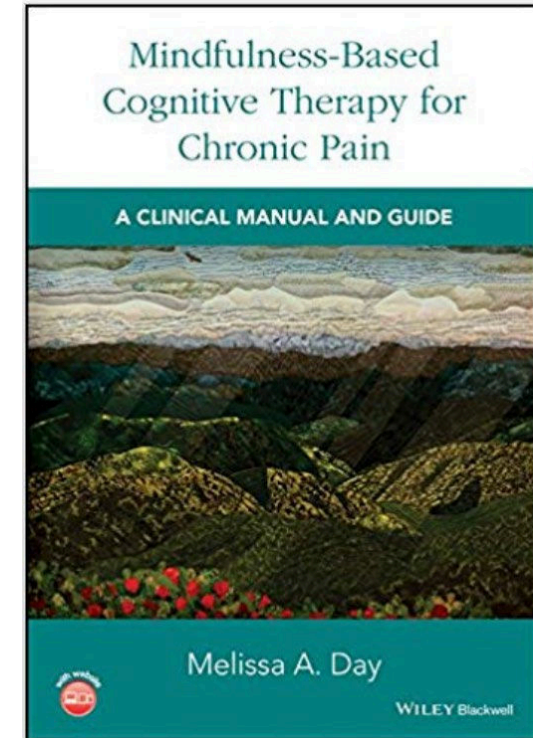
WHERE DO YOU HURT?



**WHEN IS IT WORSE?
BETTER?**



**WHAT MIGHT BE
CONTRIBUTING TO OR
TRIGGERING PAIN?**



Treatment & Pain Management Strategies

Medications

- Most common method for managing
- Depends on pain type
 - Neuropathic pain medications
 - Non-steroidal anti-inflammatories (NSAIDs)
 - Anti-depressants
- Discuss with your doctor



Cannabis

- Braley et al. 2020 study in 1,027 adults with MS in USA:
 - 42% reported use in past year
 - Most commonly used for pain and sleep
 - Only 18% had discussed it with their healthcare provider
- Has potential benefits and adverse effects
- If considering cannabis; be informed!
 - See Dr. Allen Bowling's information sheet on cannabis use



Rehabilitation

- May involve physical therapy, occupational therapy, and/or a physiatrist (rehabilitation medicine physician)
- Can include:
 - Exercises
 - Adaptive equipment
 - Massage
 - Hydrotherapy
 - And more

Exercise & Physical Activity

One of the most beneficial strategies for pain management

- Build muscle strength and flexibility
- Maintains functional movement
- Improves mood
- Decreases stress
- Reduce inflammation
- Reduce pain sensitivity in the brain
- Limits developing new sources of pain that may arise from inactivity or falls



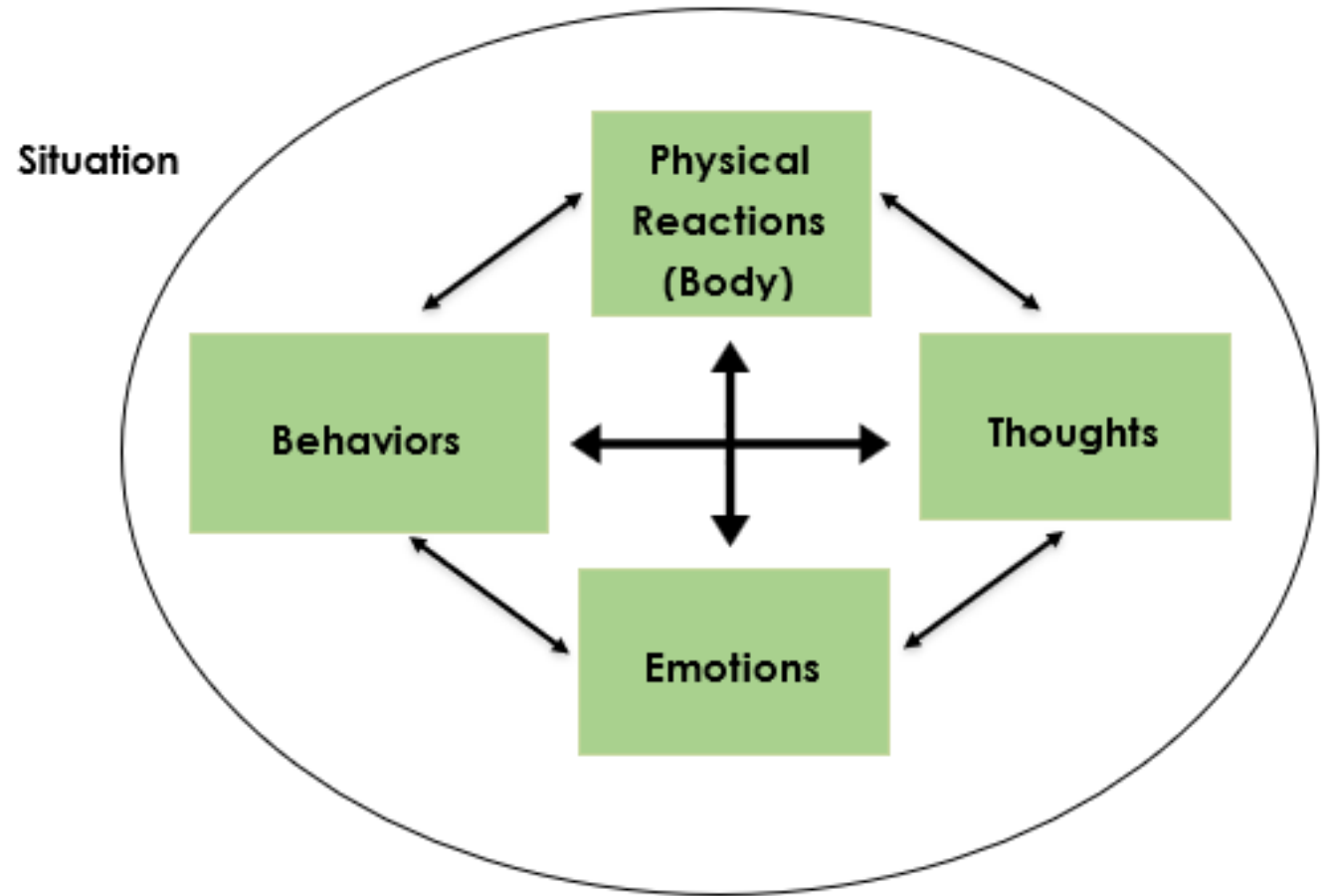
Exercise Guidelines for MS

- > 150 minutes of exercise or physical activity per week
- Build up exercise or physical activity gradually
- Many different activities are beneficial
- Consult with a provider or exercise specialist for guidance



Psychological Strategies:

Cognitive Behavior Therapy

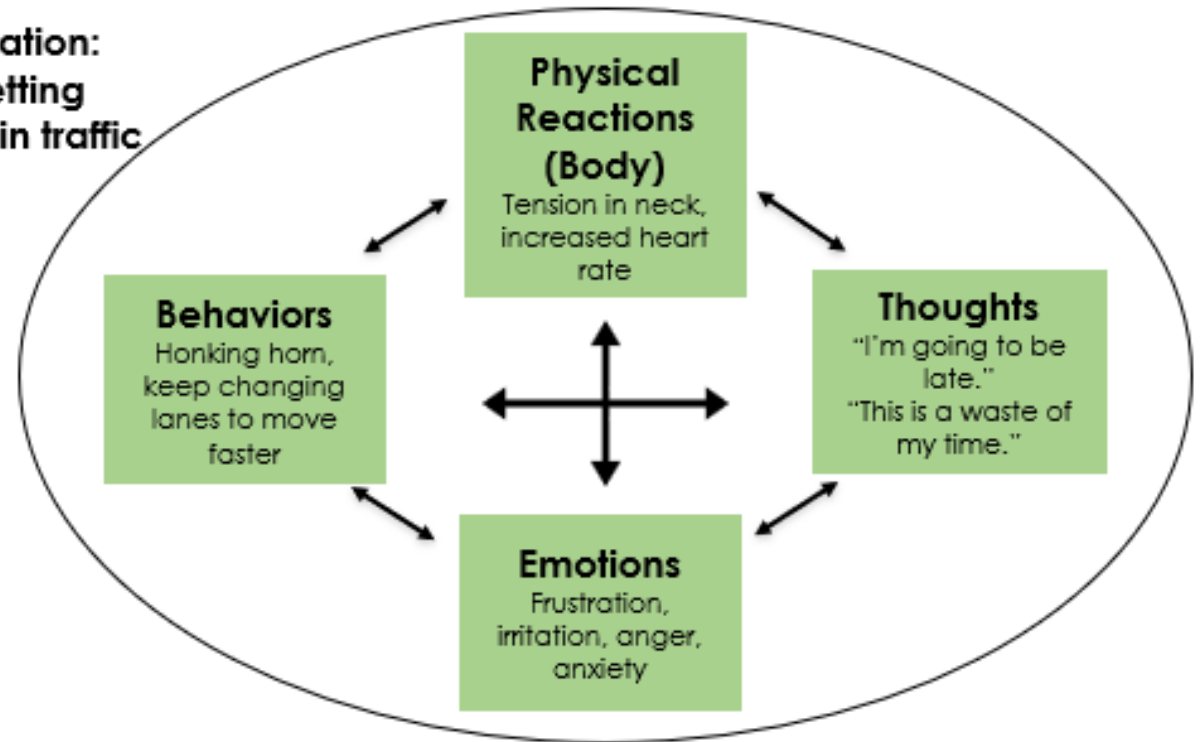


Used with permission from Ehde et al. (2022). Cognitive Behavioral Therapy for Pain Manual. University of Washington.

EXAMPLE

Getting Stuck In Traffic: Person A

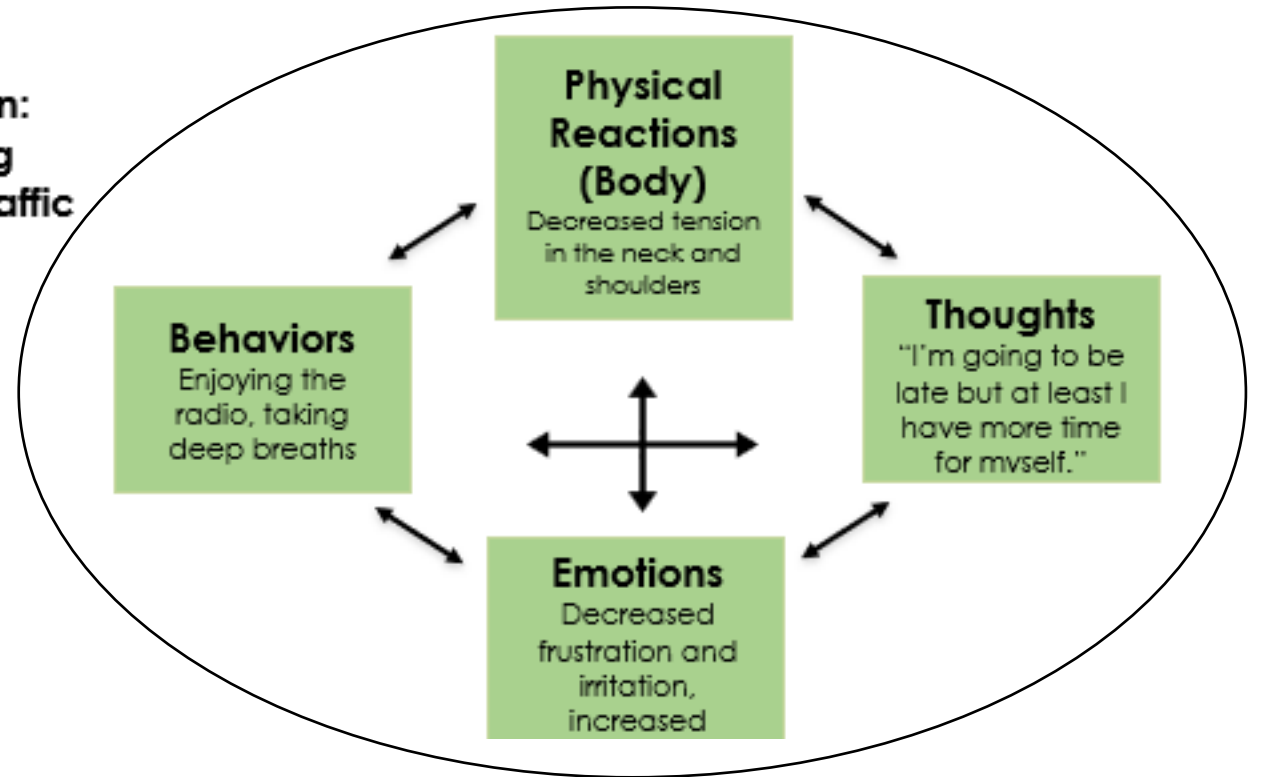
Situation:
Getting
stuck in traffic



EXAMPLE

Getting Stuck In Traffic: Person B

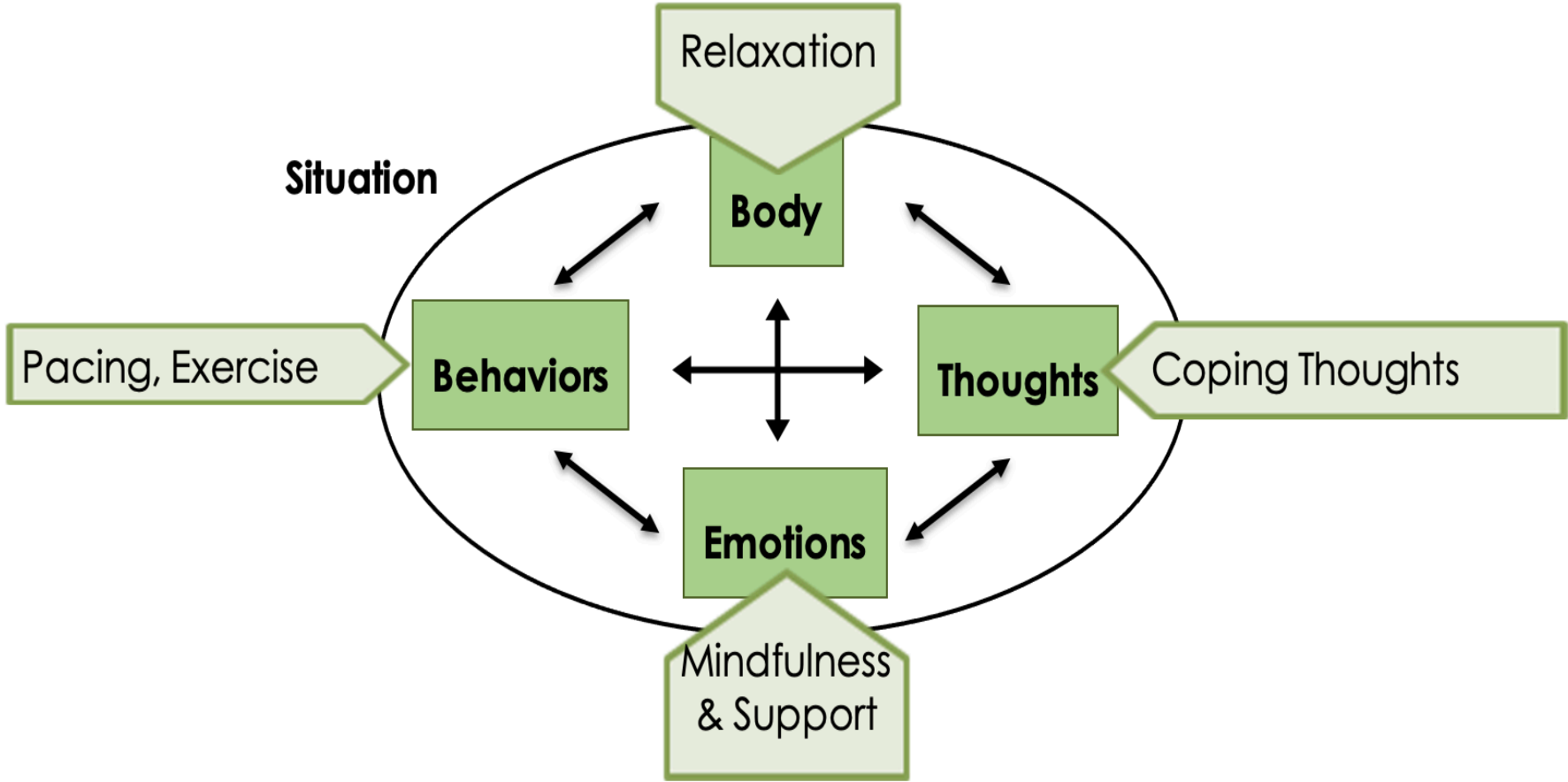
Situation:
Getting
stuck in traffic



Self- Management Involves Tracking

- The physical sensations you experience in your body
- How you think about pain situations
- How you feel emotionally
- How you behave (act)
- Triggers in your environment that influence how you think, behave, and feel

Pain Management Targets



Interactive Poll

**Rate your current pain on a
0 (no pain) to 10 (worst pain) scale.
What is it?**

Poll options:

0

1 - 3

4 - 6

7 - 9

10

Guided Relaxation Practice



Now rate your current pain again on a 0 (no pain) to 10 (worst pain imaginable) scale.

What is it?

Poll options:

0

1 - 3

4 - 6

7 - 9

10

Interactive Poll

Relaxation Strategies

- Elicits “relaxation response”
- Takes regular practice
- Many options
- See My MS Toolkit for instructions
- & recordings
- [mymstoolkit.\[dot\]com](http://mymstoolkit.com)





Mindfulness Meditation

Mindfulness: Paying attention, on purpose, non-judgmentally, in the present moment

Jon Kabat-Zinn

Mindfulness Meditation:
The intentional practice of mindfulness

How To Use Mindfulness For Pain

Regular practice

Many options for learning mindfulness meditation: classes, apps, guided audio recordings, psychotherapy

Example: Identifying Thoughts Worksheet

Pick a situation and identify your thoughts and corresponding reactions

Situation **Date:** *Monday 3/15*

Time: *9:15 am*

I woke up late and realized that I was going to be late for my physical therapy appt.

Thoughts	Body (Physical Reactions)	Emotions	Behaviors
<p><i>I'm not going to make it on time.</i></p> <p><i>My PT is going to be upset with me for being late.</i></p> <p><i>I should call my therapist to let her know I'm going to be late.</i></p> <p><i>My legs always <u>hurts</u> more during my PT sessions.</i></p> <p><i>I hate living with pain.</i></p> <p><i>I'm never going to get my life back.</i></p>	<p>Tense neck & shoulders</p> <p>Increased leg pain</p> <p>Headache starting</p> <p>Feeling tired</p> <p>Low energy</p>	<p>Frustrated</p> <p>Anxious</p> <p>Sad</p>	<p>Rushing around house</p> <p>Leave papers needed for therapy at home</p> <p>Stub toe rushing out the door</p>
<p>Pain Increased <input checked="" type="checkbox"/> Pain Decreased <input type="checkbox"/> Pain Did Not Change <input type="checkbox"/></p>			

Working With Thoughts

- Cognitive Behavioral Therapy (CBT)
- Strategies for maximizing helpful thoughts and minimizing unhelpful thoughts on your own:
 - Recognizing & labeling automatic thoughts
 - Reframing
 - Letting go of thoughts
- See “Working with Thoughts” at My MS Toolkit for instructions & worksheets ([Mymstoolkit.\[dot\]com](http://Mymstoolkit.[dot]com))

Other Strategies

- Goal-setting
- Pacing activities
- Managing emotional triggers
- Stress management strategies
- Good sleep habits
- Communication strategies
- Building social connections & support

“ For the first time, I feel like there are things I can do for my MS symptoms – this program has given me so many tools”

LEARN MORE ABOUT THE TOOLKIT »

MANAGING PAIN & SLEEP ISSUES IN MULTIPLE SCLEROSIS



NORTH AMERICAN EDUCATION PROGRAM 2012

North American Education Program

[https://www.nationalmssociety.org/Programs-and-Services/Resources/Managing-Pain-and-Sleep-Issues-in-MS-\(dvd\)?page=1&orderby=3&order=asc](https://www.nationalmssociety.org/Programs-and-Services/Resources/Managing-Pain-and-Sleep-Issues-in-MS-(dvd)?page=1&orderby=3&order=asc)

<https://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms/Pain>
http://agerrtc.washington.edu/sites/agerrtc/files/files/Agging_Pain.pdf

Key Take Aways

- Pain is best understood & treated from a biopsychosocial perspective
- You have many options for pain management
- Experiment to find what works best for you & keep practicing your tools



Other Resources

- Anything by Can Do on Pain
- <https://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms/Pain>
- http://agerrtc.washington.edu/sites/agerrtc/files/files/Aging_Pain.pdf
- <https://multiplesclerosisnewstoday.com/expert-voices/2022/06/15/expert-voices-pain-management-people-with-multiple-sclerosis/>
(recent interview of me about pain in MS that has tips in it)
- Dr. Bowling's info on cannabis: <http://neurologycare.net/mj2.html>

Q&A





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WEBINAR 
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How to Fall Asleep and Stay Asleep

Thursday, October 6th

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