



Treatment Components may include:



Physical Management of Pain:

- Comprehensive Pain & Nutrition Assessment
- Red Flags Checklist - appropriate v. addictive
- Contact all prescribing physicians
- Develop one pain management plan
- Explore non-narcotic alternatives
- Osteopathic Manipulations
- Trigger Point Compressions
- Physical Therapy
- TENS Unit

Cognitive/Psychological Management of Pain:

- Psychiatric Consultations
- Pain Education Sessions
- Pain Journaling
- Addiction Information Sessions
- Positive Self-Talk/Affirmations
- Relapse Prevention
- Individual Cognitive Therapy
- Pain Processing Group
- Pain Workbook Sessions
- Stress Management
- Chronic Pain Anonymous Support Group

Non-Pharmaceutical Approaches:

- Biofeedback (a la carte option)
- Acupuncture (a la carte option)
- Yoga
- Expressive Arts
 - Art Therapy
 - Music Therapy
 - Movement Therapy
- Walking Groups/Walking Meditation



Directions



SCHUYLKILL EXPRESSWAY West to Route 202 South West Chester Exit (#326). Follow signs for 422 West (Pottstown). Exit 422 West at Audubon/Trooper. Continue straight for approximately two miles to Germantown Pike. Turn right on Germantown Pike; the hospital is on the left.

PENNSYLVANIA TURNPIKE to Norristown Exit (#333). Follow Germantown Pike West for 7½ miles. The hospital is on the right.

THE BLUE ROUTE follow 476 North to the Norristown Exit. Follow signs for Germantown Pike West (Towards Plymouth Meeting). Proceeds 7½ miles.



Valley Forge Medical Center and Hospital

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www.vfmc.net



"BREAKTHROUGH" Pain Management Program



*Pain is inevitable;
suffering is optional*

Valley Forge Medical Center and Hospital

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Understanding Chronic Pain

Millions of Americans suffer daily from chronic pain. This significant healthcare problem can be the casual factor for a number of co-existing conditions, including depression and anxiety. Quality of life often declines, leaving individuals feeling hopeless and helpless. Many suffer from diminished activity, sleep deprivation and loss of appetite. Still others live in constant fear of becoming addicted to their pain medications.

At **Valley Forge Medical Center & Hospital** we understand the debilitating nature of chronic pain, and recognize that some individuals may be at high risk of become dependent on their pain medications. Others may be “pseudo-addicted” or displaying addictive behaviors because their pain is not adequately managed.

Some warning signs of pseudo-addiction, dependence or addiction include:

- Taking medications in a larger dose than prescribed
- Taking medications more frequently than prescribed
- Mixing other drugs, including alcohol, with prescribed medication
- Putting yourself in situations that raise your risk of getting hurt or hurting others
- Needing to take more medication for the same effect
- Using your medication or other drugs, including alcohol, to cope with problems

Treatment Focus at Valley Forge Medical Center: “Breakthrough”

Our “Breakthrough” pain program offers advanced pain management techniques, while exploring the “red flags” of dependence. Our goal is to assist and educate individuals, helping them return to a healthy and productive lifestyle. Each patient in our program receives a personal evaluation designed to meet their specific needs.

Three Main Stages of Treatment:

- Evaluation & understanding of the pain process
- Learning non-pharmaceutical approaches to pain management while decreasing dependence on pain medications
- Transition to independent living with a pain management plan

Addiction-Free Pain Management Program™

At Valley Forge Medical Center, we’ve implemented an integrated approach called the Addiction-Free Pain Management™ System developed by nationally recognized expert, Dr. Stephen F. Grinstead, to effectively treat both pain and substance use disorders. This comprehensive approach integrates both proper medication management and non-pharmaceutical techniques, thus teaching patients to manage and cope with pain while avoiding the pitfalls of addiction.

“Breakthrough” treatment goals are as follows:

- Assess addiction versus pseudo-addiction
- Develop a pain plan
- Determine etiology of pain
- Manage pain effectively
- Restore physical fitness to maximum level
- Teach coping skills
- Manage medication effectively
- Treat depression, anxiety and grief
- Prevent relapse

Why Should I choose Valley Forge Medical Center & Hospital Center: “Breakthrough”

Our philosophy of pain management is driven by the basic assumption that each patient’s report of pain is valid. At VFMC, we utilize a multidisciplinary team approach to assist patients in achieving their recovery goal while providing relief from pain.

The “Breakthrough” chronic pain program provides comprehensive treatment options, services and resources that will empower and enable the patient to return to a productive lifestyle. Given the debilitating nature of chronic pain disorders, we believe it’s important to provide a concentrated program within a controlled inpatient environment in which to modify pain behavior, while improving the patient’s overall quality of life.

How Does the Admission Process Work?

Valley Forge Medical Center believes in a patient-centered admission and assessment process. A professional team of pain management experts reviews each patient’s previous treatment, conducts physical exams and provides thorough client-sensitive assessments. The patient works directly with a pain management physician to develop the best possible treatment plan. Ongoing clinical assessments allow patients to move from one level of care to another, taking advantage of a full continuum of patient services.



How to Make a Referral

If you are interested in our unique comprehensive chronic pain management program and are unsure whether your insurance will cover treatment at our facility please call our Admissions Department to discuss your options.

Or refer through the Internet at www.ExtendedCare.com

We are open 24-hours, 7 days a week. All calls are confidential and welcome at all hours. Special accommodations and needs are best addressed during normal business hours.

**For general hospital information,
please contact our Admissions Department at:
888-539-8500 or 610-539-8500
www.vfmc.net**