Welcome to today’s webinar:

Manage Multiple Sclerosis Pain

Your Presenter is Laura Bruggink
Your Facilitator is Annie Sassin

Acknowledgement

We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.
We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.
Introduction to Presenter

Laura Bruggink

Laura is an Australian Physiotherapy Association (APA) titled pain physiotherapist who is passionate about improving the lives of people who experience chronic pain. As well as her physiotherapy degree she also holds a Masters in Pain Management.

Laura works at Hunter Integrated Pain Service in John Hunter Hospital, Newcastle, as well as via telehealth for Tamworth Integrated Pain Service. Both of which are multidisciplinary teams consisting of doctors, psychologists, nurses and admin.

Laura is involved in running group treatment programs as well as individual consultations. Outside of work Laura enjoys spending time with her young family and attempting to practice what she preaches at the gym.

Informed Choice

This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.
Taking a whole person approach to managing chronic pain in MS

Laura Bruggink
APA Pain physiotherapist
Hunter Integrated Pain Service
Tamworth Integrated Pain Service

Content

1. What is pain and how does it work?
2. Contributors to chronic pain in MS
3. Managing pain - The whole person approach
What is pain and how does it work?

Damage - No Pain

Did you know your MRI can be misleading?

If you take people without back pain and put them through a CT scan or MRI, you get some surprising results.

- 37% of 20 year olds
- 80% of 50 year olds
- 96% of 80 year olds
- Have "disc degeneration"

- 30% of 20 year olds
- 60% of 50 year olds
- 84% of 80 year olds
- Have "disc bulging"
• Pain is a protector not a detector
Linear versus Emergent

- Pain is a protector not a detector
- Pain is complex
What is pain?

- Pain = sensation + distress

What is chronic pain?

- Pain that has lasted for longer than 3 months
How does pain work?

Nociceptors/ Danger receptors

Receptors that detect potential damage to the body

Danger message (nociception)

Sensitisation: the volume of the message is turned up
Nociceptors/ Danger receptors

Damage to nerve cells due to MS related changes can also cause danger messages to be sent

Danger message (nociception)

Sensitisation
the volume of the message is turned up

Spinal cord

Nerves from the body connect with nerves heading to brain

For every nerve heading up there is over 400 heading back down

Sensitisation
the volume of the message is turned up
Brain

Danger messages travel up the spinal cord and reach the thalamus. 

Brain may or may not produce pain.

**Sensitisation** – the brain is more likely to produce more pain.

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Hurt ≠ harm

- Danger to your body doesn’t always mean it will hurt.
- Pain doesn’t always mean there is danger in the body.
- Pain depends on how much danger your brain thinks you’re in, not how much you are really in.
• Pain is a protector not a detector
• Pain is complex
• **When pain persists the pain system becomes OVERprotective**

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**How do I know if my pain system is overprotective?**

<table>
<thead>
<tr>
<th>Amount of pain free movement</th>
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<tbody>
<tr>
<td>Protective Pain System</td>
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<tr>
<td>OVERprotective Pain System</td>
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Slide modified from Lorimer Moseleys
How do I know if my pain system is overprotective?

- Amount of pain free movement
- Amount of pain free time being still
- Pain caused by weather changes

Protective Pain System | OVERprotective Pain System

Slide modified from Lorimer Moseleys
How do I know if my pain system is overprotective?

- Amount of pain free movement
- Amount of pain free time being still
- Pain caused by weather changes
- Pain when I ...

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Contributors to chronic pain in MS

Slide modified from Lorimer Moseleys
• Pain is a protector not a detector
• Pain is complex
• When pain persists the pain system becomes OVERprotective
• Many things contribute to chronic pain
Managing pain – the whole person approach

Focus on expanding life around the pain
• Pain is a protector not a detector
• Pain is complex
• When pain persists the pain system becomes OVERprotective
• Many things contribute to chronic pain
• It helps to focus on improving your function

Biomedical

• Optimise MS treatment
• GP you trust
• Medications for pain are not very helpful in the long term and often have side effects
• There are no quick fixes – slow steady changes
Mindbody

- Mindfulness
- Support from a psychologist
- Practice healthy sleep habits

Connection

- People, place and purpose
- Disconnection hurts
  - from others
  - from country/culture/nature
- Finding ways of reconnecting
Activity

- Activity - consistent manageable amount, gradually increase
- Cardiovascular
- Strength
- Mindful movement
- Gradually reduce sedentary time

Passive aids and devices

Finding the balance

- Prevent falls
- Encourage independence
- Increase sedentary time
- Reduce physical activity
- Promote avoidance
**Nutrition**

- Weight/waist circumference
- Healthy food reduces inflammation
- Increase vegetables and water
- Decrease sugar, caffeine, alcohol and smoking

**Pain**

- Pain is a protector not a detector
- Pain is complex
- When pain persists the pain system becomes OVERprotective
- Many things contribute to chronic pain
- It helps to focus on improving your function
- **Use a whole person approach to managing pain**
Resources

• Explain Pain by David Butler and Lorimer Moseley
• Tame the Beast www.tamethebeast.org
• painHEALTH painhealth.csse.uwa.edu.au
• Healthy Eating Quiz www.healthyeatingquiz.com.au
• Building good habits & breaking bad ones jamesclear.com
• HIPS website www.hnehealth.nsw.gov.au/Pain
• Online treatment programs – www.thiswayup.org.au or www.mindspot.org.au

Thank you
Questions

MS Connect
1800 042 138
msconnect@ms.org.au

MS Connect

10 reasons to call us:
1. Up-to-date, evidence-based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks
Peer Support

- 1:1 Phone Support
- Face to Face groups
  - 2 in the ACT,
  - 9 in Tasmania,
  - 17 in NSW and
  - 40 in Vic
- Telegroups
  - Currently running 12 telegroups
- Facebook groups
  - 3 groups – for people living with MS
  - for carers
  - for young carers – up to 25 years of age

Get Your Act Together

- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit [www.ms.org.au](http://www.ms.org.au) and search Get Your Act Together
Employment Support Services

The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

MS Connect PH 1800 042 138

Watch this video: https://youtu.be/G5eRBnYvkwo

Registered NDIS Provider

MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:

- Assistance with ‘Access Request Forms’, Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more? Please call MS Connect 1800 042 138
My Aged Care

**My Aged Care** is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

**Why Contact My Aged Care?**

- Information
- Assistance in mapping out your needs
- An assessment for further supports

**Phone:** 1800 200 422 Free call Australia wide

**Website:** [https://www.myagedcare.gov.au](https://www.myagedcare.gov.au)

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Thank you

**MS Connect**
1800 042 138

msconnect@ms.org.au

Please stay on after this webinar to complete a short survey.