

CRDAMC Healthworks

Aggressive treatment of pain prevents future complications

BY C. TODD LOPEZ
ARNEWS

WASHINGTON – Treating pain aggressively, at the time of injury all the way to healing, means fewer complications.

Surgeon General of the Army Lt. Gen. Eric B. Schoomaker spoke July 22 about pain management in the armed forces, including the final report of the Pain Management Task Force, which came out in May.

“Aggressive management of pain almost from the moment of the injury through regional anesthesia, for example ... results in pain relief for the combatant, but also, we believe, few complications for recovery.”

The general said the brain and spinal cord have a “plasticity” such that, if anesthesia is permitted soon enough, fewer complications such as phantom pain and residual pain occur later in the recovery process.

Schoomaker also expressed concern about inconsistent standards for management of pain across the Department of Defense. That includes treatment options as well as the words used to describe pain.

“We don’t have a consistent plan to deliver a standard set of services for both the management of acute pain and chronic pain,” he said. “We don’t have a common lexicon to describe it. We don’t have a com-

mon or useful way to measure and look at the treatments of pain and we don’t have a wide enough aperture that brings in other non-pharmacological treatments of pain.”

Some of those non-pharmacological treatments include acupuncture, chiropractic therapy, yoga and biofeedback.

The general also discussed an Army policy that takes responsibility for reporting brain concussions out of the hands of Soldiers because, he said, in order to avoid breaking up the team, Soldiers won’t admit to having their skulls rattled by a concussive blast.

“If you give the Soldier the option of self identifying, what we learned from the last few years is they won’t do that,” Schoomaker said. “They come back from combat, many of them now saying ‘I’ve been concussed multiple times, and I knew it.’”

The solution, Schoomaker said, is that the Army is “pushing our protocols aggressively down to the battlefield and ... taking it out of the hands of Soldiers, and saying it’s a mandatory event.”

For instance, Soldiers who have been involved in an IED attack would be targeted for assessment. “Anybody within a 50-meter radius of that explosion, you don’t have a choice ... you come in and get evaluated,” the general said. Soldiers assessed without injury get a

24-hour break; those who suffer a concussion are out until symptoms resolve.

The Army is also looking into a rule the Marine Corps uses, the general said.

“If you have multiple concussions, you’ve had three documented concussions, then you probably ought to be out of the fight altogether,” he observed.

An approach that takes knowledge and data learned from injuries and helps prevent future injuries is the Joint Trauma Analysis and Prevention of Injury in Combat program. There, the general said, data from both lethal and non-lethal injuries are correlated with the type of protective armor a Soldier was wearing, the type of aircraft they were in or the type of vehicle they were driving

when injured.

“It correlates with the material developers to develop the next generation of more protective equipment and things,” he said. He said the outcome of JTAPIC could include a better designed helmet, goggles or body armor. It might also include a redesigned vehicle that could “withstand an underbelly blast.”



In this file photo, Col. Richard Petri, the Fort Bliss Physical Medicine and Integrative Health Services chief, performs acupuncture on a patient Feb. 25 at Fort Bliss. The procedure targets “trigger points” of pain.

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A daughter, **Izabella Ann**, to Gabriel and Lindsey Mijares.

JULY 13
A son, **Christian Paul**, to Ronald and Trena Mandeville, 13th ESC.

A son, **Korbin Matthew**, to Michael and Stacey Johanson, 41st Fires Bde.

A daughter, **Madison**, to Timothy and Michelle Sharp.

A daughter, **Hayleigh Faith**, to Cory and Megan Mars, 41st Fires Bde.

JULY 14
A daughter, **Rhenusa Devina Lolo Tea**, to Vickram and Windy Singh, 504th BfSB.

A daughter, **Lili Lorrane**, to John and Whitney Hughes.

JULY 15
A son, **Jackson Avery**, to Mike and Tarah Overturf, 4th Inf. Div.
A daughter, **Kathryn Elizabeth**, to Michael and Crystal Gregory.
A daughter, **Abigail Pearl**, to Benjamin and Kelsey Novy.

A son, **Somenneco Badja**, to Somenneco and Latrina Spann, 3rd ACR.
A daughter, **Lyla Raye**, to Nathan and Erin Conley.

JULY 16
Twins, **Miah Isabell** and **Ivelisse Marie Velez**, to Christopher and Ja-

nette Velez, 1st Cav. Div.
A daughter, **Kaylee Lorraine**, to Tom and Kristyn Perkins.

JULY 17
A son, **Boden Reese**, to Sean and Patricia Farrar, 1st Cav. Div.

A son, **Aiden Jacob**, to Caleb and Cassandra Escamilla.
A son, **Code Alexander**, to Stuart and Victoria Moore.

A son, **Ethan Albert**, to Lance and Jessica Smith, 4th Inf. Div.

JULY 18
A daughter, **Candice June**, to David and Angela Gutierrez, 41st Fires Bde.

A son, **Travis Vokurka**, to Travis and Donyelle Burney, 1st Cav. Div.

A daughter, **Evangeline Marie**, to Larnee-Ray and Stephanie Jorgenson, 1st Cav. Div.

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A son, **Liam Daniel**, to Bradford and Crystal Murray, 3rd ACR.

A daughter, **Angel Kemi**, to Henry and Telisa Olukotun.

JULY 20
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A daughter, **Abigail Grace**, to Alfred and Amber Matthews, 1st

Cav. Div.
A daughter, **Jada Lanell**, to Junior and Michell Greene.

A son, **Ethan Isaac**, to Frank and Markell Stafford, 3rd ACR.

A daughter, **Kallie Danielle**, to Jacob and Stefany Black.

A son, **Derek Kobina**, to Harry and Nan Koomson.

JULY 21
A daughter, **Katherine Elizabeth**, to Bryan and Nicole Story, 3rd ACR.

A son, **Colton Russell**, to Jonathan and Monica Brindle, 4th Inf. Div.

A daughter, **Ashley Marion**, to Richard and Donna Devine.

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11:05 am, 1:05 pm, 3:10 pm, 5:15 pm, 7:20 pm, 9:20 pm
Tuesday: 1:05 pm, 3:10 pm, 5:15 pm, 7:20 pm, 9:20 pm
Wednesday: 3:10 pm, 5:15 pm, 7:20 pm, 9:20 pm

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ACROSS	55 City lights	102 Opening up completely	6 Swing to and fro	47 Bundt cake baker's need	78 Jannings or Zatopek
1 Fork over	57 1980s police drama	106 Gadgeteer's acquisition	7 —Mart (big retail chain)	50 Silvery hair color	79 Go under
11 Capen	61 Jacuzzi	110 Memorizes again	8 Suffix with special	51 Dress up in	82 Not cooked
16 Reverse of ENE	64 Worth of a title	111 Siangy denial	9 The whole —	52 Give the title	83 Lama's kin
19 Debate	65 Being acquitted, in repeatedly	112 Tie-breaking periods	10 Pancake toppers	53 "The Fresh Prince of — Air"	84 Keystone — (comic lawman)
20 Wishy- —	70 Part of a U.S. election map	113 Prefix with impressionist	11 Educ. org	54 Ending for Siam	89 Compulsive
21 Strike lightly and	74 Bighorn male	114 Capitalize on	12 Drudge's life	56 More nuanced	92 Permission
26 Bulling holler	75 Bits of salt	115 Third-world nation	13 Per unit	58 China's Chou En- —	93 Rather poky
27 Bizarre	80 Hide in shame	120 Neverland's shames	14 "Picnic" actress	59 PC-to-PC linkup	94 Lendee's slip
28 Wall climber	81 Fine and dandy	121 Make up for dream	15 Fullen bell brand of	60 Ending for goo	95 Evidence of a mistake
29 Purchase	85 Supermodel	122 "Life — a dream"	16 Goldberg of "Sister Act"	62 Loveliness	96 Sudden color
30 Hip, updated	87 Beam of light	123 Superman player	17 Western bar	66 — cost (on the house)	97 Husband of Pompeia
32 Antique shop	88 Tins and dandy	124 Three, to Mario	18 Puppies	67 Koppel or Kennedy	98 Dahl of films
34 Cerebral bowl	90 Filmsy residents	125 — rest (bury)	19 Puppies	68 Surfacing	100 Happy — in mud
37 Slammer	91 Suffix with cook	126 Accra locale	20 Puppies	69 Med. care provider	101 Five-time French
38 Slammer	92 Milk source	127 Lop- — rabbit	21 Puppies	70 DVD player brand	102 Husband of Rafael
39 Star pitcher	93 People with rackets	128 Lop- — rabbit	22 Puppies	71 Bit of work	103 Garbo of "The Kiss"
41 Gilder	94 People with rackets	129 Lop- — rabbit	23 Puppies	72 — es (theater candy)	104 Garbo of "The Kiss"
45 Is for two?	95 Boston fish	130 Lop- — rabbit	24 "Be that as it may ..."	73 Darling	105 — Caps (theater candy)
46 Volkswagen hatchback	96 Not enough room to swing —	131 Really enjoy	25 Puppies	74 Darling	107 Set foot in
48 Wiesel with a Nobel	97 Boston fish	2 A deadly sin	26 Puppies	75 Darling	108 Unhealthful dietary intake, briefly
49 Big galoot	100 — vera	3 "By Jove!"	27 Puppies	76 Darling	109 Tinkered
50 Big galoot	101 Noted	4 Central point	28 Puppies	77 Darling	112 Bi- cubed
51 Aspiring	102 Noted	5 Samsan's undero	29 Puppies	78 Darling	113 Spurs' org.

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