



Multidisciplinary Management of Chronic Pain: A Practical Guide for Clinicians

Sridhar Vasudevan

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"This book is a 'must have' resource in every physician/clinician practice setting."--Martin Grabois, M.D., Professor of PM&R, Baylor College of Medicine, Houston, TX.

Dr. Vasudevan draws upon an accumulated reservoir of clinical expertise to provide readers with an up-to-date and highly readable guide to multidisciplinary pain management. . . . If only this book was available years ago"--Francis J. Keefe, PhD. Professor of Psychology, Psychiatry and Anesthesiology, Duke University, Durham, NC.

This practical volume brings multidisciplinary innovations to the treatment of chronic pain. It argues expertly for the benefits of a biopsychosocial approach over current pain treatments more suited to acute care. The author's insights into the complexity of chronic pain and critiques of common but inconsistent unimodality pain management methods underscore the need for targeted multi-disciplinary pain programs. Among a wealth of useful clinical nuggets, readers will find guidance on adding "virtual" support to a pain management team, details on ways patients can take an active role in dealing with their chronic pain, and the original concept of the "back attack."

Included in the coverage:

- Pain theories and factors behind chronic pain?its application in treatment.
- Cognitive behavioral coping strategies.
- Treatments that have questionable or controversial evidence.
- Evaluation of disability in patients with chronic pain.
- Creating a virtual multidisciplinary team.
- Common pain problems: low back pain, complex regional pain syndrome, myofascial pain syndrome, fibromyalgia.

Multidisciplinary Pain Management will enhance the work of diverse practitioners, including health and clinical psychologists, family and other primary care physicians, psychiatrists, occupational and physical therapists, and rehabilitation specialists.

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