

## Older Adult Pain Management Program

- Goal:** To provide the opportunity for the fellow to learn about chronic pain evaluation and management in older adults.
- Location:** The UMPC Older Adult Pain Management Program is a multi-disciplinary clinic dedicated to the treatment of persistent pain. Physicians, Nurses, Psychologists, Physical and Occupational Therapists provide group and individual pain rehabilitation programs. Treatment is both interventional and conservative. Close cooperation between disciplines is used to educate the patient and re-conceptualize their attitude to the management of pain.
- Preceptor:** Debra Weiner, MD, Associate Professor of Medicine, Psychiatry and Anesthesiology
- Experience:** The fellow will work with Dr. Weiner in the clinic two half days a week over a one-month period. They may also spend one half day a week with Paula Breuer, RPT.

### Competency-based Objectives:

#### Medical Knowledge

1. To understand the clinical manifestations of persistent pain in older adults
2. To gain an understanding of the various pharmacological therapies for persistent pain

#### Patient Care (Clinical Skills)

3. To understand the components of, and perform, a comprehensive pain assessment
4. To correctly diagnose myofascial pain, piriformis syndrome, fibromyalgia and low back pain caused by mechanical factors

#### Patient Care (Patient Management Skills)

5. To understand the spectrum of treatment modalities and their appropriate use and side effects in older adults
6. To learn how to appropriately consult members of the multidisciplinary pain management team
7. To know the indications for obtaining x-rays and /or MRI in the older adult with chronic low back pain

#### Practice-based Learning

8. To demonstrate competency in performing a comprehensive biomechanical and soft tissue assessment of the older adult with persistent low back pain

Communication and Interpersonal Skills

9. To learn to conduct an effective discussion with patients with persistent pain, including patient education and counseling

**Evaluations:** Direct observation and feedback by faculty and other interdisciplinary team members  
Competency-based faculty evaluation form at end of rotation

**Recommended Reading:**

AGS Panel on Persistent Pain in Older Persons. The Management of persistent pain in older persons. J Am Geriatr Soc 2002;50:S205-24.

Finando D, Finando S. Trigger Point Therapy for Myofascial Pain -- The Practice of Informed Touch. Healing Arts Press, 2005.

Gibson SJ, Weiner DK, (editors). Pain in Older Persons, Progress in Pain Research and Management. Vol.35. Seattle: IASP Press, 2005.

---

Preceptor

---

Fellow

Date: \_\_\_\_\_

Date: \_\_\_\_\_