

Stanford Comprehensive Interdisciplinary Pain Program



Reasons for Admission to SCIPP

- 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 SCIPP 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

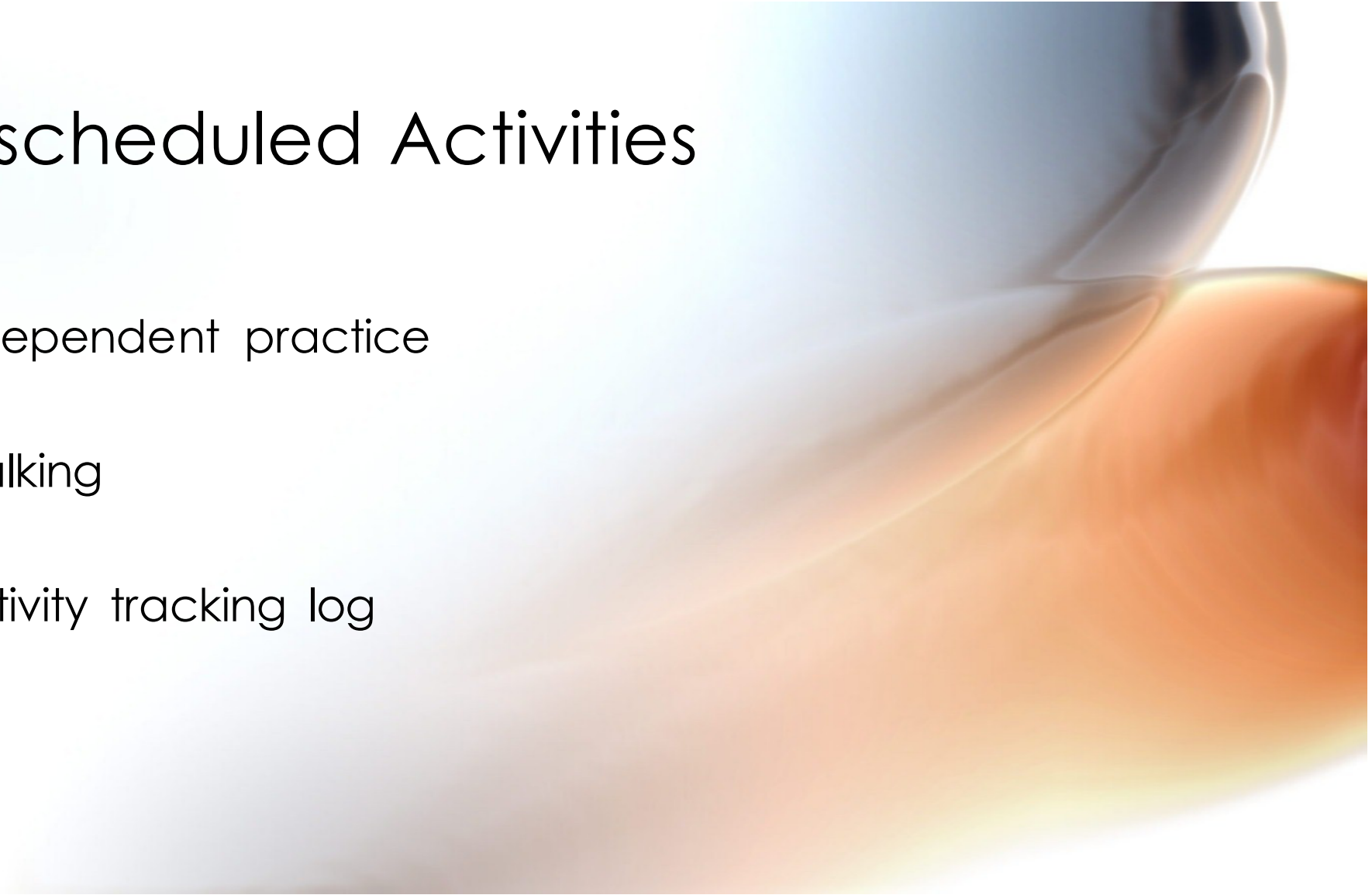
Scheduled Activities

- 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