Pain Management

Bibliography

American Medical Association. (2024). *Pain-management guidance emphasizes individualized patient care*. https://www.ama-assn.org/delivering-care/public-health/pain-management-guidance-emphasizes-individualized-patient-care

Centers for Disease Control and Prevention. (2023). *Opioid dispensing rate maps*. https://www.cdc.gov/overdose-prevention/data-research/opioid-dispensing-rate-maps.html

Centers for Disease Control and Prevention. (2024). *CDC guideline recommendations and guiding principles for prescribing opioids*. https://www.cdc.gov/opioids/providers/prescribing/guideline.html

Centers for Disease Control and Prevention. (2024). *Responsible controlled substance and opioid prescribing*. National Center for Biotechnology Information. https://www.ncbi.nlm.nih.gov/books/NBK572085

Centers for Disease Control and Prevention. (2025). *Understanding the opioid overdose epidemic*. https://www.cdc.gov/overdose-prevention/about/understanding-the-opioid-overdose-epidemic.html

Council on Foreign Relations. (2024). *Fentanyl and the U.S. opioid epidemic*. https://www.cfr.org/backgrounder/fentanyl-and-us-opioid-epidemic

Crosier, A. K., et al. (2025). A scoping review on the efficacy/effectiveness and utilization of complementary and integrative health therapies for pain. *Journal of Integrative and Complementary Medicine*. https://doi.org/10.1089/jicm.2024.1013

Evidence of commonly used integrative approaches with traditional pharmacologic methods in chronic pain management. (2024). *Journal of Pain Research*, *17*, 225–236. https://doi.org/10.2147/JPR.S382947

Food and Drug Administration. (2025). *Opioid analgesic REMS: Updates on safe disposal strategies*. https://www.fda.gov/drugs/information-drug-class/opioid-analgesic-rems

HHS Overdose Prevention. (2023). *Trends in U.S. drug overdose deaths by drug type*. https://www.hhs.gov/overdose-prevention/

National Institute for Health, National Center for Complementary and Integrative Health. (n.d.). *Chronic pain: In depth.* https://nccih.nih.gov/health/pain/chronic.htm

National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services. (2019, June). *Opioid misuse and addiction research updates*. https://nida.nih.gov

Nahin, R. L., Rhee, A., & Stussman, B. (2024). Use of complementary health approaches overall and for pain management by US adults. *JAMA*, *331*(7), 613–615. https://doi.org/10.1001/jama.2023.26775

Opioid system and related ligands: From the past to future perspectives. (2024). *BMC Pharmacology and Toxicology*, *25*(3), 145–162. https://doi.org/10.1186/s40360-024-00777-9

Rudolph, B., et al. (2024). Physical therapy and risk of opioid use disorder in Medicaid populations: A cohort analysis. *Pain Medicine*, *25*(4), 621–630. https://doi.org/10.1093/pm/pnad123

Substance Abuse and Mental Health Services Administration. (2013). *Managing chronic pain in adults with or in recovery from substance use disorders*. (Treatment Improvement Protocol [TIP] Series 54, HHS Publication No. SMA 12-4671). Rockville, MD: Author.

- U.S. Department of Health and Human Services. (2019, May). *Pain management best practices inter-agency task force report: Updates, gaps, inconsistencies, and recommendations*. https://www.hhs.gov/ash/advisory-committees/pain/reports/index.html
- U.S. Department of Health and Human Services. (2025). *HHS pain management best practices and whole-person care strategy*. https://aspe.hhs.gov/reports/pain-management-strategy
- U.S. Department of Veterans Affairs. (2024). *VA pain management strategy: Integrating multimodal care*. https://www.va.gov/painmanagement/

Zhang, Y. (2025). Alternative therapies in chronic non-cancer pain: Review of preliminary evidence and safety. *Pain Management Reviews*, *11*(2), 145–158. https://doi.org/10.2217/pmt-2024-0178