

## Community locations offer latest strategies for safe treatment of pain



**In recent years**, public health leaders have called for new strategies to safely and effectively treat the more than 100 million Americans who suffer from acute and chronic pain. The current epidemic of opioid abuse and addiction has led to calls for cost-effective and convenient strategies to help reduce pain for patients while minimizing reliance on narcotics. This approach demands the involvement of dedicated pain experts who can offer a range of treatments and services to personalize care. UCLA has responded to the demand with a growing network of community-based pain centers staffed by physicians who are board-certified in anesthesiology and pain medicine.

The UCLA Pain Management Program is part of the Department of Anesthesiology and Perioperative Medicine. In addition to the Pain Management Programs at Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa Monica, community-based programs are now available in Santa Clarita, the South Bay and Thousand Oaks. Patients seen at any of our clinic locations have access to the comprehensive resources of a major academic medical center.

### Multidisciplinary care

Traditionally, acute and chronic pain has been treated by general practitioners, often relying on narcotics. While the skyrocketing rate of opioid addiction is described as a public health crisis, a 2011 Institute of Medicine report concluded that chronic pain is often inadequately treated.

### Establishing a new model for pain treatment

Patients with acute or chronic pain need timely, convenient access to board-certified pain medicine physicians, says Kianusch Kiai, MD, clinical professor of anesthesiology. UCLA's three community-based pain centers, part of the UCLA Pain Management Program, provide personalized care and offer numerous therapies on-site or at nearby surgery centers.

"The model of care we offer is rare," says Dr. Kiai. "It's a marriage of community-based private practice and academic medicine. These physicians are also on faculty at UCLA."

Physicians make every effort to schedule patients quickly and will provide same-day treatment when possible. Patients may be referred for additional specialty services.

"This is a comprehensive, multidisciplinary pain treatment program," says Dr. Kiai. "We are partnering with psychologists and physical therapists. Pain management clinics like ours will allow people to become familiar with non-narcotic treatments. Every one of our pain doctors will do his or her best to get patients off narcotics and to have healthier lifestyles."

Chronic pain is identified as pain that continues for a prolonged period and diminishes quality of life. Chronic pain can lead to insomnia and depression and can interfere with relationships, work and school. Pain can be caused by injuries, surgery or ongoing conditions such as arthritis and cancer. Pain is the defining characteristic of many disorders, such as carpal tunnel syndrome, fibromyalgia, headache, myofascial conditions, muscle strain and spasticity. At UCLA, pain-management physicians identify the specific cause of pain and treat the underlying disorder. We offer many therapies for people with back and neck pain as well as those with neuropathy related to injury, diabetes, shingles, trigeminal neuralgia and other conditions.

For many patients, conservative treatment with non-narcotic pain medications, physical therapy and other noninvasive techniques may be sufficient. We refer patients to physical therapy as needed and also work with the UCLA Center for East-West Medicine, which has several convenient locations, to provide gentle treatments that have been shown to effectively alleviate pain, such as acupuncture, acupressure and massage. In addition, we provide patients with access to psychologists for assistance with the emotional distress that can accompany persistent pain. The community-based pain programs are part of UCLA Health, which gives patients access to the resources of a major medical center. Our physicians work with each patient's primary care team at UCLA to coordinate personalized care.

### Full range of treatment modalities

While treatment with narcotics is necessary for some patients, we emphasize evidence-based treatments that will reduce or eliminate the need for opioids and improve overall health and well-being. In addition to conservative treatments, we offer multiple modes of therapeutic procedures. Treatments vary by clinic location and include:

- Nerve block
- Joint injections
- Implantable pumps
- Discography
- Spinal-cord stimulation
- Radiofrequency neurotomy or rhizotomy
- Epidural injections
- Sympathetic blocks
- Botulinium toxin
- Kyphoplasty
- Trigger point injection
- HF-10 therapy

### Convenient access to leading-edge care

Our three community locations, which are open five days a week, provide convenient access to care in a comfortable, patient-centered setting. Parking at our community clinics is free. We also offer same-day appointments. Patients can develop a relationship with a pain-management physician who, in turn, will work with the referring physician to obtain necessary records and will coordinate care with the patient's other UCLA physicians.

UCLA's online portal, *myUCLAhealth*, offers patients personalized and secure on-line access to portions of their health information and enables them to securely communicate directly with members of their care team.



## Participating Physicians

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#### Chrystina Jeter, MD

Clinical Instructor, Anesthesiology

### Encino

#### George Pan, MD

Clinical Instructor, Anesthesiology

### Santa Clarita

#### George Pan, MD

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### Thousand Oaks

#### Harkirat Chahal, MD

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#### Najmeh Sadoughi, MD

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