

Frontiers in Pain Management

19th Annual Meeting of the Alliance of State Pain Initiatives



Concurrent Workshop A4

Friday, October 31, 2008

9:30 am - 10:45 am

Empowering the Person with Pain: Ten Steps from Patient to Person

Penney Cowan

Director, American Chronic Pain Association

In this session we will explore the complex issues of chronic pain, looking at the impact it has on the person with pain and those around him/her. Our main focus will be on how to help the person with pain engage in his/her treatment by taking an active role and exploring the coping skills needed to make the transition from patient to person.

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

- recognize the role of the health care provider in managing a person with pain
- describe the process of moving from patient to person
- understand the dynamics of living with pain