

TAKING ACTION TO HELP CHRONIC PAIN SUFFERERS IN DELAWARE



September 3, 2015

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WHY AM I HERE?

- **To educate and call you to ACTION**
- **To celebrate September as Pain Awareness Month**
- **To discuss the National Pain Strategy**

YOU HAVE THE POWER TO HELP PAIN SUFFERERS IN DELAWARE

- **YOU or a loved one has chronic pain**
- **YOU will be obtaining knowledge**
- **YOU and other people have the power**

ACTIONS TO CHANGE THE WAY CHRONIC PAIN IS PERCEIVED AND TREATED

- **Assist legislators to better understand chronic pain**
- **Request the Healthcare Commission to develop a chronic pain initiative**

EXISTING SUPPORT FOR CHRONIC PAIN SUFFERERS

- **Governor Markell's Proclamation declaring September as Pain Awareness Month in Delaware**
- **PAIN LINX community organization**
- **The National Pain Strategy**

SUMMARY OF GOVERNOR MARKELL'S PROCLAMATION

- **More than 100 MILLION people in the U.S. live with chronic pain**
- **Many healthcare professionals are unaware of how to effectively treat pain**
- **Increased awareness and treatment options can lead to much needed relief**
- **ALL CITIZENS SHOULD STRIVE TO EDUCATE THEMSELVES AND THEIR COMMUNITIES ABOUT CHRONIC PAIN**

AN EXAMPLE OF AN ACTION: ESTABLISHMENT OF PAIN LINX

- **I founded the organization, with the cooperation of Beebe Healthcare, taking ACTION in Sussex County**
- **It offers education and support for those who have chronic pain**
- **Such organizations can be formed throughout the state**



THE NATIONAL PAIN STRATEGY

- **Federal initiative as result of the Affordable Care Act**
- **HHS, DOD, VA, and pain-related organizations both public and private**
- **Significant effort to bring chronic pain into the “daylight”**



THE NATIONAL PAIN STRATEGY, CONTINUED

- **Comprehensive population health strategy:**
 - **How severe is chronic pain as a public health issue**
 - **Prevention and care improvement**
 - **Disparities in servicing populations**
 - **Service delivery and reimbursement**
 - **Educate and train medical professionals**
 - **Public awareness and communication**



THE NATIONAL PAIN STRATEGY MY CONCLUSIONS

- **Effort that will require tremendous resources, monitoring, and leadership**
- **Need for massive public relations campaign**
- **Each individual state can use the objectives of the National Pain Strategy**

RECOMMENDATIONS

- Realize that YOU have the POWER to effect positive change
- Become ACTIVE by:
 - Requesting legislation that addresses specific issues involving chronic pain
 - Ask the Healthcare Commission to create an initiative:
 1. Communicate to the medical community to improve patient care
 2. State is working for them and they can help
 - Resources on chronic pain – Google
 - Lobbying Techniques - Booklet

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PAIN LINX

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