

Providing Comprehensive Pain Care 24/7

NYU Medical Center / Hospital for Joint Diseases Bellevue Hospital Center, Comprehensive Pain Management Center

Pain treatment at this center targets both physical and psychosocial function with combinations of medications, physical therapy, cognitive-behavioral therapies and pain interventions. Pain management consultations are available 24 hours a day, seven days a week from the center's multidisciplinary pain team.



Christopher Gharibo, M.D.,

“We highlight the word comprehensive because our integrated inpatient-outpatient program epitomizes all things comprehensive,” said Christopher Gharibo, M.D., assistant professor of anesthesiology. “Our acute and chronic pain management programs are designed to optimize pain control, clinical outcomes and patient satisfaction. This is enhanced by our clinicians’ ability to use the vast multi-departmental resources within our institution.”

Standard procedures for pain management documentation systems at NYU Medical Center / Hospital for Joint Diseases include pain-outcome tracking, pain education in physician and nurse orientation follow-up programs, hospital-wide pain awareness weeks, institution-specific analgesic pocket cards, continuing medical education and quality improvement programs, and special analgesic pathways for patients with addiction problems and post-operative pain.

In terms of patient care, the center’s evidence-based multimodal care targets both physical and psychosocial function by combining analgesics, physical therapy, psychological approaches, and pain interventions. Several times a day, pain physicians, psychologists, and nurses follow patients to treat pain and focus on physical and psychosocial function.

“Intradisciplinary and multimodal access is integrated into a spectrum of acute and chronic pain management to optimize pain control, clinical outcomes, and patient satisfaction,” says Gharibo. “This is enhanced by clinicians’ ability to use the vast multidepartmental resources within our institution.”

The center’s pain management policies and procedures are both “general and specialized.” They include:

- developing a pain management documentation systems that includes pain outcome tracking
- incorporating pain education into nurse and physician orientation and follow-up programs
- instituting hospital-wide “pain awareness weeks,” institution-specific analgesic pocket cards, successful CME programs, and quality-improvement programs
- developing analgesic pathways with other departments for, among others, patients suffering from addictions or post-operative pain.

Research programs center primarily on the mechanisms, effects, and treatments of pain. For example, clinical investigations include phase 2 and phase 3 analgesic drug trials,

neurophysiological testing of patients with neuropathic pain, and assessment of cognitive behavioral techniques in postoperative and cancer pain. Laboratory investigations, meanwhile, focus on sustained hypersensitivity in rats' DRG cells and developing a single neuron model for preliminary drug screening.

Results of these activities are published in peer reviewed publications and are featured at CME conferences and media outlets such as the Internet, radio and television. Faculty also share their knowledge with colleagues at local and regional meetings, as well as at APS, AAPM, and ASA meetings.

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