

CHRONIC PAIN: MAKING THE INVISIBLE VISIBLE.

EU COLLECTION GP 2 OCTOBER 2014

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HOMEOPATHIC TREATMENT FOR CHRONIC PAIN

EXAMPLES OF RESEARCH STUDIES

CHRONIC PAIN IS A SERIOUS PROBLEM

...19% of adult Europeans, seriously affecting the quality of their social and working lives.

Very few were managed by pain specialists and nearly half received inadequate pain management

Harald Breivik, Beverly Collett, Vittorio Ventafridda, Rob Cohen, Derek Gallacher, Survey of chronic pain in Europe: Prevalence, impact on daily life, and treatment, European Journal of Pain, Volume 10, Issue 4, May 2006, Pages 287-333, ISSN 1090-3801, <http://dx.doi.org/10.1016/j.ejpain.2005.06.009>.

...findings contribute to the growing cautions regarding standardised, 'one-size-fits all' treatment programs ...

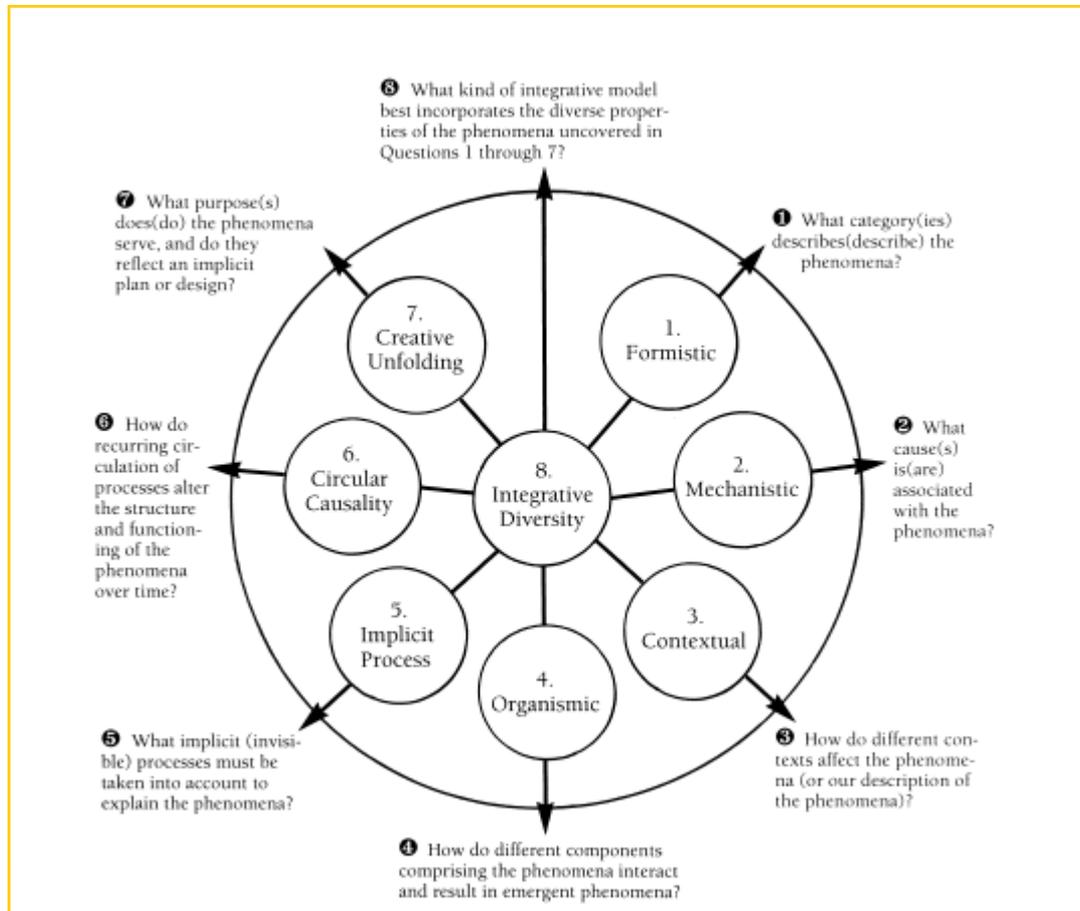
and the mistake of assuming people with pain form a homogenous group

Cary A Brown, The beliefs of people with chronic pain in relation to 'important' treatment components, European Journal of Pain, Volume 8, Issue 4, August 2004, Pages 325-333, ISSN 1090-3801, <http://dx.doi.org/10.1016/j.ejpain.2003.10.005>. (<http://www.sciencedirect.com/science/article/pii/S1090380103001356>)

WHAT ABOUT CAM?

- *...CAM therapy is **widely used** by patients receiving opioids for chronic pain. Whether opioids can be reduced by introducing such therapies remains to be studied*
- Fleming, S., Rabago, D. P., Mundt, M. P., & Fleming, M. F. (2007). CAM therapies among primary care patients using opioid therapy for chronic pain. *BMC Complementary and Alternative Medicine*, 7(1), 15. doi:10.1186/1472-6882-7-15
- *...**84.75%** of all patients reported use of CAM; with significantly more **LBP** patients*
- Gaul, C., Schmidt, T., Czaja, E., Eismann, R., & Zierz, S. (2011). Attitudes towards complementary and alternative medicine in chronic pain syndromes: a questionnaire-based comparison between primary headache and low back pain. *BMC Complementary and Alternative Medicine*, 11(1), 89.
- *General practitioners should **gain knowledge** about CAM and CAM providers should gain training in pain topics to **improve communication and counsel** patients.*
- *More **clinical research** to evaluate safety and efficiency of CAM for pain is needed to provide evidence based counseling*
- Peleg, R., Liberman, O., Press, Y., & Shvartzman, P. (2011). Patients visiting the complementary medicine clinic for pain: a cross sectional study. *BMC Complementary and Alternative Medicine*, 11(1), 36.

WHAT ABOUT HOMEOPATHY?



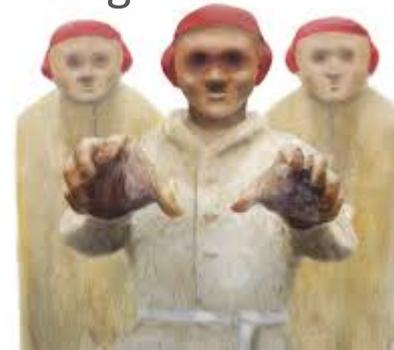
Bell, I. R., Baldwin, C. M., Schwartz, G. E., & Russek, L. G. (1999). Integrating belief systems and therapies in medicine: application of the eight world hypotheses to classical homeopathy. *Integrative Medicine*, 1(3), 95–105

INDIVIDUALISATION

*The associations between perceived helpfulness and self-efficacy and depression suggest avenues of pain management that are focused less on specific treatments and **more on how persons with persistent pain think about their pain***

Kemp, C., Ersek, M., & Turner, J. (2005). A descriptive study of older adults with persistent pain: Use and perceived effectiveness of pain management strategies [ISRCTN11899548]. *BMC Geriatrics*, 5(1), 12.

- ...homeopathic scientific research based on RCT's is severely hampered by the specificity of its methodologies



- Milgrom LR. Journeys in the country of the blind: entanglement theory and the effects of blinding on trials of homeopathy and homeopathic provings. *eCAM* 2007;4:7.

LOW BACK PAIN

- Complaint

Difficulty standing

Needs support

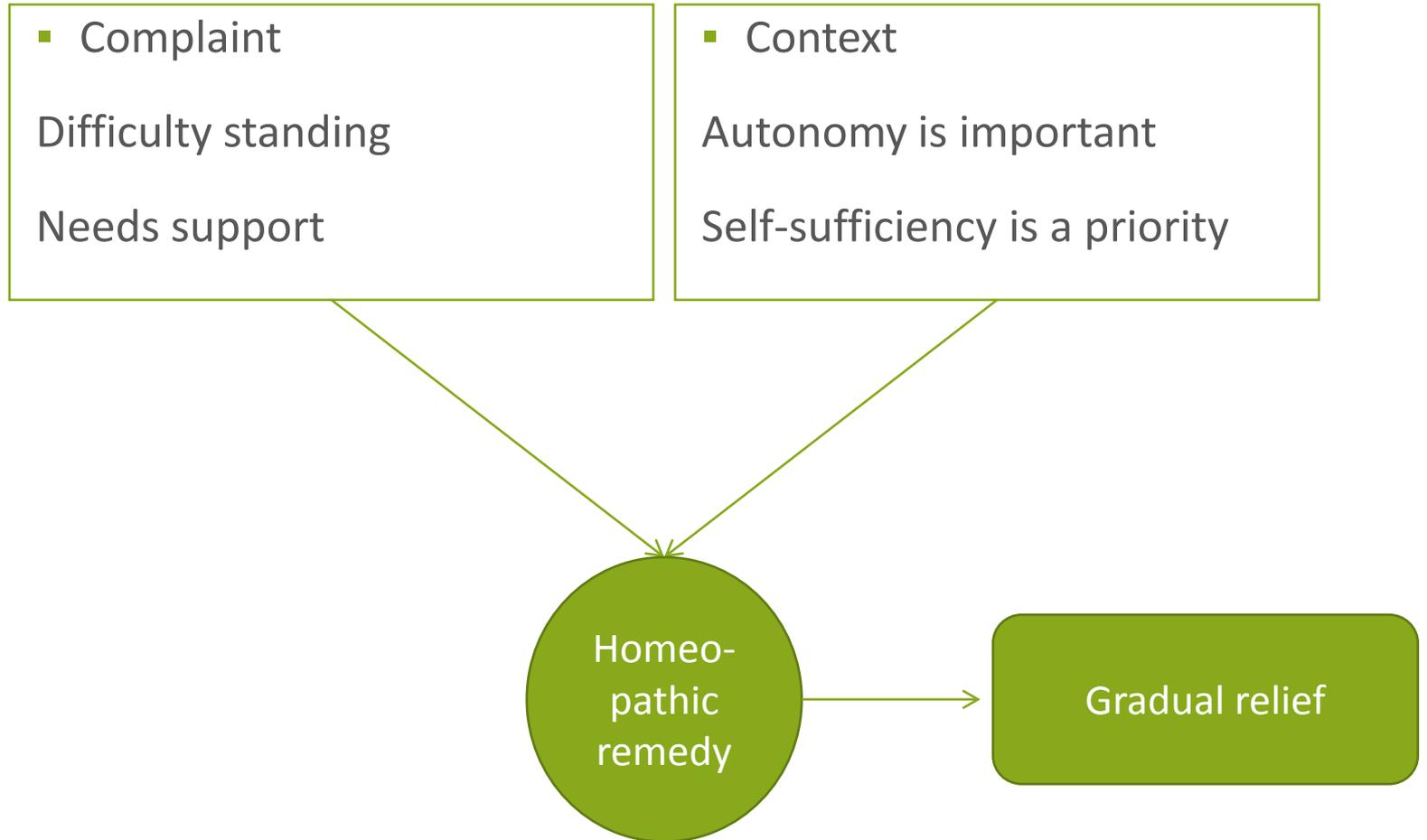
- Context

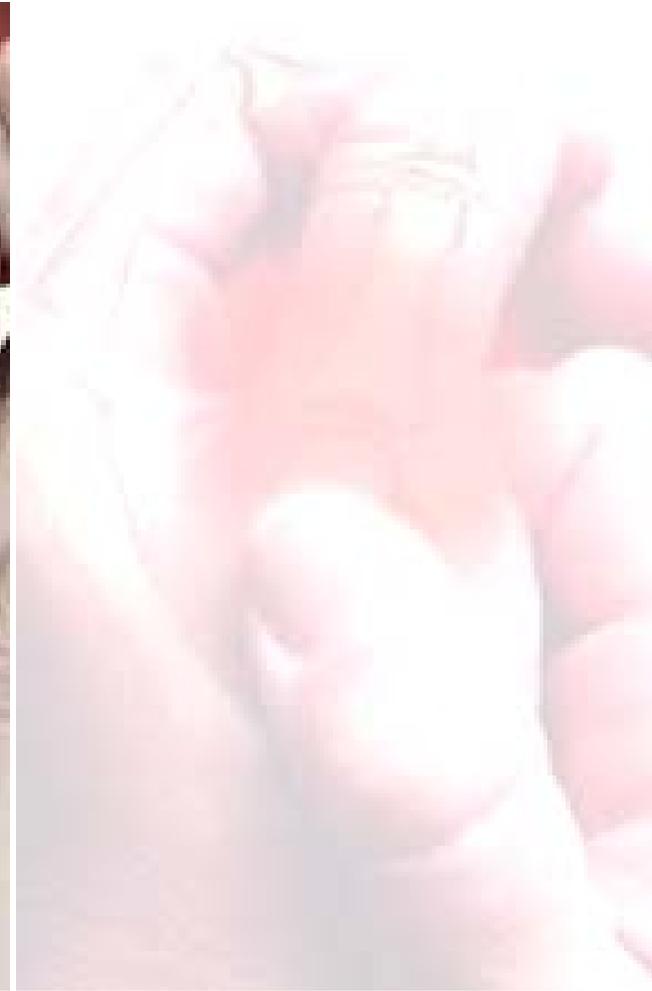
Autonomy is important

Self-sufficiency is a priority

Homeo-
pathic
remedy

Gradual relief

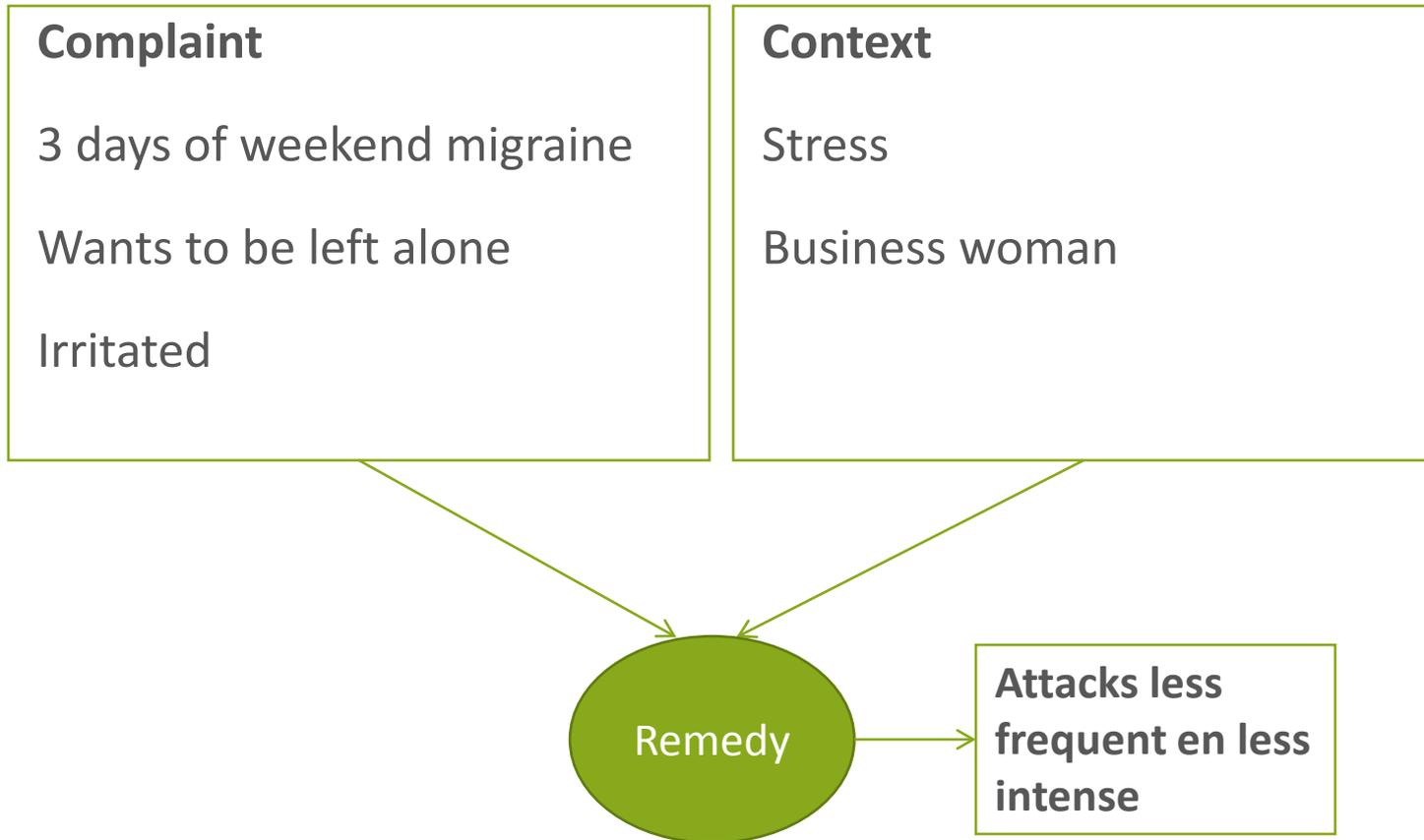




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EXAMPLES OF RESEARCH STUDIES

MIGRAINE



INVEST IN HOMEOPATHIC RESEARCH AND TREATMENT

