

RAY MULRY, PH.D. CLINICAL & SPORT PSYCHOLOGIST

Emotional Health Pain Management Practice

*Cognitive Behavioral
Clinical & Sport Psychology
within an evidence based
clinical practice*

*Dr. Ray Mulry
works closely with
referring physicians
to replace psychotropic &
pain medication use and abuse
with patient self-management
capabilities*

*Dr. Ray's
4-Core Competencies of
Elite Performers In The Zone
replace pain, depression, tension,
anxiety and fear with relaxation,
balance, flexibility and focus*

*this patient centered practice
provides a highly structured
treatment protocol designed to
meet the specific needs
of your patients*

*measured outcomes on multiple
patient performance levels
provide the basis for this
evidence based practice*

The Institute of Medicine

Relieving Pain in America: A Blueprint for Transforming Prevention,
Care, Education, and Research

Chronic pain affects an estimated 116 million American adults—more than the total affected by heart disease, cancer, and diabetes combined. Pain also costs the nation up to \$635 billion each year in medical treatment and lost productivity. *The 2010 Patient Protection and Affordable Care Act* required the Department of Health and Human Services (HHS) to enlist the IOM in examining pain as a public health problem.

In this report, the IOM offers a blueprint for action in transforming prevention, care, education, and research, with the goal of providing relief for people with pain in America. To reach the vast multitude of people with various types of pain, the nation must adopt a population-level prevention and management strategy. The IOM recommends that HHS develop a comprehensive plan with specific goals, actions, and timeframes. Better data are needed to help shape efforts, especially on the groups of people currently under diagnosed and undertreated, and the IOM encourages federal and state agencies and private organizations to accelerate the collection of data on pain incidence, prevalence, and treatments. Because pain varies from patient to patient, healthcare providers should increasingly aim at **tailoring pain care to each person's experience, and self-management of pain should be promoted.** In addition, because there are major gaps in knowledge about pain across health care and society alike, the IOM recommends that federal agencies and other stakeholders redesign education programs to bridge these gaps. **Pain is a major driver for visits to physicians, a major reason for taking medications,** a major cause of disability, and a key factor in quality of life and productivity. Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority. *web site link below:*

<http://www.iom.edu/Reports/2011/Relieving-Pain-in-America-A-Blueprint-for-Transforming-Prevention-Care-Education-Research.aspx>

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