



*Chronic pain can be successfully treated by creatively combining existing medication dependency and chronic pain treatment methods.*

## *Treatment Components may include:*

### **PHYSICAL MANAGEMENT:**

- Comprehensive Pain & Nutrition Assessment
- Red Flags Checklist – appropriate v. addictive
- Contact all prescribing physicians
- Develop one pain management plan
- Explore non-opiate alternatives
- Physical Therapy
- TENS unit

### **COGNITIVE/PSYCHOLOGICAL MANAGEMENT:**

- Psychiatric Consultations
- Pain Education and Processing Groups
- Pain Journaling and Workbook Sessions
- Addiction Information Sessions
- Positive Self-Talk/Affirmations
- Relapse Prevention
- Individual Cognitive Therapy
- Stress Management
- Chronic Pain Anonymous Support Group – Tuesday Evenings at 7:00 PM

### **NON-PHARMACEUTICAL APPROACHES:**

- Biofeedback
- Acupuncture
- Yoga
- Reiki
- Physical Therapy
- Expressive Arts:
  - Music and Art Therapy
  - Movement Therapy
  - Walking Groups/Walking Meditation



## *Directions*

**SCHUYLKILL EXPRESSWAY** West to King of Prussia follow signs for 422W Pottstown. Exit 422W at second exit Audubon/Trooper Rd. Continue straight for approximately two miles to Germantown Pike. Turn right on Germantown Pike; the hospital is on the left.

**PENNSYLVANIA TURNPIKE** to Norristown Exit (#333). Follow Germantown Pike West for 7 1/2 miles. The hospital is on the right.

**THE BLUE ROUTE** follow 476 North to the Norristown Exit. Follow signs for Germantown Pike West (Towards Plymouth Meeting). Proceed 7 1/2 miles.



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[vfmc.net](http://vfmc.net)



# *BREAKTHROUGH*

## **PAIN MANAGEMENT PROGRAM**

*Pain is inevitable  
Suffering is optional*



# **Valley Forge Medical Center and Hospital**

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## Understanding Chronic Pain

Millions of Americans suffer daily from chronic pain. This significant healthcare problem can be the causal factor for a number of co-existing conditions, including depression and anxiety. Quality of life often declines, leaving individuals and their families feeling hopeless and helpless. Many suffer from diminished activity, isolation, sleep deprivation and loss of appetite. Still others live in constant fear of becoming addicted to their pain medications.

At Valley Forge Medical Center & Hospital we understand the debilitating nature of chronic pain, and recognize that some individuals may be at high risk of becoming dependent on their pain medications. Others may be “pseudo-addicted” or displaying addictive behaviors because their pain is not adequately managed.

Some “red flags” of pseudo-addiction, dependence or addiction include:

-  Taking medications in a larger dose than prescribed
-  Taking medications more frequently than prescribed
-  Mixing other drugs, including alcohol, with prescribed medication
-  Putting yourself in situations that raise your risk of getting hurt or hurting others
-  Needing to take more medication for the same effect
-  Using your medication or other drugs, including alcohol, to cope with life's problems



## Treatment Focus at Valley Forge Medical Center: “Breakthrough”

Our “Breakthrough” pain program offers advanced pain management techniques, while exploring the “red flags” of dependence. Our goal is to assist and educate individuals so they can regain a healthy and productive lifestyle. Each patient in our program receives a personal evaluation designed to meet their specific needs.

### THREE MAIN STAGES OF TREATMENT:

- Evaluation and understanding of our pain process
- Learning non-pharmaceutical approaches to pain management while decreasing dependence on pain medications
- Transition to independent living with a pain management plan



## Addiction-Free Pain Management Program®

At Valley Forge Medical Center, we’ve implemented an integrated approach called the Addiction-Free Pain Management® System developed by nationally recognized expert, Dr. Stephen F. Grinstead, to effectively treat both pain and substance use disorders. This comprehensive approach integrates both proper medication management and non-pharmaceutical techniques, thus teaching patients to manage and cope with pain while avoiding the pitfalls of addiction.

### “BREAKTHROUGH” TREATMENT GOALS

- Assess addition versus pseudo-addiction
- Determine etiology of pain
- Develop a pain plan
- Manage pain effectively
- Teach coping skills
- Manage medication effectively
- Treat depression, anxiety and grief
- Restore physical fitness to maximum level
- Prevent relapse



## Why Should I Choose Valley Forge Medical Center and Hospital?

Our philosophy of pain management is driven by the basic assumption that each patient’s report of pain is valid. At VFMC, we utilize a multidisciplinary team approach to assist patients in achieving their recovery goal while providing relief from pain. We also offer family sessions during treatment.

The “Breakthrough” chronic pain program provides comprehensive treatment options, services and resources that empower and enable the patient to return to a productive lifestyle. Given the debilitating nature of chronic pain disorders, we believe it’s important to provide a concentrated program within a controlled inpatient environment in which to modify pain behavior, while improving the patient’s overall quality of life.



## How Does the Admission Process Work?

Valley Forge Medical Center believes in a patient-centered admission and assessment process. A professional team of pain management experts reviews each patient’s previous treatment, conducts physical exams and provides thorough client-sensitive assessments. The patient works directly with a pain management physician to develop the best possible treatment plan. Ongoing clinical assessments allow patients to move from one level of care to another, taking advantage of a full continuum of patient services.



## How to Make a Referral

If you are interested in our unique comprehensive chronic pain management program and are unsure whether your insurance will cover treatment at our facility please call our Admissions Department to discuss your options.

Or refer through the Internet at [www.ExtendCare.com](http://www.ExtendCare.com)

All calls are confidential and welcome. Most calls are best addressed during normal business hours for special needs and accommodations, but we are open 24 hours, 7 days a week.