

## Minimizing Drug Dependence in Pain Care

### **Rosomoff Comprehensive Pain Center**

The Rosomoff Comprehensive Pain Center (RCPC) was one of the first truly multidisciplinary pain centers, in which all members of an integrated team of health professionals work under one roof. Created in 1974 as part of the University of Miami Department of Neurological Surgery, the RCPC is a premier program of the Miami Jewish Home and Hospital. Co-founded by noted pain clinician, neurosurgeon and researcher Hubert L. Rosomoff, M.D., D.Med.Sc., and Renee Rosomoff, R.N., M.B.A., the program has been featured in national magazines and network news reports. Rehabilitation hospitals from Egypt to Colombia and Peru have been modeled after the center. The RCPC Team has generated hundreds of articles, and research papers, and has lectured both nationally and internationally.



Hubert L. Rosomoff, MD and  
Renee Rosomoff, RN

The RCPC has treated more than 30,000 individuals since 1974, in addition to evaluating and advising thousands more “We treat all types of pain sufferers without exclusion,” said Dr. Rosomoff, the medical director. “Our main focus is restoring the patients’ function and quality of life.”

For years the RCPC marched in the opposite direction of traditional thinking—no surgery, no opioids. The Rosomoffs believe that narcotics are not effective for chronic, long-term pain management. Patients must agree to be tapered from opioids. Renee Rosomoff, program director, reports that 93 percent of their patients complete treatment no longer taking these medications.

The Center believes that soft tissue abnormalities, which go undiscovered and untreated, are most often the cause of chronic pain. Surgeries are not the answer. The RCPC relies on an aggressive physical medicine/behavioral medicine approach. The multidisciplinary team addresses patients’ physical, functional, behavioral, socioeconomic, and medical issues concurrently. Regular follow-up is an important feature. Patients are encouraged to transmit pain diaries for advice and correction, or to send photos of physical issues. “Our’s is a vigorous and tough rehabilitation program, for a life-long process,” Renee Rosomoff explains. “Patients are given the physical and psychological tools to control and prevent their pain from returning.”