MEMORANDUM FOR ST
ATTN: SANDRA VALTIER

FROM: 59 MDW/SGVU

SUBJECT: Professional Presentation Approval

1. Your paper, entitled *Behavioral Pain Management* presented at/published to *2016 SURF Meeting, TX 20 May 2016* with MDWI 41-108, and has been assigned local file #16215.

2. Pertinent biographic information (name of author(s), title, etc.) has been entered into our computer file. Please advise us (by phone or mail) that your presentation was given. At that time, we will need the date (month, day and year) along with the location of your presentation. It is important to update this information so that we can provide quality support for you, your department, and the Medical Center commander. This information is used to document the scholarly activities of our professional staff and students, which is an essential component of Wilford Hall Ambulatory Surgical Center (WHASC) internship and residency programs.

3. Please know that if you are a Graduate Health Sciences Education student and your department has told you they cannot fund your publication, the 59th Clinical Research Division may pay for your basic journal publishing charges (to include costs for tables and black and white photos). We cannot pay for reprints. If you are 59 MDW staff member, we can forward your request for funds to the designated wing POC.

4. Congratulations, and thank you for your efforts and time. Your contributions are vital to the medical mission. We look forward to assisting you in your future publication/presentation efforts.

LINDA STEEL-GOODWIN, Col, USAF, BSC
Director, Clinical Investigations & Research Support
INSTRUCTIONS
USE ONLY THE MOST CURRENT 59 MDW FORM 3039 LOCATED ON AF E-PUBLISHING

1. The author must complete page two of this form:
   a. In Section 2, add the funding source for your study [e.g., 59 MDW CRD Graduate Health Sciences Education (GHSE) (SG5 O&M); SG5 R&D; Tri-Service Nursing Research Program (TSNRP); Defense Medical Research & Development Program (DMRDP); NIH; Congressionally Directed Medical Research Program (CDMRP); Grants, etc.]
   b. In Section 2, there may be funding available for journal costs, if your department is not paying for figures, tables or photographs for your publication. Please state "YES" or "NO" in Section 2 of the form, if you need publication funding support.

2. Print your name, rank/grade, sign and date the form in the author's signature block or use an electronic signature.

3. Attach a copy of the 59 MDW IRB or IACUC approval letter for the research related study. If this is a technical publication/presentation, state the type (e.g. case report, QA/QI study, program evaluation study, informational report/briefing, etc.) in the "Protocol Title" box.

4. Attach a copy of your abstract, paper, poster and other supporting documentation.

5. Save and forward, via email, the processing form and all supporting documentation to your unit commander, program director or immediate supervisor for review/approval.

6. On page 2, have either your unit commander, program director or immediate supervisor:
   a. Print their name, rank/grade, title; sign and date the form in the approving authority's signature block or use an electronic signature.

7. Submit your completed form and all supporting documentation to the CRD for processing (59crdpubspres@us.af.mil). If you have any questions or concerns, please contact the 59 CRD/ Publications and Presentations Section at 292-7141 for assistance.

8. The 59 CRD/Publications and Presentations Section will route the request form to clinical investigations, 502 ISG/JAC (Ethics Review) and Public Affairs (59 MDWPA) for review and then forward you a final letter of approval or disapproval.

9. Once your manuscript, poster or presentation has been approved for a one-time public release, you may proceed with your publication or presentation submission activities, as stated on this form. Note: For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.

10. If your manuscript is accepted for scientific publication, please contact the 59 CRD/Publications and Presentations Section at 292-7141. This information is reported to the 59 MDW/C. All medical research or technical information publications/presentations must be reported to the Defense Technical Information Center (DTIC). See 59 MDW 41-108, Presentation and Publication of Medical and Technical Papers, for additional information.

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement:
"The views expressed are those of the [author(s)] [presenter(s)] and do not reflect the official views or policy of the Department of Defense or its Components"

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving humans:
"The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 CFR 219 and DODI 3216.02_AFI 40-402."

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving animals, as required by AFMAN 40-401_IP:
"The experiments reported herein were conducted according to the principles set forth in the National Institute of Health Publication No. 80-23, Guide for the Care and Use of Laboratory Animals and the Animal Welfare Act of 1966, as amended."
5. PROTOCOL TITLE: Identification Of Risk Factors That Predict Long-Term Opioid Use And Subsequent Adverse Events

6. TITLE OF MATERIAL TO BE PUBLISHED OR PRESENTED:
Behavioral Pain Management

7. FUNDING RECEIVED FOR THIS STUDY? ☒ YES ☐ NO FUNDING SOURCE: JPC-5 Substance Abuse Working Group

8. DO YOU NEED FUNDING SUPPORT FOR PUBLICATION PURPOSES? ☐ YES ☒ NO

10. IS THIS MATERIAL SUBJECT TO ANY LEGAL RESTRICTIONS FOR PUBLICATION OR PRESENTATION THROUGH A COLLABORATIVE RESEARCH AND DEVELOPMENT AGREEMENT (CRADA), MATERIAL TRANSFER AGREEMENT (MTA), INTELLECTUAL PROPERTY RIGHTS AGREEMENT ETC.? ☒ YES ☐ NO

11.a. PUBLICATION/JOURNAL (List intended publication/journal.)

11b. PUBLISHED ABSTRACT (List intended journal.)

11c. POSTER (To be demonstrated at meeting; name of meeting, city, state, and date of meeting.)

11d. PLATFORM PRESENTATION (At civilian institutions; name of meeting, city, state, and date of meeting.)
2016 SURF Meeting, TX 20 May 2016

11e. OTHER (Describe; name of meeting, city, state, and date of meeting.)

12. EXPECTED DATE WHEN YOU WILL NEED THE CRD TO SUBMIT YOUR CLEARED PRESENTATION/PUBLICATION TO DTIC:
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DATE

13. 59 MDW PRIMARY POINT OF CONTACT (Last Name, First Name, M.I., email)
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14. DUTY PHONE/PAGER NUMBER
292-0504

15. AUTHORSHIP AND CO-AUTHOR(S) List in the order they will appear in the manuscript:

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16. AUTHOR’S PRINTED NAME, RANK, GRADE
Sandra Valtier, GS13

17. AUTHOR’S SIGNATURE

18. DATE
May 10, 2016

19. APPROVING AUTHORITY’S PRINTED NAME, RANK, TITLE
Brenda J. Morgan, Col, Director 59 MDW Nursing Research Division

20. APPROVING AUTHORITY’S SIGNATURE

21. DATE
May 11, 2016
**TO:** Clinical Research Division  
95 MDW/CRD  
Contact 292-7141 for email instructions  

**DATE RECEIVED**  
May 16, 2016  

**ASSIGNED PROCESSING REQUEST FILE NUMBER**  
16215  

**DATE REVIEWED**  
16 May 2016  

**DATE FORWARDED TO 502 ISG/JAC**  

**AUTHOR CONTACTED FOR RECOMMENDED OR NECESSARY CHANGES:**  
[X] NO  
[ ] YES  
If yes, give date.  

**COMMENTS**  
[X] APPROVED  
[ ] DISAPPROVED  

The presentation is approved.

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**PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER**  
Rocky Calcote, PhD, Clinical Research Administrator  

**REVIEWER SIGNATURE**  
CALCOTE ROCKY D 1178245644  

**DATE**  

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**DATE**  
May 17, 2016  

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**DATE RECEIVED**  
May 17, 2016  

**DATE FORWARDED TO 59 MDW/SGVU**  
May 17, 2016  

**COMMENTS**  
[X] APPROVED  
[ ] DISAPPROVED  

(In compliance with security and policy review directives.)
Behavioral Pain Management

Don McGeeary, PhD, ABPP
Associate Prof, Psychiatry

UTHSCSA
Disclaimer

- The views expressed are those of the presenters and do not reflect the official views or policy of the DoD or its components.
- The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 CFR 219 and DODI 3216.02_AFI 40-402.
Section Overview

- Connection between pain management and opioid misuse
- Underlying mechanisms
- Application of mechanisms to pain management
- Case Example
Pain management and opioid misuse

- Non-opioid pain pathways
  - Zeidan et al., 2016

- Non-pharmacologic interventions are recommended but not often used
  - Poor reimbursement rates
  - Not well-disseminated
    - Gatchel, McGeeary, McGeary, & Lippe, 2014

- Chronic pain and opioid misuse are complex phenomena with overlapping factors
Pain management and opioid misuse

- Does non-pharmacologic intervention affect patterns of opioid use?
  - Extant data are inconclusive
    - Opioid naïve patients exposed to opioid meds during rehab risk persistent use (Furlan et al., 2016)
    - Some persistent users discontinue opioid medication within 1 year after treatment (Gatchel et al., 2009)
    - Effective non-pharmacologic intervention may reduce opioid misuse (Wilson et al., 2015)
Underlying mechanisms

• Perception of efficacy
  – Time spent thinking about opioids decreases with effective non-pharmacologic treatment (Wilson et al., 2015)
  – Some patients may not believe that there is another way
Underlying mechanisms

• Emotional distress
  – Distress may be linked to hyperalgesia, which could erode benefit of opioid meds (Edwards et al., 2016)
  – High levels of negative affect (i.e., depression, anxiety) lead to 5 times greater rate of opioid misuse compared to low negative affect (Wasan et al., 2015)
  – Persistent opioid use may directly contribute to depression (Fitzgerald & Edell, unpublished)
Underlying mechanisms

• Changes in healthcare utilization
  – Decreases in healthcare utilization for pain may be linked to decreased opioid misuse (Cheatle, 2016)
  – Stated goal of increased function and decreased medication use
Application of mechanisms to pain management

Behavior

Emotion

Efficacy
Application of mechanisms to pain management

**Efficacy**
- Outcomes assessment
- Quantify function in multiple domains
- Show progress TO THE PATIENT

**Emotion**

**Behavior**
Application of mechanisms to pain management

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- Show progress TO THE PATIENT

**Emotion**
- Incorporate intervention for negative affect into treatment plan
- Behavioral activation
- Social support
- Mindfulness

**Behavior**
Application of mechanisms to pain management

**Efficacy**
- Outcomes assessment
- Quantify function in multiple domains
- Show progress TO THE PATIENT

**Emotion**
- Incorporate intervention for negative affect into treatment plan
- Behavioral activation
- Social support
- Mindfulness

**Behavior**
- Set functional goals
- Emphasize activity
- De-emphasize medication use

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UT Health Science Center
San Antonio
Application of mechanisms to pain management

**FORT**
- CDMRP
- PI: Peterson / Gatchel

**Pain & PTSD**
- PH/TBI RP (STRONG STAR)
- PI: Gatchel (Co-PI: D. McGeary)

**FORT-A**
- NIH
- PI: D. McGeary

**PTHA**
- PH/TBI RP (CAP)
- PI: D. McGeary

**CTPM**
- IIMS CIIK
- PI: C. McGeary / Blount
Case Example

- 22 yo with bilateral hip pain
- Presented with significant disability, depression, and persistent opioid use (with suspected misuse)
- Completed FORT: disability improved, depression improved, d/c opioid medications within 6 mos
VA Collaborators

- Blesson Eapen, MD
- Carlos Jaramillo, MD, PhD
- Mary Jo Pugh, PhD
DoD Collaborators

- Col William Isler
- Lt Col (Ret) Ann Hryshko-Mullen
- Thomas Edell, MD