OPTI-West Research Bulletin

November 14, 2007
Volume 1: Issue 5

The following research proposal deserves the highest possible distribution to all OPTI-West Residents and Faculty.

This would make an excellent project for fulfill a residency requirement. Dr. Otto Kahn has volunteered to be the research mentor for anyone interested.

If you would like to be an investigator for this project, please contact Dr. Bill Cairney, **wcairney@westernu.edu** or Crystal Upshaw, **cupshaw@westernu.edu**.

Research Project Announcement:

Draft of a Proposed Study on Pain Management, comparing usual treatment vs. LILT at Western University, Pomona, California.

Background

Pain – the ubiquitous subjective complaint of discomfort, common to all living creatures, has been subjected to countless investigations as to its etiology and consequently a multitude of therapeutic remedies. Since the subjective complaint of pain as to cause (functional or organic), is often poorly delineated, therefore treatment is frequently unsuccessful. In the past, treatments for pain have varied from archaic medieval methods such as snake oils, witches' brew, poultices, bloodletting etc. to present day medicinal such as analgesics, hypnotics and anti-inflammatory agents. These treatments have limited relief and may often lead to irreversible side effects such as "peptic ulcerations and or addictions". It has been well documented that the "placebo effect" on pain relief has been effective in at least one third of all patients.
In summary, the diagnosis of pain, whether functional or organic, has been time consuming, costly, elusive and frustrating to both Patient and Care-giver. Needless to add, the treatment therefore has been less than ideal.

Purpose

It is in this setting that we propose a new and unique modality of therapeutic intervention to this multi-factorial ubiquitous chronic symptom of Pain. Many present-day orthodox treatments for pain syndromes have limited success and many sometimes serious everlasting side effects.

Recently, the Federal Drug Administration (FDA) has approved the use of Low Intensity Laser Therapy (LILT) as another option for the treatment of pain in soft tissue injuries. It has been adequately demonstrated to FDA regulators that this modality is both efficacious and thoroughly safe with no known side effects. Since FDA approval, this method of pain management has even expanded to some off-label uses such as "repetitive use injuries", "entrapment neuropathies", "decubitus ulcers", and other dermatological conditions such as "keloid formation" etc. In light of this, we wish to embark on a study to test the efficacy, consistency and safety of this therapeutic modality in both recognized and off-label conditions.

Methods

We wish to enroll one hundred consecutive, fully assessed patients in a family medical clinic setting, fifty of which would receive the usual and customary form of treatment for pain and fifty would receive LILT. Health care providers will assess patients as to etiology of pain and age match, alternating patient enrollment into the usual treatment versus LILT. Study will close when 50 patients have been enrolled in each group.

The results of the study would be measured by:

- **(a.) Patient questionnaire assessing the subjective improvement of the initial complaint on a scale of 0 to 10. (0 being no improvement and 10 being total relief.)**
- **(b.) Providers would also be required to assess the measured (range of motion) objective improvement of the initial complaint.**
- **(c.) All objective appropriate laboratory testing before and after treatment would be documented.**

The mechanics of the study will require the use of at least one machine for 3 to 6 months and a trained certified therapist. The therapist will serve to collate all the data at the end of the study under the supervision of a principal investigator.

Results

These would be tabulated a minimum of three months after the proposed project closes.

Conclusions

These will objectively be reached from the results obtained and submitted to a peer reviewed contemporary medical journal.

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