Stanford Comprehensive Interdisciplinary Pain Program
Reasons for Admission to SCI PPP

• Not just for medication detoxification!!!
• Average LOS 7 days
Reasons for Admission to SCIPP

• Significantly impaired functioning
• Inability to participate in outpatient programs
• Past treatment failures
• Need for medication optimization
• Inability to receive treatment near home
• Exposure to non-pharmacological interventions
Common SCI PPP Diagnoses

- Back pain
- Headache
- Complex Regional Pain Syndrome
- Fibromyalgia
- Neuropathy
Primary Goal of SCIPP:

Help patients learn how to live with pain

• Improve self-management skills
• Decrease distress associated with pain
• Increase activity levels
• Physical and mental reconditioning
• Medication optimization
How Does This Happen?

Interdisciplinary Approach

• Physical Therapy

• Occupational Therapy

• Medication Optimization [pain + psych]

• Lifestyle/Behavioral Modification
Scheduled Activities

• AM Rounds

• Physical Therapy

• Occupational Therapy

• Pain Coping Skills Class

• Individual Provider Visits
Unscheduled Activities

- Independent practice
- Walking
- Activity tracking log
Sample of Topics Reviewed with Patients in Pain Coping Skills Classes

- Pain overview
- Interdisciplinary care
- Education on the mind-body relationship
- Relaxation training
- Pacing of activities
- Flare management
- Sleep hygiene
- Cognitive restructuring
Prior to Admission

• Patients must first undergo a multidisciplinary evaluation in the outpatient clinic to assess candidacy for the program.

• Patients who are not deemed appropriate will be given specific treatment recommendations in lieu of participating in the program.

• Patients who are appropriate candidates are provided an overview of the program and authorization for admission is requested from their insurance carrier.

• Once authorization is received, the patient will work with the team to schedule an admission date.