

Medical Versus Self-Management of Chronic Pain

Medical Management	Self-Management
Responsibility placed on health care professional	Responsibility placed on individual with the chronic pain problem
Emphasis on physical procedures (e.g., drugs, surgery, nerve blocks)	Less emphasis on physical procedures. Emphasis on emotional, mental, behavioral, and social factors
Primary goal is to eliminate pain	Primary goal is to cope more effectively with pain and associated problems
Most effective with <i>acute</i> injuries and diseases	Very useful for <i>chronic</i> pain and other chronic physical conditions

Self-management has been found to be the most effective model for managing or reducing chronic pain problems.