
AN INTRODUCTION TO AI-PAMI & RESOURCES

PRESENTED BY NATALIE MITCHELL

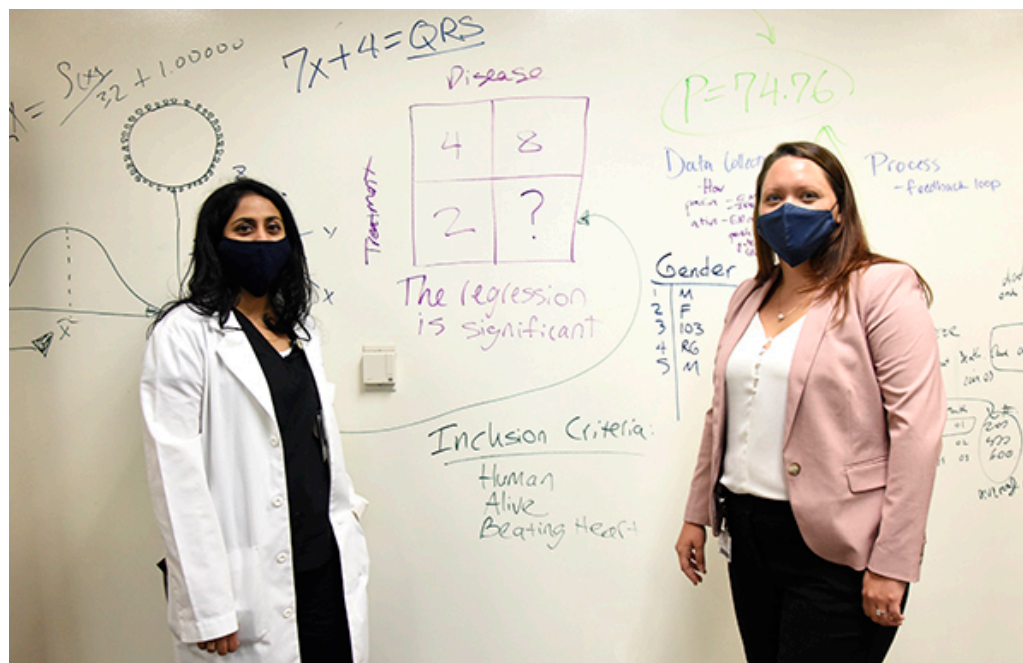
OCT. 28, 2021



OUR AI-PAMI TEAM



Phyllis Hendry, MD



Sophia Sheikh, MD

Jennifer Brailsford, PhD



Natalie Mitchell, MS

TODAY'S PRESENTER:
NATALIE MITCHELL
HEALTH EDUCATOR AT UF COLLEGE OF MEDICINE – JACKSONVILLE



- Certified health education specialist and hold a Master of Science in Health Education and Behavior.
- I have worked for UF Health Jacksonville since 2018
- I am an RYT200, or a registered yoga instructor

ABOUT THE AGING AND INTEGRATIVE PAIN ASSESSMENT AND MANAGEMENT INITIATIVE (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

Funding provided by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association.

Visit pami.emergency.med.jax.ufl.edu to learn more.

Contact PAMI at pami@jax.ufl.edu or 904-244-4986.

OUR AI-PAMI TEAM



A project of the Division of Emergency Medicine Research at the
University of Florida College of Medicine – Jacksonville.
Funded by the Florida Blue Foundation.

THE WHY

- The 2012 National Health Interview Survey showed that about 11% of U.S. adults have pain every day and more than 17% have severe levels of pain.
- Health problems that can cause pain, such as arthritis, become more common with advancing age.



THE WHY

- Mind and body practices, including relaxation techniques and meditative exercise forms such as yoga, tai chi, and qi gong are being widely used by older Americans, both for fitness and relaxation, and because of perceived health benefits.
- Traditional medical education does not cover non-pharmacologic techniques and there is a need for providers to be familiar with options that patients may ask about or already be trying.
- Marketing content vs. trustworthy information online



DEFINING INTEGRATIVE



It can be referred to as complementary, integrative or alternative treatment.

The term integrative is most inclusive of the combination of traditional and complementary approaches.

It emphasizes a holistic, patient-focused approach to health care and wellness — often including mental, emotional, functional, spiritual, social, and community aspects — and treating the whole person rather than, for example, one organ system.

BENEFIT OF INTEGRATIVE PAIN MANAGEMENT

- Integrative techniques (alone or as adjuncts) may provide better patient response and satisfaction; decrease use and/or dose of opioids and other medications and decrease procedure time, length of stay and adverse events.
- A number of systematic reviews point to the potential benefit of mind and body approaches for symptom management, particularly for pain.



BENEFIT OF INTEGRATIVE PAIN MANAGEMENT

- Mind and body practices— like acupuncture, massage therapy, meditation, relaxation techniques, spinal manipulation, tai chi, and yoga—generally have good safety records when done properly by a trained professional or taught by a well-qualified instructor. Serious side effects are rare.
- Non-pharmacologic management may be used to supplement or complement pharmacologic treatment for pain relief. Many of these approaches are easily performed at home for little to no cost.



ONLINE PRESENTATION LIBRARY

Free online presentations for patients 50+ and their caregivers as well as health care providers: <https://pami.emergency.med.jax.ufl.edu/aging-with-pain-series>

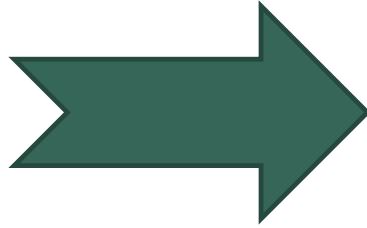


Aging with Pain Series for Older Adults and Caregivers



Integrative Pain Management Series for Health Care Providers

If you have not already filled out our online form to receive our emails, you can sign up today. We email only when new events are added to the website or when new live events have been scheduled, so we won't spam you!



The screenshot shows the 'Aging With Pain' sign-up form on the PAMI website. The navigation bar at the top includes 'About PAMI', 'PAMI Resources', 'Patients', 'Aging With Pain', 'Education Modules', and 'Pain Research Registry'. The main heading is 'Aging With Pain'. Below the heading is a promotional message: 'Sign up for our free-access Aging & Integrative Pain Management Series!' followed by a description of the series. The form includes fields for 'Name' (split into 'First' and 'Last'), 'Email', and a dropdown menu for 'What Aging & Integrative Program are you enrolling in?'. The dropdown menu has two options: 'Patient/Caregiver' and 'Health Care Provider'. A blue 'SUBMIT' button is located at the bottom of the form.

[Home](#) [About PAMI](#) [PAMI Resources](#) [Patients](#) [Aging With Pain](#) [Education Modules](#) [Pain Research Registry](#)

AGING WITH PAIN OVERVIEW

Aging With Pain Overview

- [About AI-PAMI](#)
- [AI-PAMI Live Events](#)
- [AI-PAMI Presenter Information](#)
- [Aging with Pain Series for Older Adults and Caregivers](#)
- [Integrative Pain Management Series for Health Care Providers](#)
- [Pain Management Resources](#)

Aging With Pain

Sign up for our free-access Aging & Integrative Pain Management Series!

Receive updates about our free-access upcoming webinars and content focused on integrative pain management. This series is intended for adults ages 50 and older living with pain as well as caregivers and health care providers working with this population.

Name

First Last

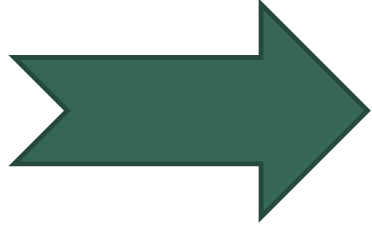
Email

What Aging & Integrative Program are you enrolling in? *

Patient/Caregiver
Health Care Provider

SUBMIT

Our regularly updated content library provides on-demand access to presentations for your convenience!



[Aging With Pain Overview](#)

[About AI-PAMI](#)

[AI-PAMI Live Events](#)

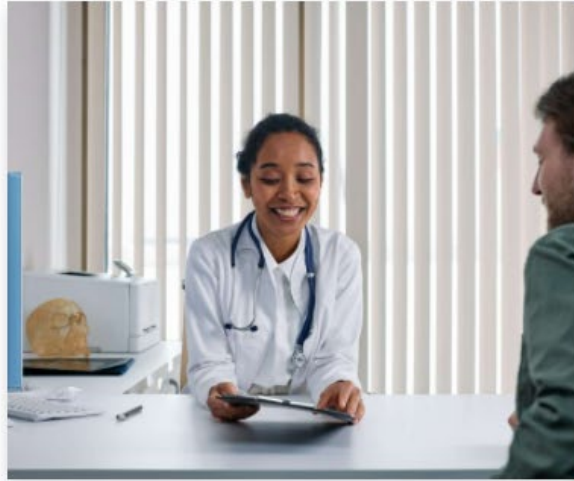
[AI-PAMI Presenter Information](#)

[Aging with Pain Series for Older Adults and Caregivers](#)

[Integrative Pain Management Series for Health Care Providers](#)

[Pain Management Resources](#)

Aging with Pain Series for Older Adults and Caregivers



12 Tips to a More Productive Pain Management Visit

12 Tips to a More Productive Pain Management Visit, presented by Daryl English, DNP, MSN, APRN-BC, CPP. Learn about the best ways to communicate with your health care provider to make the most of your pain management visit. Dr. English reviews how to concisely talk to your care team about your needs so you can ensure your pain management plan best fits your goals and type of pain.

[LEARN MORE →](#)

All Topics:



OCTOBER 20, 2021

The Shape of Things: Drawing and Art Making for...

This AI-PAMI Patient & Caregiver Presentation is



SEPTEMBER 27, 2021

Rhythms of Life: Music and Pain Management

A collaboration with Arts for the Aging, entitled 'Rhythms of Life.' Dr. Mitchell Kossak provides



SEPTEMBER 26, 2021

12 Tips to a More Productive Pain Management Visit

Learn about the best

NEWS IN BRIEF

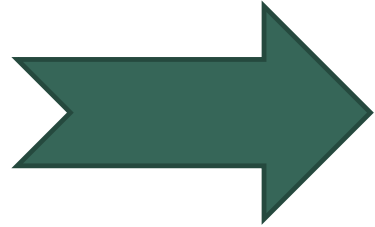
[Whole Health Approaches to Managing Arthritis Pain](#) →

[Breaking Down the Options for Pain Management Without Opioids](#) →

OUR LIST OF CURRENT TOPICS

- **18 older adult/caregiver-focused presentations:**

Living with Chronic Pain	Acupuncture
Shifting the Stress Response	Overview of Over-the-Counter Pain Medication
Coping with Persistent Pain	Mindful Body Scan
Yoga & Breathing for Pain Relief	Chair Yoga
Physical Therapy	Pain Management Options without Opioids
Anti-inflammatory Diet	Whole Health Approaches to Managing Arthritis Pain
Virtual Reality as a Pain Management Tool	Communication Tips for Talking with Your Provider
Aromatherapy	Music and Pain Management
Acupressure and Jin Shin Jyustu	Art Making & Pain Management

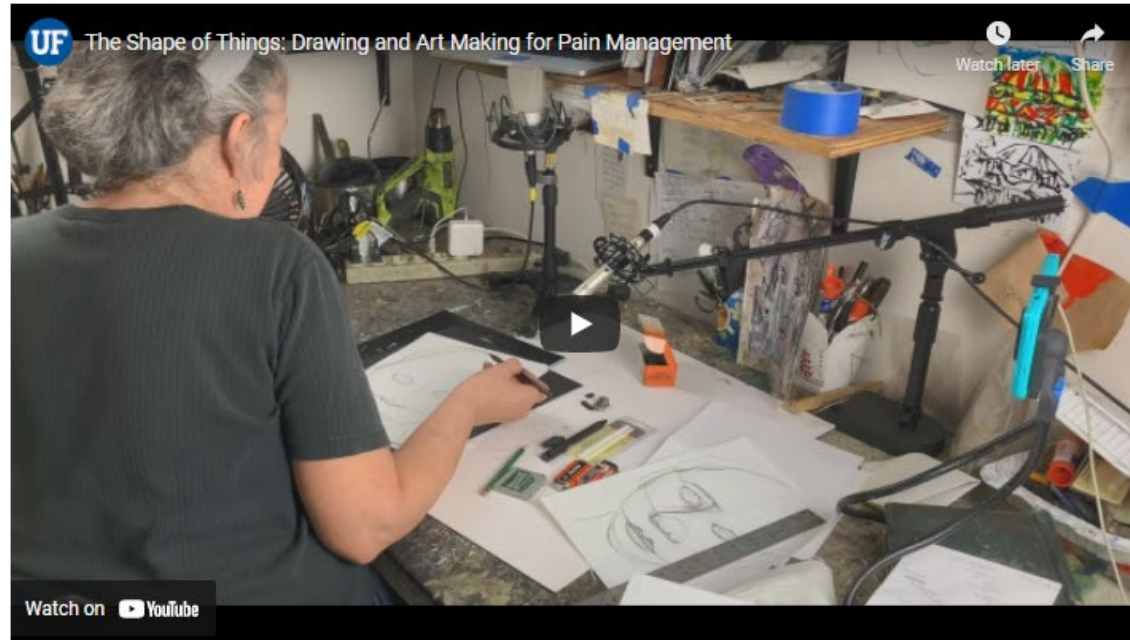


Each topic page contains a video, additional links to explore and most also allow you to download the video presentation slides.

The Shape of Things: Drawing and Art Making for Pain Management

PUBLISHED ON
October 20, 2021

SOCIAL MEDIA
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This AI-PAMI Patient & Caregiver Presentation is a collaboration with Arts for the Aging, entitled 'The Shape of Things.' Raquel Chapin Stephenson, PhD, ATR-BC, LCAT describes the researched connection between art making and pain, as well as factors related to pain. Dr. Chapin Stephenson breaks down various studies demonstrating how coloring, drawing and art therapy have been shown to reduce pain. Arts for the Aging Teaching Artist, Marcie Wolf-Hubbard then leads a self-portrait demonstration viewers can take part in (6:13). Self-portrait was selected as the art making activity because it allows for a shift in attention away from pain and a focus on the present self.

Presentation Slide Deck

[The Shape of Things_slide deck](#) [PDF](#)

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Recent News

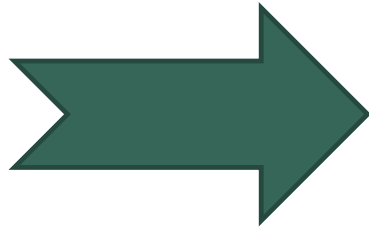
[The Shape of Things: Drawing and Art Making for Pain Management](#)
October 20, 2021

[Managing Pain After Your Emergency Department Visit](#)
September 28, 2021

["Start Low, Go Slow" Pain Management in Older Adults](#)
September 27, 2021

Most Recent
[Select](#) ▾

UPCOMING LIVE WEBINARS



We update our live events tab with information on how to register for upcoming events.

Aging With Pain Overview

About AI-PAMI

AI-PAMI Live Events

AI-PAMI Presenter Information

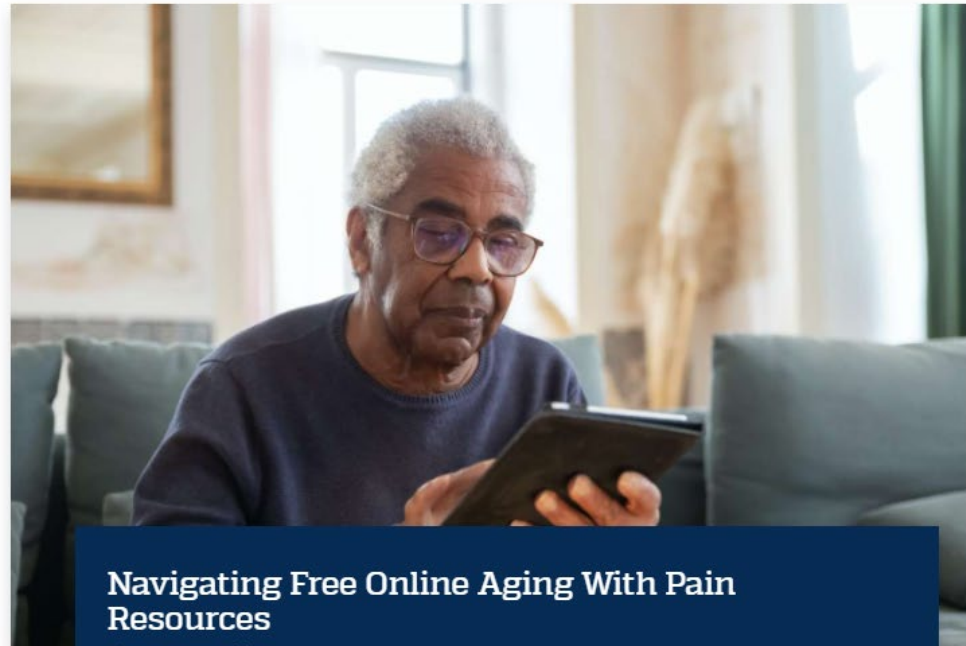
Aging with Pain Series for Older Adults and Caregivers

Integrative Pain Management Series for Health Care Providers

Pain Management Resources

AI-PAMI Live Events

The Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI) hosts periodic free live educational events on a variety of pain management topics for older adults and their caregivers as well as health care providers. Due to COVID-19, all events are hosted as online webinars that can be accessed via Zoom. Check back for updates often.

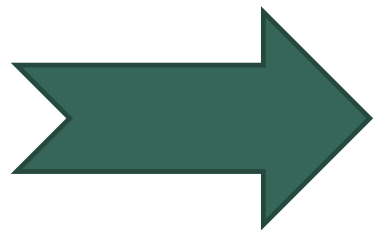


Navigating Free Online Aging With Pain Resources

October 28, 2021 from 12 to 1 p.m.

A free webinar about the Aging With Pain website and how to navigate free online pain management presentations for adults ages 50+ and their caregivers.

PAIN MANAGEMENT RESOURCES TO EXPLORE ON YOUR OWN



We update links to helpful websites and search tools to make your exploration of trustworthy integrative pain management information easier!

AGING WITH PAIN PAIN MANAGEMENT RESOURCES

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[Pain Management Resources](#)

Pain Management Resources

Over-the-Counter Medication Guidance

- [U. S. Pain Foundation OTC Pain Medication Guide](#)

Locating a Provider

- [Find a physical therapist](#)
- [Find a licensed acupuncturist](#)
- [Find a licensed massage therapist](#)
- [Find a myofascial release trained therapist](#)
- [Find a certified yoga instructor](#)
- [Find an integrative trained healthcare provider](#)

Providers who are interested in advocating for integrative medicine are encouraged to view the resources provided by Integrative Medicine for the Underserved (IM4US).

[IM4US WEBSITE →](#)

Pain-related Support Groups

- [American Chronic Pain Association Support Group Options](#)
- [U. S. Pain Foundation: Pain Connection Support Group Options](#)
- [National Fibromyalgia and Chronic Pain Association Support Group](#)
- [Chronic Pain Anonymous Support Group Options](#)

Communicating with your health care provider

- [American Chronic Pain Association Communication Tools](#)

KEEP IN TOUCH!

- pami.emergency.med.jax.ufl.edu/aging-with-pain-series
- Natalie.mitchell@jax.ufl.edu (Natalie.spindle@jax.ufl.edu still works too)



Thank you!