



**Beth Israel Deaconess
Medical Center**



A teaching hospital of
Harvard Medical School

**Beth Israel Deaconess Medical Center
Division of Pain Medicine**

CLINICAL SERVICES/ORGANIZATION

The Arnold-Warfield Pain Management Center offers comprehensive care to patients with complex acute or chronic pain. Our physicians understand that living with any kind of pain can be exhausting-both physically and mentally and are ready with both the experience and expertise to diagnose, treat and help manage your acute or chronic pain that has not responded to conventional therapies. The goal of our pain management center is to provide our patients with compassionate care and cutting edge treatment to relieve their pain, resulting in a better quality of life. Working closely with each unique patient, our pain management specialist will develop an individualized treatment plan that is right for each patient.

Our multidisciplinary team includes specialists from anesthesiology, neurology, psychology and nursing. Furthermore, our pain management specialists work very closely with primary care physicians, spine orthopedics and neurosurgeons as well as physical therapists. Patient care is provided in the outpatient clinics, the Arnold-Warfield Pain Management Center and the HMFP Comprehensive Headache Center, both located in a state-of-the-art facility at One Brookline Place in Brookline.

The Pain Management Center providers work in a collaborative fashion with their Spine Center surgical colleagues. At the Spine Center, specialists who are leaders in their fields have come together to create the best patient experience. They deliver nonsurgical and surgical care for the spine through collaboration between the following disciplines: Neurosurgery, Orthopedics, Physiatry, Pain Management, Neurology, Physical Therapy, and Radiology. This is a unique learning opportunity for fellows and residents.

In addition, patients are seen at several satellite locations in the Medical Center and surrounding communities. Inpatient care is provided by an acute pain service and a chronic pain service.

Treatment modalities include:

- Injection Therapies and Nerve Blocks – lumbar, thoracic and cervical epidural steroid injections, sympathetic blocks, selective nerve root blocks
- Implantable Spinal Cord Stimulators and Opioid Infusion Systems
- Vertebroplasty/ Kyphoplasty
- Intradiscal Procedures
- Minimally Invasive Lumbar Decompression (MILD)
- Acupuncture
- Psychological Counseling
- Hypnosis and Biofeedback
- Physical Therapy

- Chronic Pain Program in conjunction with the Mind/Body Pain Management Program, a 10-session program

Volume

July 1, 2013 – June 30, 2014 Statistics

Total Number of Patient Visits: 10729

Total Number of Procedures: 5601

Number of New Patient Requests: 1662

Number of Spinal Cord Stimulation Trials and Permanent Placement

Trials: 38

Permanent: 29

Number of Discographies, Radiofrequencies, Pump Placements and Blood Patches

Discographies: 7

Radiofrequencies: 334

Pump Placements: 5 temp / 2 perm

Blood Patches: 38

Number of Cervical Procedures: 301

Kyphoplasties

Kyphoplasty/Vertebroplasty: 14

RESEARCH

Research continues to thrive in the Division of Pain Medicine. Division members participate in studies supported by intramural and extramural grants. Our fellows receive guidance and are encouraged to participate in any ongoing studies. Recent publications of our faculty include:

- A systematic evaluation of prevalence and diagnostic accuracy of sacroiliac joint interventions (Thomas Simopoulos, MD)
- Percutaneous radiofrequency lesioning of the suprascapular nerve for the management of chronic shoulder pain (Thomas Simopoulos, MD, Jyotsna Nagda, MD, Moris Aner, MD)
- Magnetic resonance imaging of the lumbar spine in a patient with a spinal cord stimulator. (Thomas Simopoulos, MD and Jatinder Gill, MD)
- Treatment of chronic, intractable pain with a conventional implantable pulse generator: a meta-analysis of 4 clinical studies. (Thomas Simopoulos, MD)

BETH ISRAEL DEACONESS MEDICAL CENTER
PAIN MEDICINE FELLOWSHIP DIDACTIC CURRICULUM

The comprehensive didactic curriculum at the core of the Pain Medicine Fellowship program is based on the ACGME requirements for training in Pain Medicine, as well as the Content outline for the Pain Medicine subspecialty Certification exam, the International Society for the Study of Pain, and evolving trends in Pain Medicine. There is a daily morning didactic conference at 7:00am. Every first Monday of the month, there is a Combined Indication Spine Conference held at 6:30am on the 4th Floor of the Shapiro Building, Beth Israel Deaconess Medical Center East Campus.

Core Fellowship Didactic Lectures: Provided by Pain Medicine Core faculty as well as Multidisciplinary Faculty and guest speakers from, Neurology, Physical Medicine and Rehabilitation, Toxicology and other disciplines. Additional topics in Patient Safety/Quality Improvement methodologies, Epidemiology, basic science research and statistics are included in the core lecture series, as well as areas of Faculty clinical and academic interest.

Journal Club: Critical evaluation of the medical literature, understanding evidence based approach and current advances in the field of basic and clinical pain research is a key component of the fellowship. Fellows are encouraged to choose meaningful articles with faculty for discussion at journal club and spearhead discussions. Additionally residents rotating to Pain Medicine are also expected to participate and engage fully in journal club presentations.

Fellowship Roundtable Conference: This is a fellow-led lunchtime discussion forum that takes place on Fridays in the conference room and focuses on practical questions in pain management. The chief fellow is responsible for assigning fellows to choose a topic and lead a discussion. It is helpful if the designated fellow works with an attending. CA-2 and CA-3 residents may also lead these discussions on a voluntary basis. Moderators should email relevant materials well ahead of time. PowerPoint slides are optional, but the moderator should nonetheless be prepared to furnish relevant information from recent literature.

Case Conferences: This multidisciplinary conference includes all Pain Medicine faculty/staff, trainees and residents. Selected cases are presented and discussed. In addition to being an educational forum, this conference serves to improve patient care through the open discussion of treatment successes and failures. As such, this conference is an integral part of the Quality Improvement/Patient Safety process. These conferences also provides a structured curriculum to enable fellows to concentrate on psychopathology as well as behavioral interventions targeting patients with acute, chronic and cancer pain.

Spine Conference: 1st Monday 6.30 – 7.30 AM Pain Fellows participate in the Interdisciplinary Spine conference conducted with Orthopedic Spine and Neurosurgeons.

FELLOWS PARTICIPATION IN THE EDUCATION OF OTHER LEARNERS

The Pain Faculty and Fellows play an active role in resident and medical student education. The fellows prepare and present introductory series of lectures in pain management to the rotating anesthesia residents. This provides an opportunity to enhance their own teaching skills and develops their ability to be future consultants and role models who demonstrate quality improvement and patient safety in the context of their everyday practice.