Special Issue: Are Active Self-Care Complementary and Integrative Therapies Effective for Management of Chronic Pain? A Rapid Evidence Assessment of the Literature and Recommendations for the Field

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FOREWORD
Why Self-Care Pain Medicine?
Wayne B. Jonas, MD

PREFACE
Call to Action: "If Not Now, When? If Not You, Who?"
Eric Schoomaker, MD, PhD, and Chester Buckenmaier III, MD

INTRODUCTION
Patients’ Use of Active Self-Care Complementary and Integrative Medicine in Their Management of Chronic Pain Symptoms
Chester Buckenmaier III, MD, and Eric Schoomaker, MD, PhD

REVIEW ARTICLES
A systematic review was conducted, using Samueli Institute’s rapid evidence assessment (REAL©) methodology, to rigorously assess both the quality of the research on active, self-care complementary and integrative medicine (ACT-CIM) modalities and the evidence for their efficacy and effectiveness in treating chronic pain symptoms. Each of the following articles will discuss a key aspect of the review, including an introduction and background to the review and its methodological processes; the current evidence, quality, effectiveness and safety of each ACT-CIM modality and; a summary of lessons learned from the review and recommendations for next steps in the field.

Assessing the Quality, Efficacy, and Effectiveness of the Current Evidence Base of Active Self-Care Complementary and Integrative Medicine Therapies for the Management of Chronic Pain: A Rapid Evidence Assessment of the Literature
Roxana Delgado, PhD, Alexandra York, MS, Courtney Lee, MA, Cindy Crawford, BA, Chester Buckenmaier III, MD, Eric Schoomaker, MD, PhD, Paul Crawford, MD, and Active Self-Care Therapies for Pain (PACT) Working Group
Mind–Body Therapies for the Self-Management of Chronic Pain Symptoms
Courtney Lee, MA, Cindy Crawford, BA, Anita Hickey, MD, and Active Self-Care Therapies for Pain (PACT) Working Group

Movement Therapies for the Self-Management of Chronic Pain Symptoms
Courtney Lee, MA, Cindy Crawford, BA, Eric Schoomaker, MD, PhD, and Active Self-Care Therapies for Pain (PACT) Working Group

Physically Oriented Therapies for the Self-Management of Chronic Pain Symptoms
Cindy Crawford, BA, Courtney Lee, MA, Todd May, DO, and Active Self-Care Therapies for Pain (PACT) Working Group

Sensory Art Therapies for the Self-Management of Chronic Pain Symptoms
Cindy Crawford, BA, Courtney Lee, MA, John Bingham, MS, and Active Self-Care Therapies for Pain (PACT) Working Group

Multimodal, Integrative Therapies for the Self-Management of Chronic Pain Symptoms
Courtney Lee, MA, Cindy Crawford, BA, Steven Swann, MD, and Active Self-Care Therapies for Pain (PACT) Working Group

Effectiveness of Active Self-Care Complementary and Integrative Medicine Therapies: Options for the Management of Chronic Pain Symptoms
Cindy Crawford, BA, Courtney Lee, MA, Daniel Freilich, MD, and Active Self-Care Therapies for Pain (PACT) Working Group

An Analysis of the Various Chronic Pain Conditions Captured in a Systematic Review of Active Self-Care Complementary and Integrative Medicine Therapies for the Management of Chronic Pain Symptoms
Courtney Lee, MA, Cindy Crawford, BA, Lynn Teo, MAOM, MSc, Christopher Spevak, MD, MPH, JD, and Active Self-Care Therapies for Pain (PACT) Working Group

The Current State of the Science for Active Self-Care Complementary and Integrative Medicine Therapies in the Management of Chronic Pain Symptoms: Lessons Learned, Directions for the Future
Cindy Crawford, BA, Courtney Lee, MA, Chester Buckenmaier III, MD, Eric Schoomaker, MD, PhD, Richard Petri, MD, Wayne Jonas, MD, and Active Self-Care Therapies for Pain (PACT) Working Group