

# A recipe for evidence-based nutrition care for people living with chronic pain

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## Background

- Chronic pain & poor dietary intake significantly morbidity & mortality.<sup>1,2</sup>
- A bidirectional relationship exists between chronic pain and nutrition through mechanisms (Fig1)<sup>3</sup>
- Best practice combines biopsychosocial and factors, including nutrition.<sup>4</sup>
- While many services address these factors, there is limited evidence of dietitian involvement in this context.

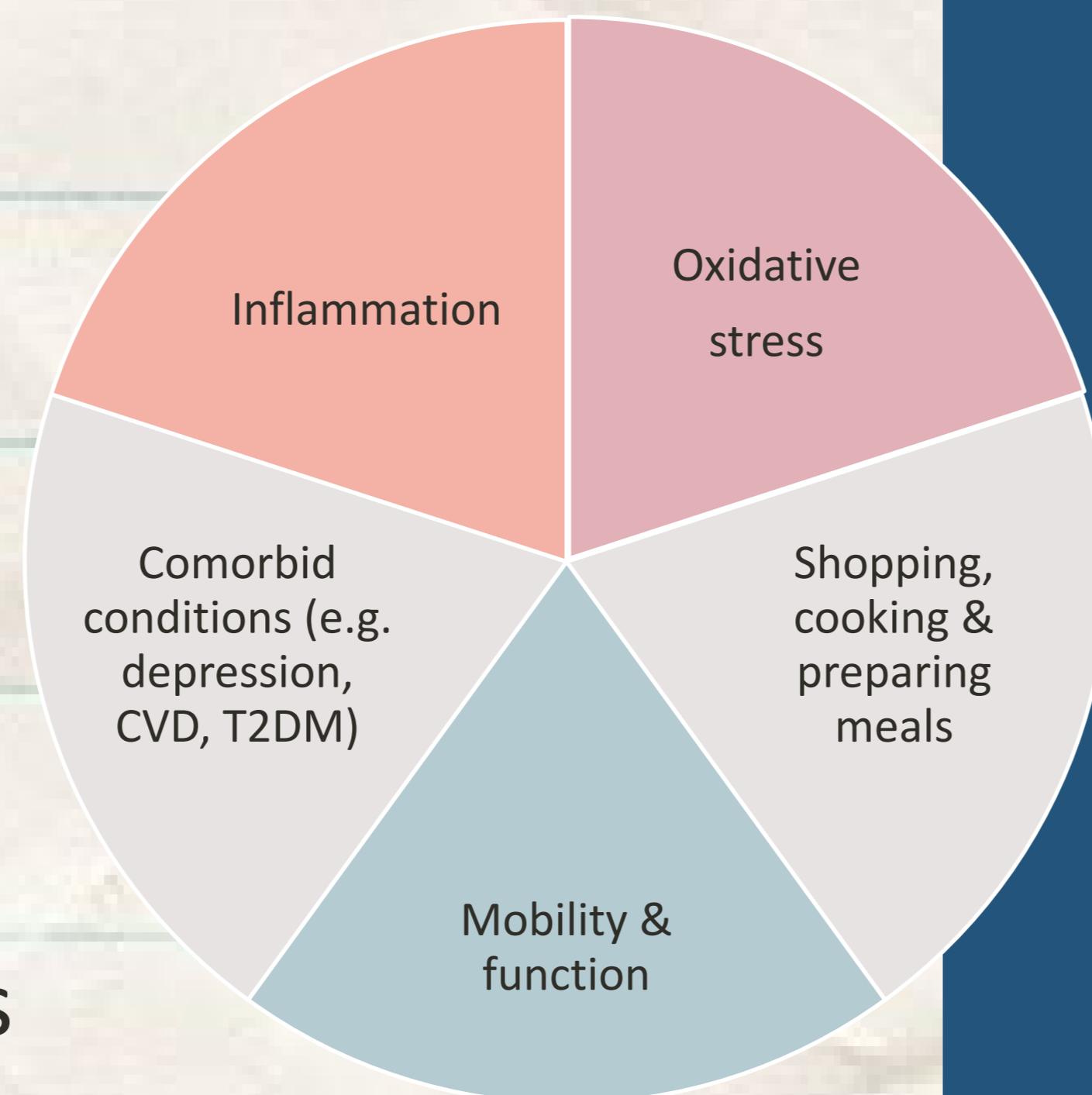


Fig 1

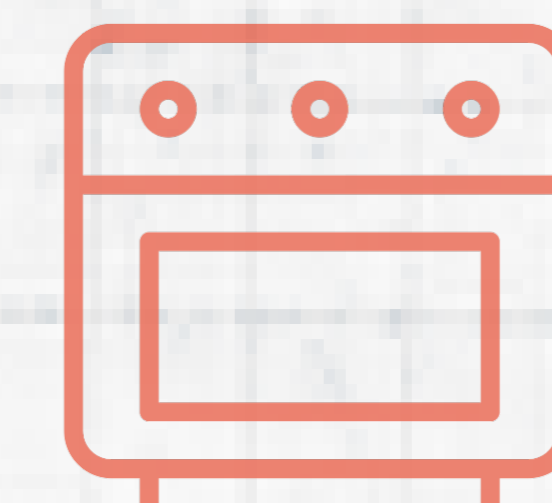
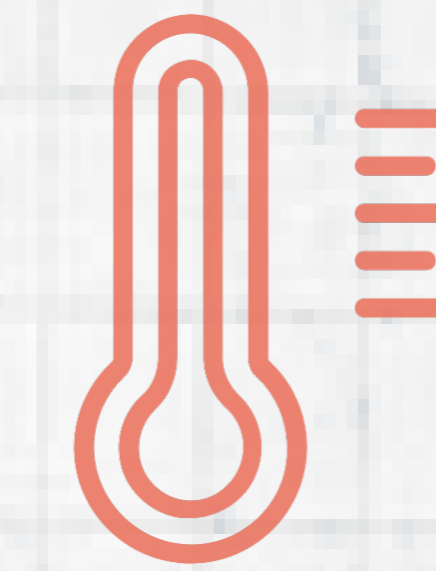
**Aim:** Present a recipe for developing, building and implementing dietitians and nutrition care in contemporary pain treatment

## Ingredients

- 1 systematic review
- 1 clinical audit
- 2 focus group studies
- 1 pilot study showing clinically meaningful improvements in pain outcomes with a personalised dietary intervention led by a dietitian
- 2 enthusiastic dietitians
- 2 passionate multidisciplinary teams
- National & international collaborations
- A dash of advocacy and leadership
- A pinch of determination
- Innovation, to taste

## Methods

1. Preheat the oven to 180 degrees.
2. Mix the first 4 ingredients to create a PhD thesis and build the evidence base.
3. In another bowl, add global clinicians and researchers and whisk the knowledge and foster collaborations.
4. Pour in the evidence, dietitians, multidisciplinary pain teams embracing new perspectives, a dash of advocacy and leadership to support the integration of nutrition care in pain management. Stir gently and pour into a baking dish.
5. Bake for 9 years and appreciate the finished product; the establishment of dietetic positions in 2 Australian services.
6. Acknowledge the burnt edges; the challenges; limited capacity, lack of specific evidence and change management challenges
7. Create a garnish with innovations like student placements, stakeholder engagement, service mapping and capacity building.
8. Serve evidenced based nutrition care for chronic pain.



## Key messages

- ✓ Evidenced based nutrition care improves patient experiences and outcomes.
- ✓ Dietitians play a crucial role in empowering patients with tailored advice for their unique context and lifestyle.
- ✓ Integrating nutrition care into pain service teams enhances interdisciplinary approaches to pain management

## So, what's next?

1. Customise the recipe for different countries & regions dietary needs.
2. Promote dietary assessment in national pain registries.
3. Support dietitians in niche areas and multidisciplinary pain services to drive innovation and expand services.

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### References

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