

Title of Presentation

PRISM: Pain Recovery and Integrative Systems Model: A Whole Health Approach for Physical Therapy

Instructional Level

Intermediate

This presentation falls into the following category:

Pain Management

Course Description

Approximately 20% of American adults experience pain daily. In response to increasing prevalence, the Academy of Orthopaedic Physical Therapy (AOPT) supports advances in modern pain management. Likewise, the National Institutes of Health Federal Pain Research Strategy (FRPS) prioritizes advancements and implementation of research addressing the public health crisis and individual burden of pain. This session introduces participants to PRISM: Pain Recovery and Integrative Systems Model. Although the biopsychosocial (BPS) model is currently the most commonly used approach to understanding the multidimensional nature of pain, it originated outside the physical therapy profession 50 years ago and now faces both conceptual and pragmatic criticism, including over or under-emphasis of physiological, psychological, and/or social factors pertaining to the pain experience. In contrast, PRISM is a whole-person health model specifically designed for physical therapist practice and education. Rather than focusing on pathology or impairments, PRISM promotes health, resilience, and personal growth to facilitate pain recovery, providing a framework for PT clinical decision-making. Participants will leave this session with an understanding of PRISM's foundational theories, applications, and alignment with national (NIH Heal Initiative) and international (International Association for the Study of Pain) research and educational initiatives advancing our understanding and management of pain.

Learning Objectives

- Discuss the limitations of existing frameworks in addressing the multidimensional nature of pain and explore the use of the Pain Recovery and Integrative Systems Model (PRISM) in addressing critical gaps in current pain management.

- Describe salutogenic principles and approaches to pain recovery that facilitate the innate human capacity to productively cope, and even thrive, in the face of adversity

this includes behavioral mechanisms, perceptual mechanisms (i.e. – one's view of stressful situations), resilience, and positive growth.

- Describe how PRISM aligns with federal research priorities in pain management underway at the Helping to End Addiction Long-term® Initiative, National Institutes of Health (NIH) HEAL Initiative.®

- Identify evidence-based PRISM domains and health behavior change processes that consider social determinants and intrinsic factors, such as personal values, beliefs, motivation, and behavioral choices such as physical activity nutrition, and sleep, that influence pain-related outcomes.

Key References: Minimum of 5 current references

1. Tatta J, Pignataro R, George SZ, Bezner J, Rothschild C. PRISM - Pain Recovery and Integrative Systems Model: A Process-based Cognitive Behavioral Approach for Physical Therapy. (Accepted for Publication 2023, Phys Ther).

2. Shepherd MH, Zimney K, Bement MH, Wassinger C, Courtney C. Empowering Physical Therapist Professional Education Programs to Deliver Modern Pain Content. *Phys Ther.* 2022;102(11):pzac109. doi:10.1093/ptj/pzac109
3. Cormack B, Stilwell P, Coninx S, Gibson J. The biopsychosocial model is lost in translation: from misrepresentation to an enactive modernization. *Physiother Theory Pract.* Published online May 28, 2022:1-16. doi:10.1080/09593985.2022.2080130
4. Edgerton K, Hall J, Bland MK, Marshall B, Hulla R, Gatchel RJ. A physical therapist's role in pain management: A biopsychosocial perspective. *J Appl Biobehav Res.* 2019;24(2):e12170. doi:10.1111/jabr.12170
5. Mittelmark MB. Resilience in the Salutogenic Model of Health. In: *Multisystemic Resilience.* Oxford University Press
2021. doi:10.1093/oso/9780190095888.003.0009
6. Infurna FJ, Jayawickreme E. Fixing the Growth Illusion: New Directions for Research in Resilience and Posttraumatic Growth. *Curr Dir Psychol Sci.* 2019;28(2):152-158. doi:10.1177/0963721419827017
7. Wandner LD, Domenichiello AF, Beierlein J, et al. NIH's Helping to End Addiction Long-termSM Initiative (NIH HEAL Initiative) Clinical Pain Management Common Data Element Program. *J Pain.* 2022;23(3):370-378. doi:10.1016/j.jpain.2021.08

Speaker 1 brief bio:

Joe Tatta, PT, DPT is founder of the Integrative Pain Science Institute, a cutting-edge health company reinventing pain care through evidence-based treatment, research, and professional development. His career achievements include scalable practice models centered on integrative whole health approaches in pain management, health behavior change, and empowering physical therapists to serve as primary care providers. He is a regular CSM speaker, 3x author, adjunct professor in the Arcadia University DPT program, and founding member of the Physical Therapy in Mental Health Catalyst Group at the Academy of Leadership and Innovation. He is passionate about implementation science and strategies that facilitate the uptake of evidence-based practice into regular use by practitioners and stakeholders. The culmination of his work is the PRISM: Pain Recovery and Integrative Systems Model. Rather than focusing on pathology or impairments, PRISM promotes health, resilience, and personal growth to facilitate pain recovery, providing a framework for clinical decision-making.

Learn more at integrativepainscienceinstitute.com.