

DANNY VAN LEEUWEN, OPA, RN, MPH (Health Hats)

Learn on the journey toward best health.

I am a 2-legged, cisgender, old white man of privilege with chronic pain and occasional acute pain. I'm known as Health Hats because I'm a person with disabilities and chronic pain due to age and Multiple Sclerosis; I've been care partner to several family members' end-of-life; professionally, I'm a nurse, have led EMR implementations, and been Director and VP of Quality Management. As part of my patient caregiver activism, I have a podcast and vlog (often about pain management¹), participate in Technical Expert Panels, and am appointed to a Patient Caregiver seat on the Patient-Centered Outcomes Research Institute (PCORI) Board of Governors. I've consulted with chronic pain app developers and hosted virtual conversations and focus groups about chronic and acute pain.

Many people experiencing acute and chronic pain seek a state of function with pain rather than a pain-free state. They avoid opioids unless the pain is more than *seriously annoying* - debilitating. They feel immense frustration that their medical partners, by and large, know little about non-drug, non-surgical pain relief and that their insurance doesn't cover those modalities (chiropractic, massage, acupuncture, vibration, meditation, and more). *Don't they know that these are less expensive, much less?* Several of my family members and cronies in Pain Management use VibraCool® Devices for Fibromyalgia, lower back pain, repetitive strain, and other musculo-fascial injuries, and post-joint replacement to significant effect.

I nominate the topic of External Neuromodulation Mechanical Oscillation Stimulation Therapy for AHRQ's Evidence-based Practice Center (EPC) Program for upcoming systematic reviews. We need this therapy in our toolbox for pain management.

¹ [Chronic Pain Management: Science, Art, Experiment | Danny van Leeuwen Health Hats \(health-hats.com\)](https://health-hats.com)