



The Pain Empowerment Anywhere (PEAK) Program

is a fully virtual, comprehensive pain program for Veterans and Service Members with chronic pain. The program is supported by a highly trained and dedicated team at the James A. Haley Veterans' Hospital.

Our Purpose...

We help individuals to achieve a better quality of life and live more fully by focusing on what is important to you and how our program can help you successfully achieve those rehabilitation goals.

Our Approach...

We take a whole person, active rehabilitation approach to creating your individualized treatment plan. This plan focuses on optimizing your level of physical, emotional, and social functioning in the home, workplace, and community and aligns with your personal rehabilitation goals. It also involves engagement in a wide range of skills that will empower you to better manage your pain.

During the 5-weeks, you will receive:

- A pain medicine evaluation
- A tailored exercise program that includes aerobic activity and strength and flexibility training
- Training in mindful meditation, effective communication, and coping skills
- Education about the physical and emotional effects of pain
- Adaptive living skills to improve home-related activities
- Recreational activities to increase socialization and engagement in leisure activities
- Assistance with exploring options related to employment, school, or volunteer work
- Family education and involvement when desired
- Team meetings to optimize your benefit from the program

Your PEAK Pain Team...



Has advanced education and training in the area of pain management.

They will provide services such as:

- Medical monitoring (*Nurse Practitioners*)
- Helping with stress, depression, and development of strategies to improve pain (*Psychologists*)
- Assessing and improving physical function (*Physical Therapists*)
- Helping you perform everyday activities with greater ease and satisfaction (*Occupational Therapist*)
- Using social activity and leisure for health (*Therapeutic Recreation Specialist*)
- Exploring and evaluating options related to returning to work, school, and volunteering (*Vocational Rehabilitation Specialist*)
- Providing group education (*All disciplines*)

What Our Patients Are Saying...

"It was an excellent program and I felt well supported by the staff. I benefitted from all aspects of the program and found the interactions with other participants to be helpful."

"I thought the program was well done and received a lot of good information."

"Getting on an exercise plan and working on relaxation skills was really helpful."

"I enjoyed the program and was glad to be able to be a part of it."

To Find Out More...

Ask your provider about a referral to the PEAK Program. Visit our website http://www.tampa.va.gov/chronic_pain/ for additional information about the program or contact Dr. Nicolle Angeli at (813) 972-2000, ext: 2104 for any questions.



VA



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Veterans Health Administration

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