

Welcome to tonight's webinar. It will start at 7:15 pm AEST.

Join a local Veteran-Focussed Mental Health Professionals' Network:

Networks are currently located in the following areas:

- Brisbane
- Perth
- Newcastle
- Liverpool (NSW)
- Townsville
- Canberra
- Melbourne
- Tasmania

To join or find out more, click on the **supporting resources tab** (bottom right of your screen) and view the 'Join a network' document.

Mental Health and the Military Experience

> WEBINAR SERIES



Australian Government
Department of Veterans' Affairs

Mental Health and the Military Experience

> WEBINAR 8

Veterans in Pain: Where the body and mind meet



Australian Government
Department of Veterans' Affairs

Tonight's panel



Dr Meredith Craigie
Pain Specialist



Prof Kathryn Nicholson Perry
Psychologist



Prof Mal Hopwood
Psychiatrist



Prof Mark Creamer
Clinical Psychologist
(Facilitator)

This webinar series

This is the eighth of fourteen webinars in the extended Mental Health and the Military Experience series. It has been made possible through funding provided by the Department of Veterans' Affairs.

Learn more about the Department of Veterans' Affairs by visiting:
www.dva.gov.au

Learning Outcomes

At the completion of the webinar, participants will be able to:

- better recognise the complex relationship between chronic pain and mental health, risk factors for and warning signs of mental health in chronic pain presentations specific to the veteran experience
- describe the challenges, merits and opportunities in evidence based approaches deemed most effective in treating veterans presenting with chronic pain
- have increased confidence in treating veterans presenting with chronic pain and mental health issues.

Pain Specialist Perspective

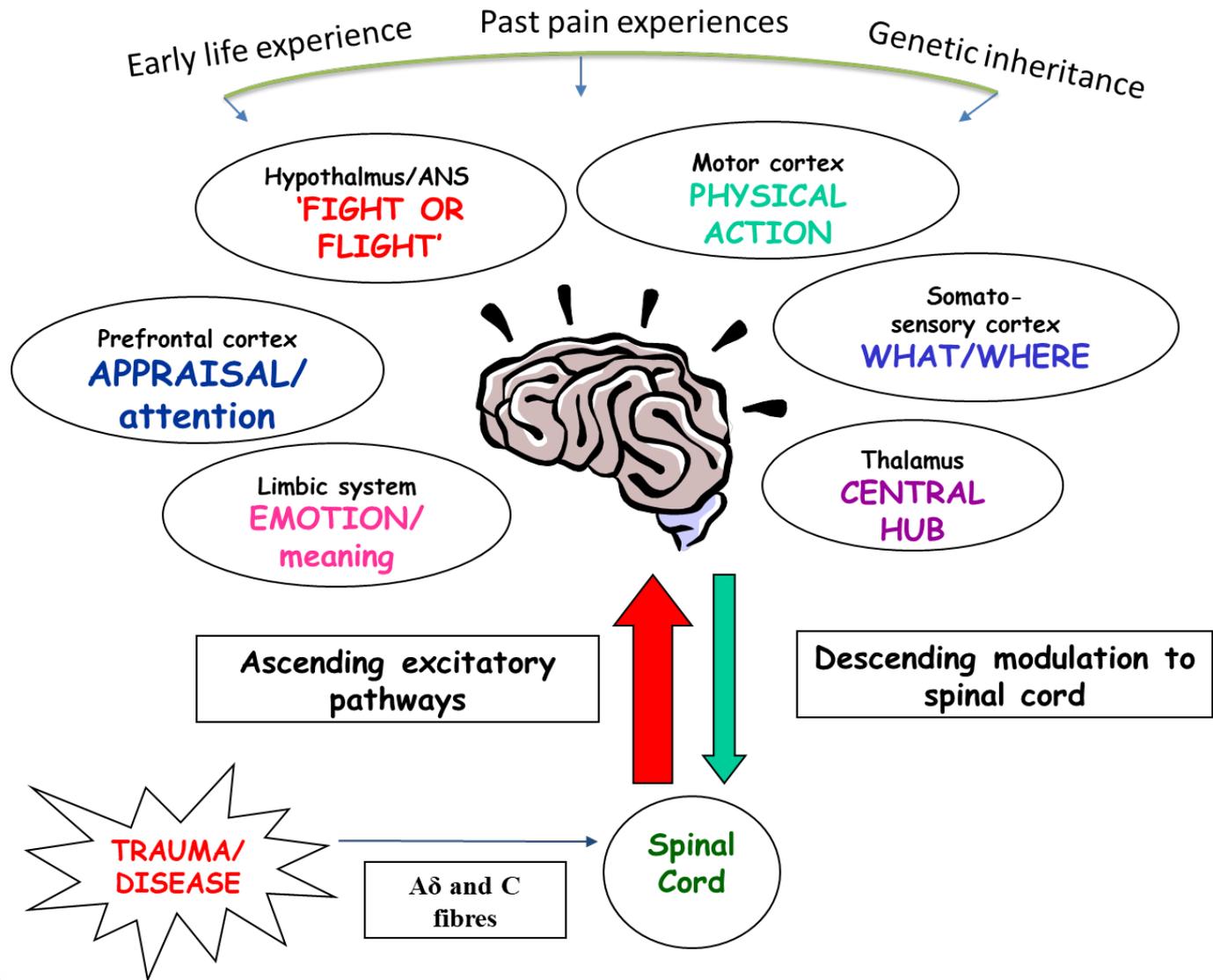
"How did I
end up here?"



Janelle's specialist pain medicine
physician can help...



Dr Meredith Craigie



Pain Specialist Perspective

What else is happening
unknown to Janelle?

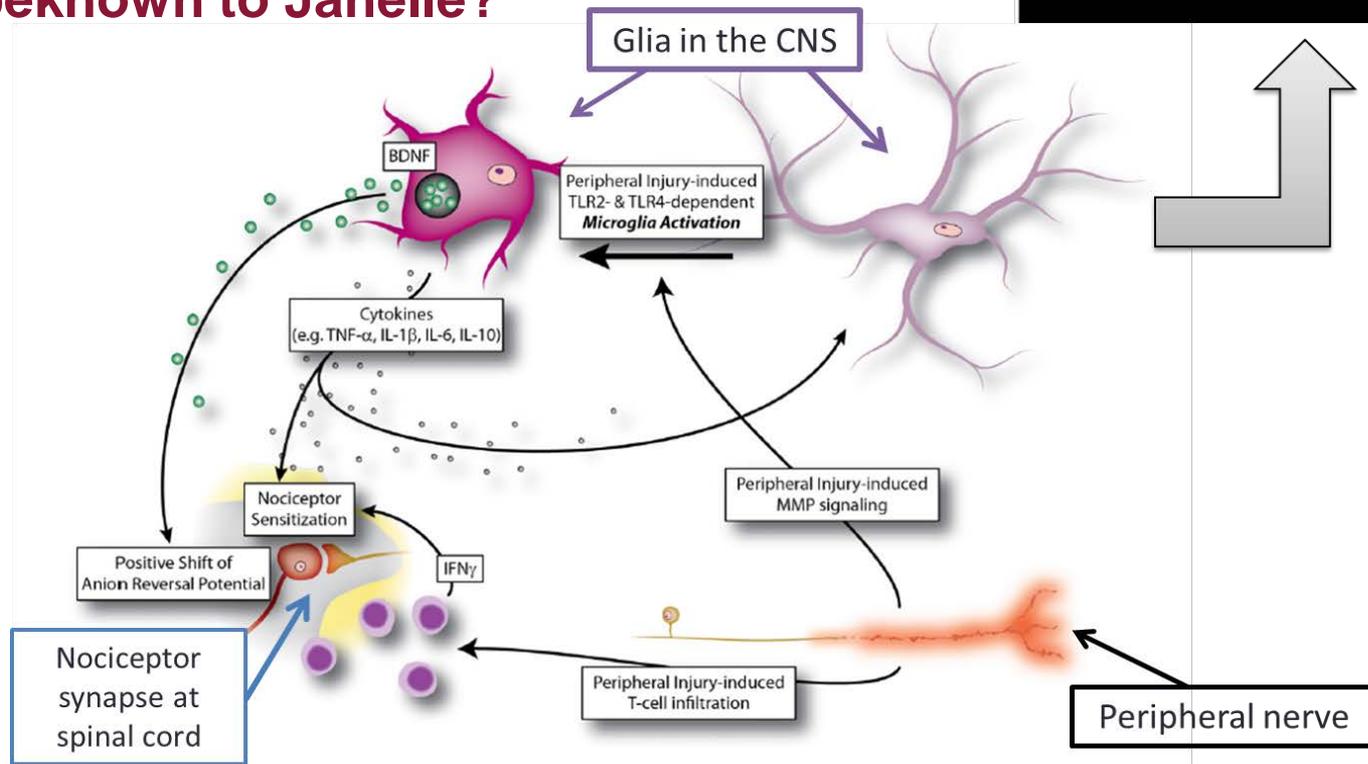
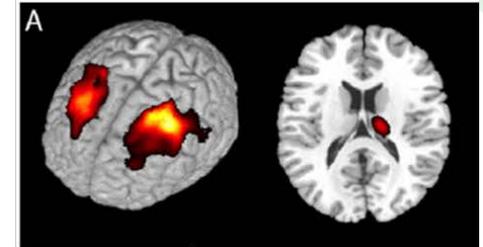


Figure 6. Immune Contribution to Neuropathic Pain
Innate and adaptive immune cells in the periphery and spinal cord can sensitize primary nociceptors and secondary nociceptive neurons respectively to produce pain hypersensitivity.

Von Hehn, Neuron 2012



Dr Meredith Craigie

Pain Specialist Perspective

How can Janelle understand this easily?

There are
danger
sensors, not
pain sensors

- Pain is processed in the brain
- Pain is one of many protective outputs
- Pain is normal, personal and always real

Pain and
tissue
damage
rarely relate

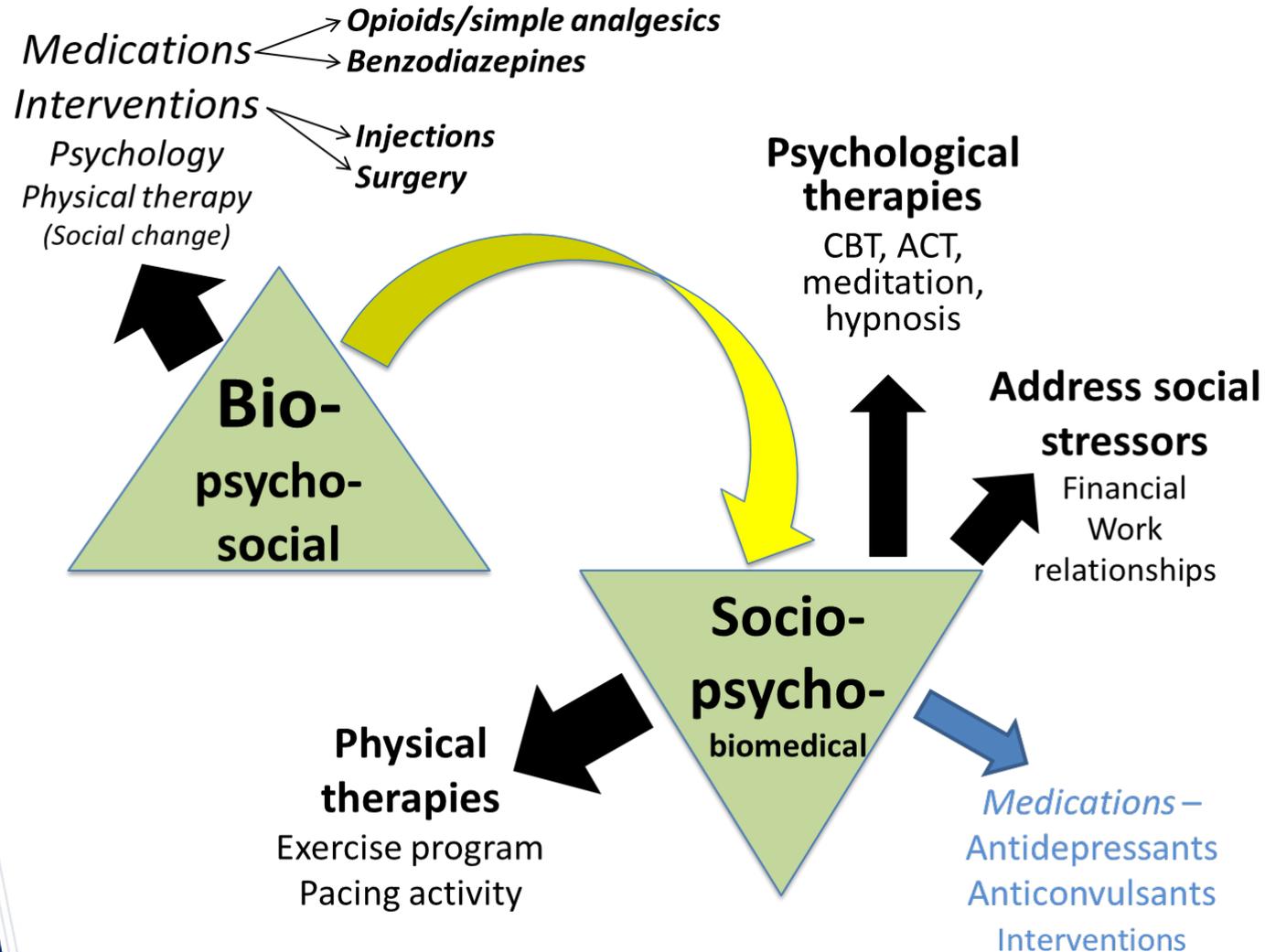
- We are bioplastic
- Pain is completely dependent on context
- Pain depends on the perceived balance of danger and safety

Adapted from Moseley & Butler
2017 *Explain Pain Supercharged*



Dr Meredith Craigie

Janelle's road to recovery



Dr Meredith Craigie

Psychologist Perspective

Psychological issues

- Leaving the issues of mental health specifically to the psychiatrist...
- What are the important psychological elements?
- Frame in a biopsychosocial model (Loeser, 82):
 - Nociception or neuropathy
 - Pain perception
 - Attitudes and belief
 - Psychological distress (suffering)
 - Coping and pain behaviour (disability)
 - Social environment



Prof Kathryn
Nicholson Perry

Psychologist Perspective

Attitudes and beliefs

- Pain catastrophizing
- Pain self-efficacy
- What attitudes and beliefs about pain might a career in the armed forces result in?



Prof Kathryn
Nicholson Perry

Psychologist Perspective

Coping and pain behaviour

- Underdoing
- Overdoing
- Pain contingent use of strategies



Prof Kathryn
Nicholson Perry

Psychologist Perspective

Social environment

- What attitudes and behaviours did her social environment reinforce?
- What social support does she have available now?



Prof Kathryn
Nicholson Perry

Psychologist Perspective

How does that play out with other members of the team?

- The psychological isn't only the domain of the psychologist
- How might the team adjust their strategy based on this:
 - High catastrophising?
 - Low self-efficacy?
 - Overdoer?
 - Underdoer?



Prof Kathryn
Nicholson Perry

Psychiatrist Perspective

Increasing Importance of Depression

A Major Cause of Disability Worldwide

| Rank | 2000 | 2020 (Estimated) |
|------|------------------------------|---------------------------------------|
| 1 | Lower respiratory infections | Ischemic heart disease |
| 2 | Perinatal conditions | Unipolar major depression |
| 3 | HIV/AIDS | Road traffic accidents |
| 4 | Unipolar major depression | Cerebrovascular disease |
| 5 | Diarrheal diseases | Chronic obstructive pulmonary disease |



Murray, CJ, Lopez AD. The Global Burden of Disease: A Comprehensive Assessment of Mortality and Disability from Diseases, Injuries, & Risk Factors in 1990 Projected to 2020. Cambridge, MA: 1996.

Murray CJ, Lopez AD. Science 1996; 274:740-743.



Prof Mal Hopwood

Psychiatrist Perspective

Is Janelle depressed?

- Describes lethargy, withdrawal, amotivation, self doubt?
- Risk factors
 - Recently separated female
 - Chronic pain
 - ?Obsessional traits
 - Chronic pain
 - Loss of role
 - Chronic pain
- ? A role of substance abuse



Prof Mal Hopwood

Psychiatrist Perspective

Does Janelle have PTSD?

- Meets Criterion A
- ? Risk factors
- Mixed experience
- Handling body parts
- Role of pain as a trauma reminder



Prof Mal Hopwood

Psychiatrist Perspective

What I'm not thinking

Is it all in her head?



Prof Mal Hopwood

Questions and answers



Dr Meredith Craigie
Pain Specialist



Prof Kathryn Nicholson Perry
Psychologist



Prof Mal Hopwood
Psychiatrist



Prof Mark Creamer
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Local networking

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- For more information see the 'Join a network' document in the supporting resources tab (bottom right of your screen)
 - Interested in leading a face-to-face network of mental health professionals with a shared interest in veterans' mental health in your local area? MHPN can support you to do so. Contact Amanda on 03 8662 6613 or email a.zivcic@mhpn.org.au

Panellist and DVA recommended resources

- For access to resources recommend by the Department of Veterans' Affairs and the panel, view the supporting resources document in the documents tab at the bottom right of the screen.

Thank you for your participation

- Please ensure you complete the feedback survey before you log out.
- Click the Feedback Survey tab at the bottom of the screen to open the survey.
- Attendance Certificates will be emailed within four weeks.
- You will receive an email with a link to online resources associated with this webinar in the next few weeks.

Mental Health and the Military Experience

This was the eighth of fourteen webinars in the extended **Mental Health and the Military Experience** series, produced by MHPN and commissioned by the Department of Veterans' Affairs (DVA).

MHPN would like to thank the DVA for the opportunity to raise awareness of veterans' mental health issues.