

Pain Medicine: You Can't Do It Alone.



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Pain Medicine: What I do



- **Osteopathic Family Physician**
- **Clinical Director – UC San Diego Center for Integrative Medicine**
- **Director of Clinical Training – Osteopathic Center San Diego**

Osteopathic Medicine



- **Body is a Unit**
- **Body is Self-Healing**
- **Structure and Function are Interrelated**

Osteopathy Today

**RAPIDLY
GROWING
PROFESSION**



**AFFINITY
FOR PRIMAR
CARE**





One of our problems



Rising dependence on Technology



Technologies offers many advantages, but at what cost?

Touch



Pain Medicine: You can't do it alone

- Think Together
- Team Based Approach
 - The more the merrier
 - But still need a 'quarterback'



Pain Medicine: You can't do it alone



- Larger Medical Centers
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- UCSD Center for Integrative Medicine
 - Integrative Physician, Osteopathic Physician, Acupuncture, Massage
 - Mindfulness Classes, Healthy Eating Classes
 - **Within** Family Medicine Dept
 - ✦ FM Doc, Integrative Medicine Doc, FM Residents, Psychiatrist, Pharmacist, Pharm Student, Med Student, MFT Intern, Acupuncturist, Osteopathic Physician, Massage Therapist, Group Visits, Health Classes,
 - Patient Centered **INTEGRATIVE** Medical Home
 - ✦ EHR (EPIC)

Pain Medicine: You can't do it alone



- In local community
- Create your 'own' network
 - Be the head coach – recruit “your” team
 - Mobile communication