

# Women in Interventional Pain Management

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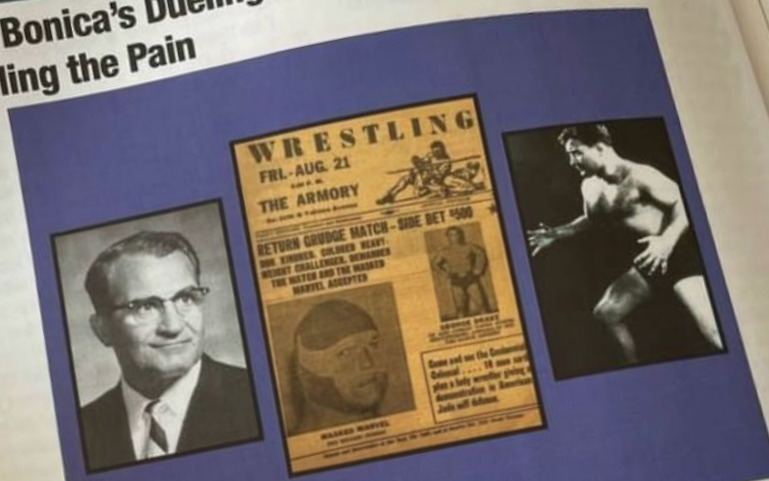
# Disclosures

- Medtronic - Advisory Board, Consultant, Speakers Bureau
- Abbott - Advisory Board, Speaker
- AIS - Speaker

# Hot Topics in 2021-22

Cool background on Bonica from February's anesthesiology!  
Journal also includes interesting article on Botox for sympathetic blocks.

## Dr. John Bonica's Dueling Identities: Bringing the Pain... and Healing the Pain



As a young Italian-American immigrant in New York City, John J. Bonica, M.D. (1917 to 1994, left), was frequently bullied and tragically lost his father when he was 15. That same year, he became Brooklyn's youngest Eagle Scout. In high school, Bonica excelled academically and won the city's scholastic wrestling championship. During college, he worked as a professional wrestler and circus strongman (center and right), appearing in arenas as Johnny "Ball" Walker (and later, the "Masked Marvel"). In medical school, Bonica made the Alpha Omega Alpha honor society while secretly becoming the light heavyweight champion of the world. Throughout his life, Bonica maintained dual identities as a fierce fighter and serious intellectual, and eventually became the "founding father" of the discipline of pain medicine. He reached the pinnacle of his specialty as Chair of Anesthesiology at the University of Washington and as President of both the American Society of Anesthesiologists and the World Federation of Anesthesiologists. At the same time, he transcended anesthesiology, founding the treatment of pain medicine. He reached the pinnacle of his specialty as Chair of Anesthesiology at the University of Washington and as President of both the American Society of Anesthesiologists and the World Federation of Anesthesiologists. At the same time, he transcended anesthesiology, founding the treatment of pain medicine. He reached the pinnacle of his specialty as Chair of Anesthesiology at the University of Washington and as President of both the American Society of Anesthesiologists and the World Federation of Anesthesiologists. At the same time, he transcended anesthesiology, founding the treatment of pain medicine.

Help with burning mouth syndrome! A woman with Parkinson's and really terrible pain around her gums and teeth. Has been seen by an oral surgeon and neurology and they don't know what to do. Im titrating up her gabapentin. She couldn't afford topical clonazepam. Failed a low dose of pramipexole but thinking of trying again at higher dose. What else should I do?!

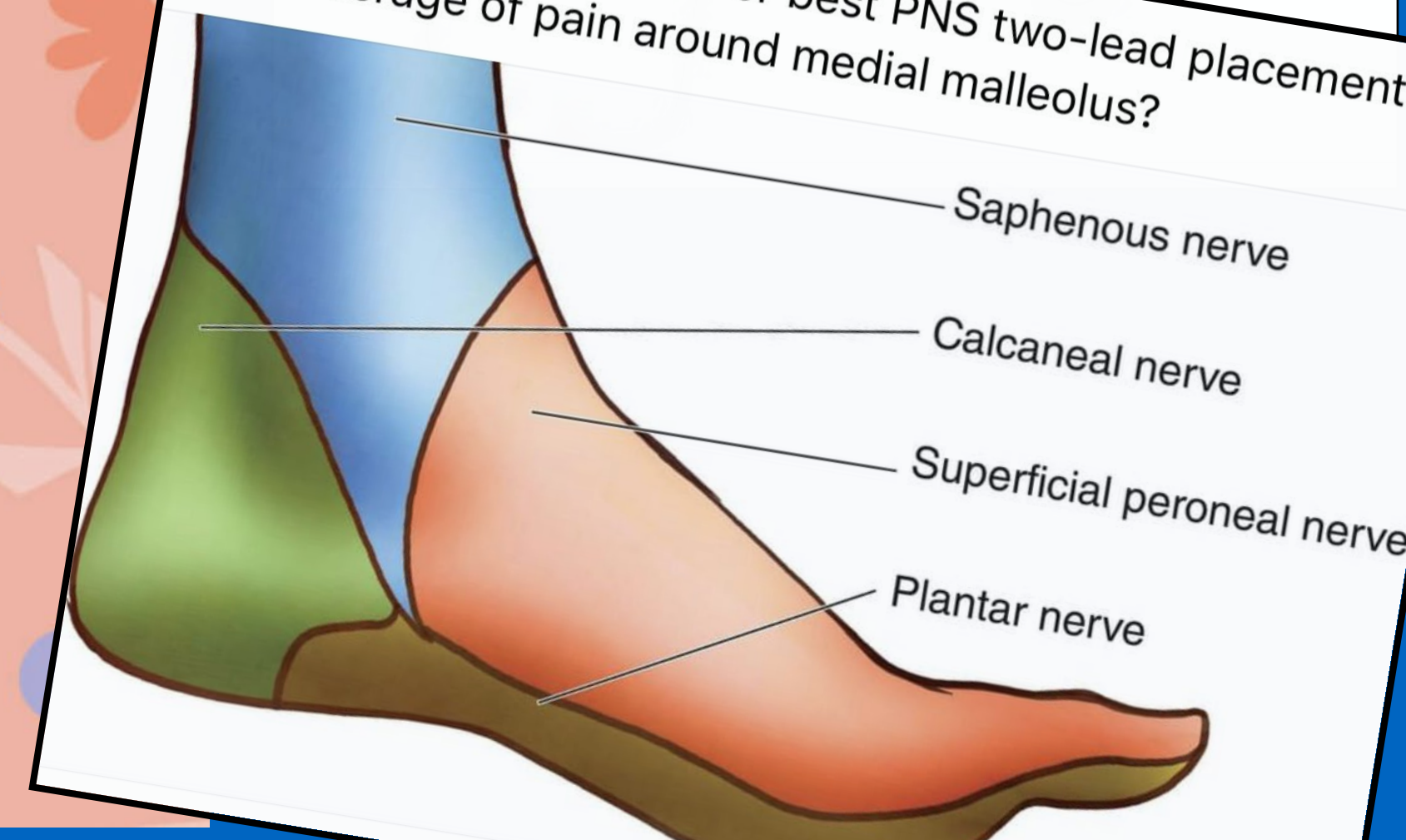
Anyone using oral ketamine to treat chronic pain? If yes, what are your thoughts on it? TIA.

- Less COVID restrictions
- More questions
- Busier practices

## National Women Physicians Day!



What are your thoughts for best PNS two-lead placement for coverage of pain around medial malleolus?



What are your favorite self-report pain/disability scales? (And why)

Hi braintrust. Are you holding Pentoxifylline prior to pain procedures? TYIA

# What have been the struggles?

ALL PAIN PHYSICIANS

Reimbursements

COVID restrictions

Scope of practice

WOMEN > MEN

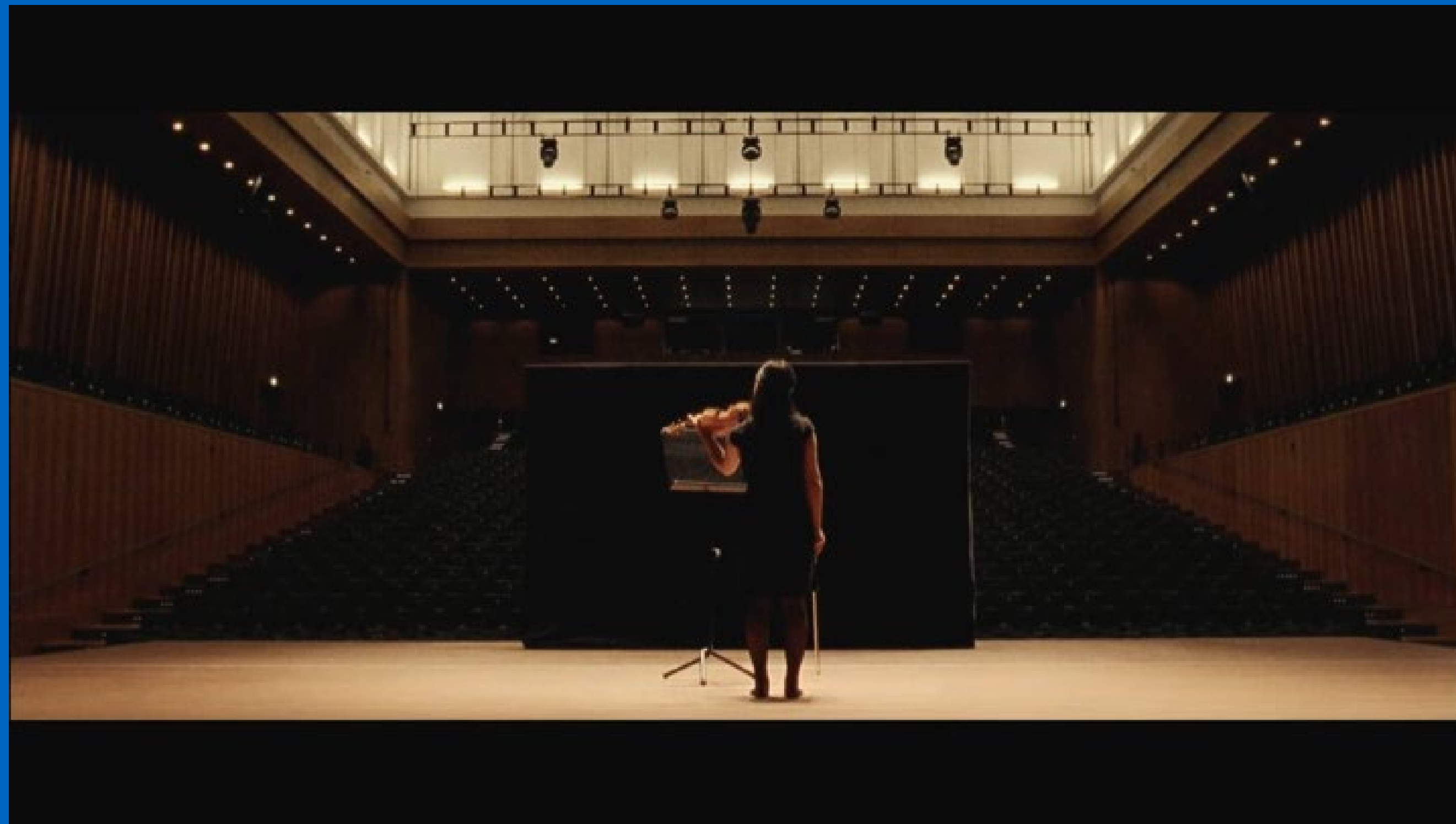
Unconscious Bias

Imposter Syndrome

Work - Life Balance

# What does unconscious bias look like?

- Pre 1970 top US orchestras were only 5% women
- 1970s-80s - symphony orchestras began holding auditions behind a screen.....the number of women increased fivefold
- By 2000, they were 30%



# Women Physicians: Bias

- From patients
- From other physicians
  - Faculty
  - Trainees

## 1612 Unconscious Gender Bias from Patients: Are Female and Male Doctors Perceived Differently?

T. Toi<sup>1</sup>, S. Lewis<sup>2</sup>, S. Lounis<sup>3</sup>, A. Najdawi<sup>4</sup>

<sup>1</sup>NNUH, Norwich, United Kingdom, <sup>2</sup>London North West University Healthcare NHS Trust, London, United Kingdom, <sup>3</sup>University Hospital Southampton, Southampton, United Kingdom, <sup>4</sup>Southend University Hospital, Southend-on-Sea, United Kingdom

## Gender Differences in Attending Physicians' Feedback to Residents: A Qualitative Analysis


Anna S. Mueller, MA, PhD  
Tania M. Jenkins, MA, PhD  
Melissa Osborne, MA

Arjun Dayal, MD  
Daniel M. O'Connor, MD  
Vineet M. Arora, MD, MAPP

Journal of Women's Health > VOL. 25, NO. 5 | Original Articles

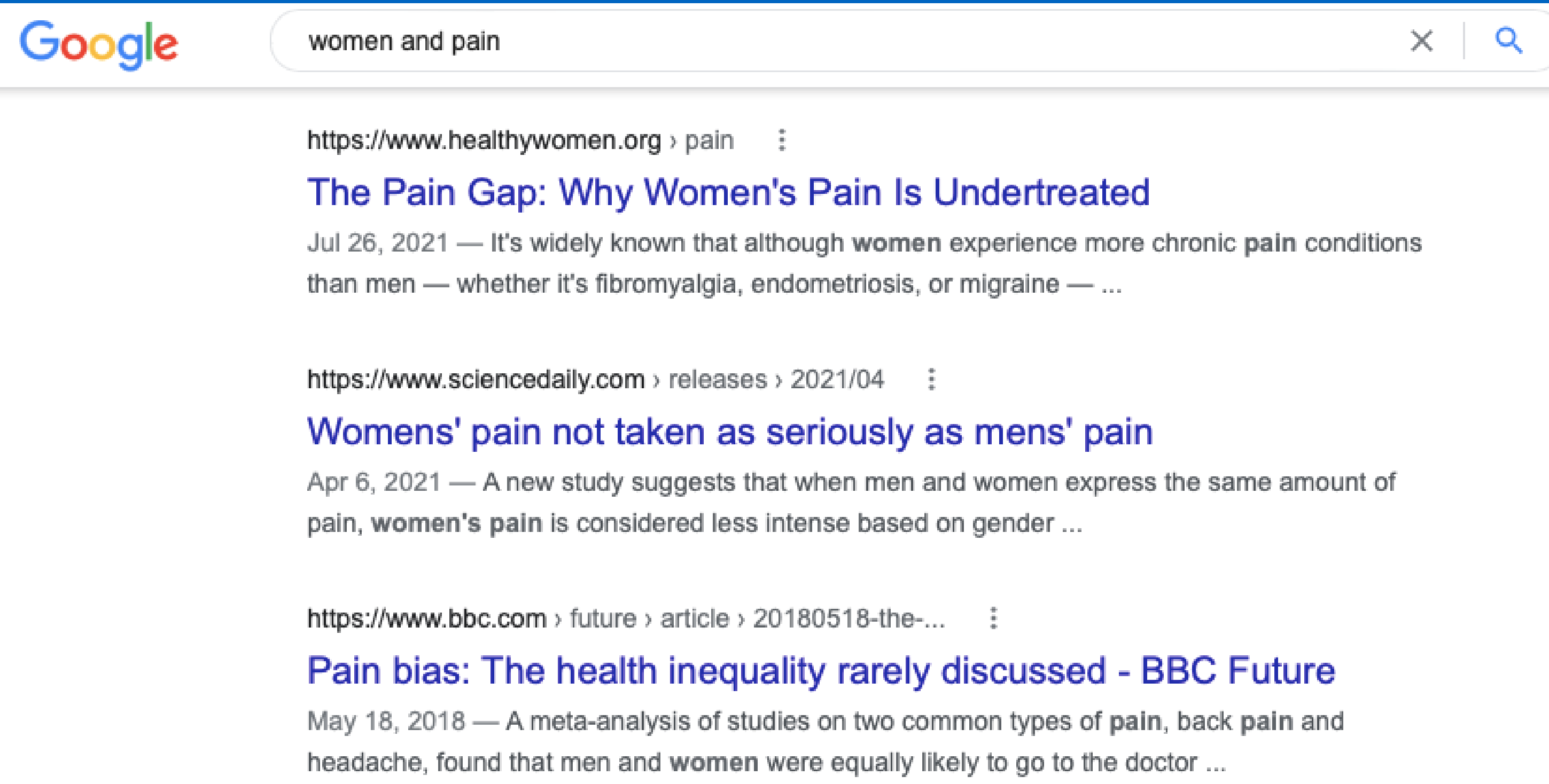
normal

## Student Evaluation of Faculty Physicians: Gender Differences in Teaching Evaluations

Helen K. Morgan , Joel A. Purkiss, Annie C. Porter, Monica L. Lypson, Sally A. Santen, Jennifer G. Christner, Cyril M. Grum, and Maya M. Hammoud

Published Online: 11 May 2016 | <https://doi.org/10.1089/jwh.2015.5475>

# What about female pain patients?



Google search results for "women and pain".

Search bar: women and pain

Result 1:  
URL: <https://www.healthywomen.org> > pain  
Title: **The Pain Gap: Why Women's Pain Is Undertreated**  
Date: Jul 26, 2021 — It's widely known that although women experience more chronic pain conditions than men — whether it's fibromyalgia, endometriosis, or migraine — ...

Result 2:  
URL: <https://www.sciencedaily.com> > releases > 2021/04  
Title: **Womens' pain not taken as seriously as mens' pain**  
Date: Apr 6, 2021 — A new study suggests that when men and women express the same amount of pain, women's pain is considered less intense based on gender ...

Result 3:  
URL: <https://www.bbc.com> > future > article > 20180518-the-...  
Title: **Pain bias: The health inequality rarely discussed - BBC Future**  
Date: May 18, 2018 — A meta-analysis of studies on two common types of pain, back pain and headache, found that men and women were equally likely to go to the doctor ...

Chronic pain patients are 70% women

“The Girl Who Cried Pain” - 2003

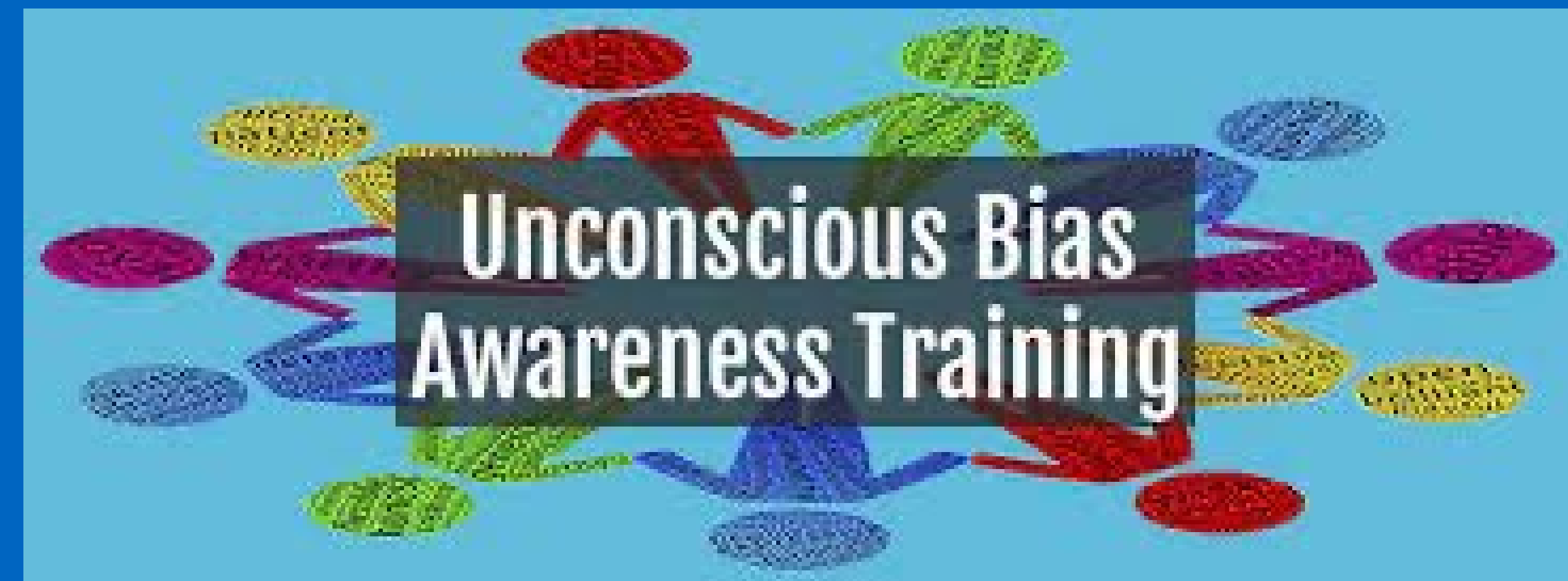
Women are less likely to receive aggressive treatment when diagnosed

Women's pain is characterized as “emotional” and “psychogenic” often

More likely to be prescribed sedatives vs. pain medications

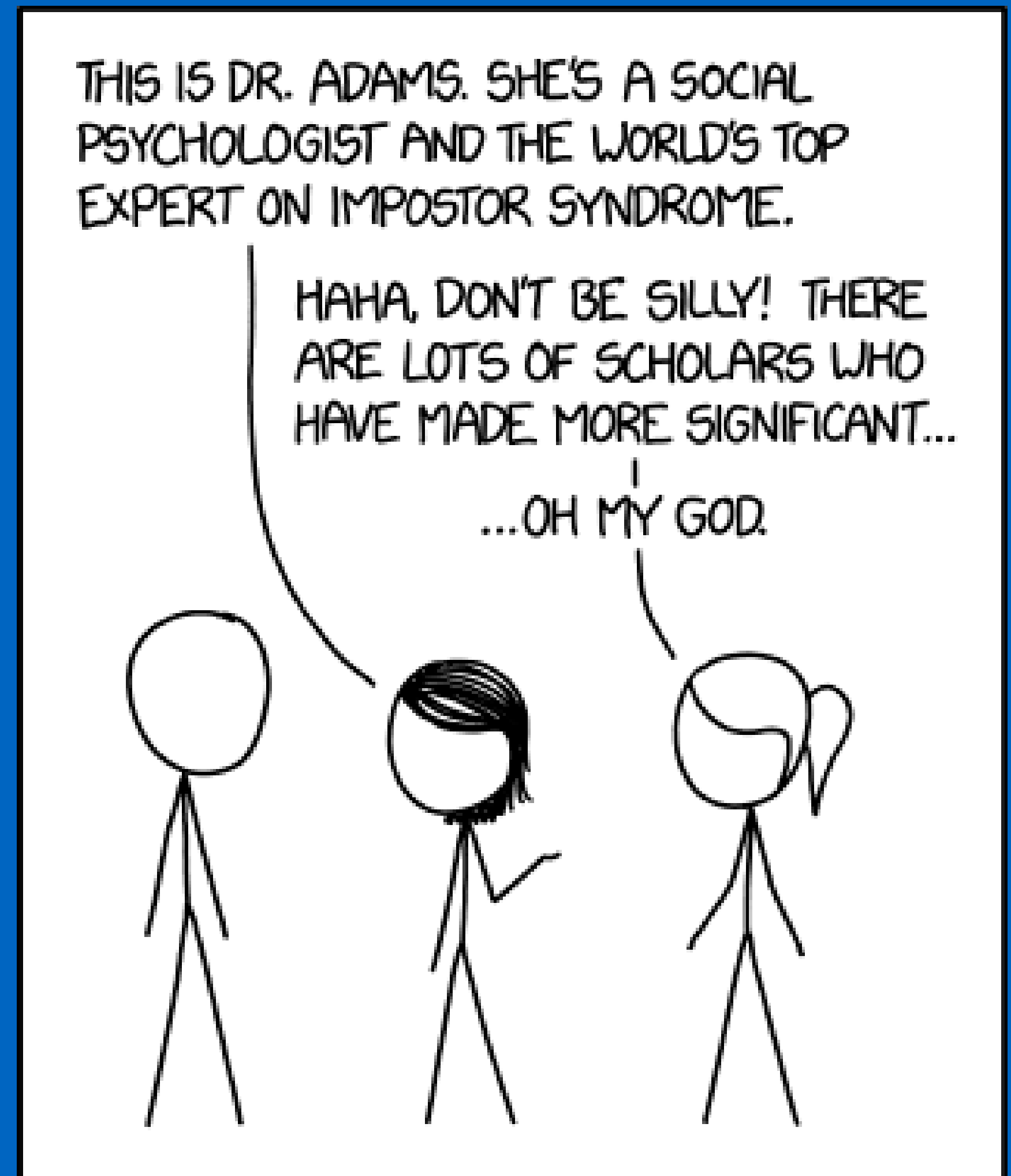
# How to Help

- Training Programs on Unconscious Bias
- Badge identifiers
- Self-awareness
- Blended teams/groups



# What is imposter syndrome?

- Intellectual self-doubt
- Doubting your abilities and feeling like a fraud



# Overcoming Imposter Syndrome

## 9 Ways to Cope With Imposter Syndrome

Know the signs.

Know you're not alone.

Distinguish humility & fear.

Let go of perfectionism.

Be kind to yourself.

Track your success.

Talk with your mentor and a manager.

Say "yes" to opportunities.

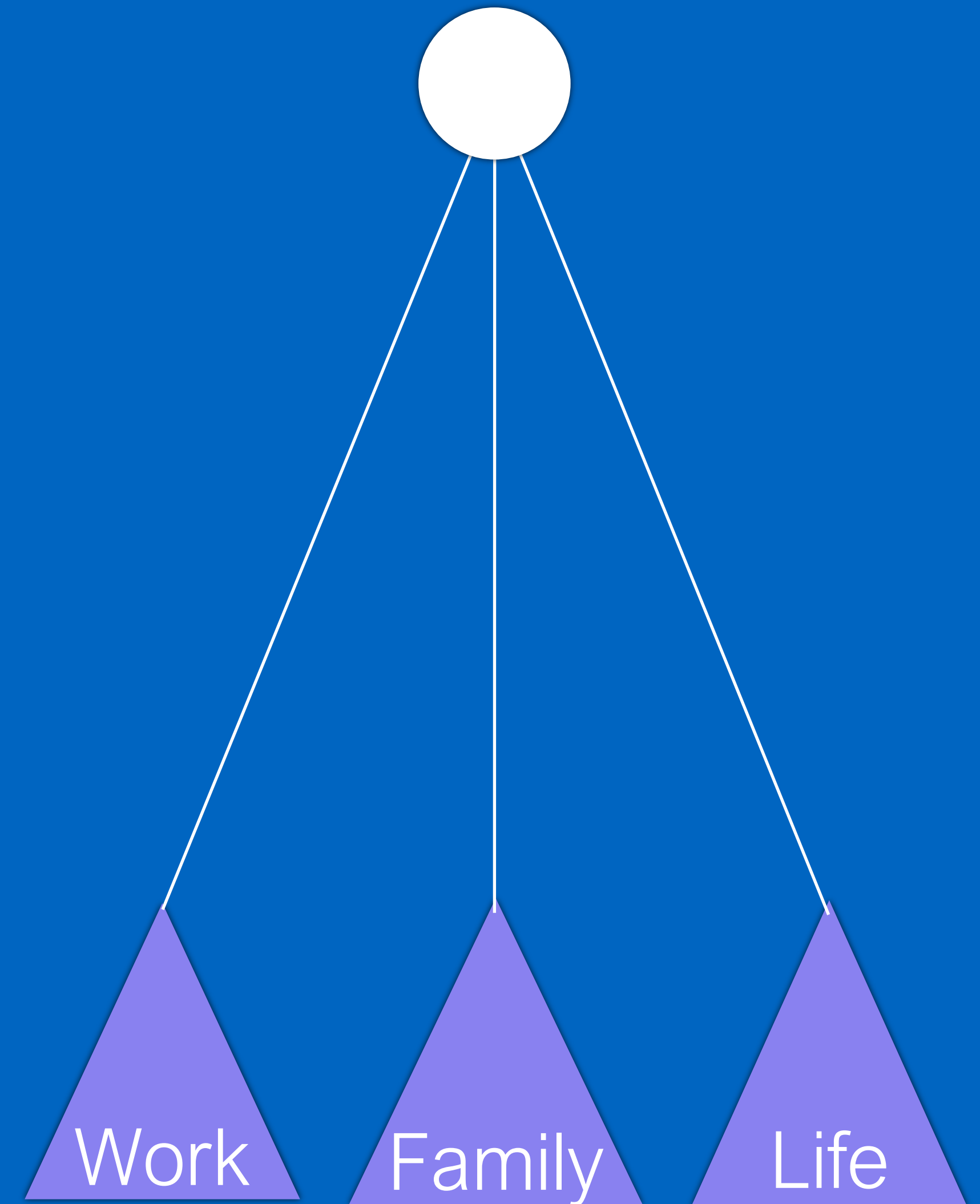
Embrace the feeling.



# Work - Life Balance



- Is this possible??



# May 2, 2022

Monday

all-day **Eid al-Fitr**

**A call**

9 AM 8:30 AM  
**T Office**

10 AM

11 AM

Noon

1 PM

2 PM

3 PM

4 PM

**4 PM**  
**Cassano review**  zoom.us

**Cheer parent m...**

3:30 PM  
**Elsa comp cheer tryouts**  
Bell Creek Intermediate School

**Hazel PeeWee Team**

5 PM

**Hazel Tech**

6 PM

**A - dinner w/ HBB, TWH, Graham**

**Elsa Tap**

**Elsa Softball** Bellbrook Middle School

**Ada PreTap** Bellbrook Dance Academy

7 PM

7 PM (6 PM CDT)  
**APEX 3.0 Planning for AIS Healthcare** <https://meet.goto....>

**Maddy Tap**

8 PM

# How to do the balancing act

- Acceptance
- Love your job
- Prioritize your wellbeing
- Set boundaries - Oreo of NO



Thank you!

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