



Holistic Pain Management

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Chronic pain is one of the most challenging issues that plague older people, often being misunderstood as a normal part of aging and something that simply needs to be accepted. In reality, pain is a complex condition due to multiple root causes and associated with a variety of co-morbidities. Conventional treatments for pain are typically inadequate, often associated with poor symptom resolution, multiple side effects and worsening of co-morbid conditions.

Holistic approaches to pain management, including botanical compounds such as cannabis, can address root causes of pain and treat co-morbidities with fewer side-effects. Cannabis therapies like cannabidiol (CBD) are a newly available option that has been shown to be effective for pain and work synergistically with other holistic approaches. It is imperative that seniors and their entire care team understand these options exist and receive proper education to safely and effectively implement them.

Following this presentation the participant will be able to:

- Recognize pain as not just a symptom or a diagnosis, but a complex chronic condition
- Discuss a variety of holistic approaches to pain management that can be implemented alongside, or often in lieu of, pharmaceutical therapy
- Understand the basics of our endocannabinoid system, the cannabis plant and role both play in chronic pain management
- Identify simple steps to introduce holistic therapies, including CBD and other cannabis compounds, as options for residents dealing with pain and its co-morbidities

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.

