

Partnering with Patients to Improve Management of Chronic Pain in Primary Care



"We want our doctors to tell us what's wrong with us but they need our opinions and stories of what we are going through to know how best to manage our pain."

-Patient Participant

Goal and Objectives

- **GOAL:**
To improve management and outcomes for patients with chronic, nonmalignant pain (CNMP)
- **OBJECTIVES:**
 - 1) Coach three primary care practices through skill development and system changes to establish a longitudinal group visit program for patients with CNMP.
 - 2) To help CNMP patients to improve their own care by creating a Patient and Family Advisory Council (PFAC) to guide improvement and assist with self-management.
 - 3) To incorporate an integrative approach to CNMP into group visits with consultants in psychology, nutrition, wellness coaching, physical therapy and pharmacy.

Group Visit Template

Six once-monthly integrative group visits, guided by a PFAC

<u>Activity</u>	<u>Example(s)</u>	<u>Time</u>
Arrival and Registration	Sign in; receive parking pass	30 Minutes
Opener	All group members write down how pain interferes with living a healthy life on a piece of paper, then throw it in a box in the middle of the circle. Everyone picks out one and reads it. Discussion on how to overcome obstacle.	10 Minutes
Living Well Circle Activity; Activity on Last Integrative Health Topic	Each IH modality is written on a piece of paper placed on the floor in a circle. Group members gather near the modality they enjoy the most. Discussion on use, tips for integrating into a daily routine and the benefits produced.	15 Minutes
Integrative Health Activity and Coaching	Chair yoga; progressive muscle relaxation; auricular acupuncture	20 Minutes
Health Stations	Vitals; pain assessments; brief focused individual time with PCP; integrative health coaching	60 Minutes
Discussion Board	Topics written down on white board in front of room, such as, "irritability from pain" and "walking helps the pain" from individual discussions during the health stations. All group members openly discuss the current topic(s).	10 Minutes
Closing Activity	Physician/resident facilitators/group facilitators ask the group questions, such as, "How will you use these new skills after you leave?" or, "What did you learn today?" to solidify topics learned and to encourage use of new integrative modality.	5 Minutes

Patient, Provider and System Outcomes

- **Mixed methods approach**, with quantitative assessment pre- and post- the 6-month intervention period, and qualitative analysis of focus group and interview data
 - **Patient Outcomes**
 - Most significant improvement was shown in mental health, specifically depression, anxiety and sleep-related measures
 - Use of integrative health modalities increased, especially anti-inflammatory diet, mindfulness, and relaxation techniques
 - Patient and PFAC reported themes of increased partnership with providers and satisfaction with the group visit model
 - **Provider Outcomes**
 - Increased knowledge and confidence in group visit facilitation skills
 - Increased confidence in coaching on integrative health modalities
 - Expressed new appreciation of patients' struggles with CNMP and their willingness to use IH modalities
- **System changes** resulting in a sustainable clinical program

Conclusions

- In partnership with our PFAC, we successfully established a sustainable longitudinal, integrative group visit program for people with CNMP that was embraced by providers, patients, and staff.
- Completed two 6-month cohorts in each of 3 practices for a total of 63 patients, 8 PFAC members, and 126 providers, staff and learners
- We recommend further study to better understand the effectiveness of key aspects of the group visit model and how to best support practices desiring to adopt it.

"I decided to try what worked for other people so I tried the yoga we learned and sleeping with the body pillows. I have gone from taking one pain pill every day to only taking two pills since last [month's] visit."

-Patient Participant

