

# Frontiers in Pain Management

## *19th Annual Meeting of the Alliance of State Pain Initiatives*



# General Session I

## *Keynote Address*

Friday, October 31, 2008

8:15 am - 9:15 am

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## The Challenges of Multidisciplinary Pain Management: Viewed from Roller Coasters, Bumper Cars, and Merry-Go-Rounds

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Rehabilitation-oriented multidisciplinary pain centers (MPCs) emerged on the health care scene in the 1970s, and their numbers increased dramatically through the 1990s, but they have since had a precipitous decline. Yet despite the fact that there are more published studies, systematic reviews, and meta-analyses substantiating the clinical and cost effectiveness of MPCs than there are for any other treatment for pain, these programs are having difficulty surviving. Given all the calls for “evidence-based medicine” and the buzz phrase “pay-for-performance,” their decline is perplexing. In this presentation, the advancement and decline of MPCs will be likened to rides at amusement parks, which may be viewed as metaphors for the travails of MPCs: the heady elevation followed by rapid deceleration of roller coasters; the crashing of competing forces associated with bumper cars; and the circumvention of an area with no forward progress of merry-go-rounds.

At the conclusion of the session, participants should be able to:

- comprehend the outcomes research supporting the clinical effectiveness and cost-effectiveness of multidisciplinary pain centers compared to currently available alternatives
- understand the range of criteria for evaluating the clinical effectiveness and cost-effectiveness of currently available treatments for patients with chronic pain
- describe the evolution and devolution of the management of chronic pain