



# Improving Chronic Pain Management with Interprofessional Teams:

# Maine Chronic Pain Collaborative 2

Funding for the MCPC2 is provided by our generous sponsors, the Pfizer Independent Grants for Learning and Change (IGL&C) group and the Harvard Pilgrim Healthcare 2015 Quality Grants Program.



# Key Strategies:

## 1. Improve provider confidence, competence, and skills to manage chronic pain by offering supports and resources:

- Project ECHO Pain and **new PainNet** online resource
- Web-based resources
- Provider Peer Support- 3 MDs, 1NP



## 2. Improve capacity of primary care practice teams to manage chronic pain by offering a set of supports and resources:

- Learning Collaborative model
- CPC Key Change Package
- Interprofessional trainings, including TeamSTEPPS for Primary Care & Maine Independent Clinical Information Service (MICIS) - CME education opportunities for all practice staff on-site

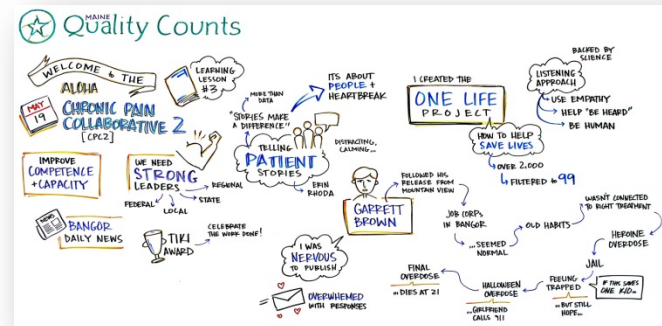
## 3. Strengthen patient-provider partnerships using a range of strategies:

- Incorporate the patient voice – e.g., Portraits of Pain, patients as speakers at learning sessions

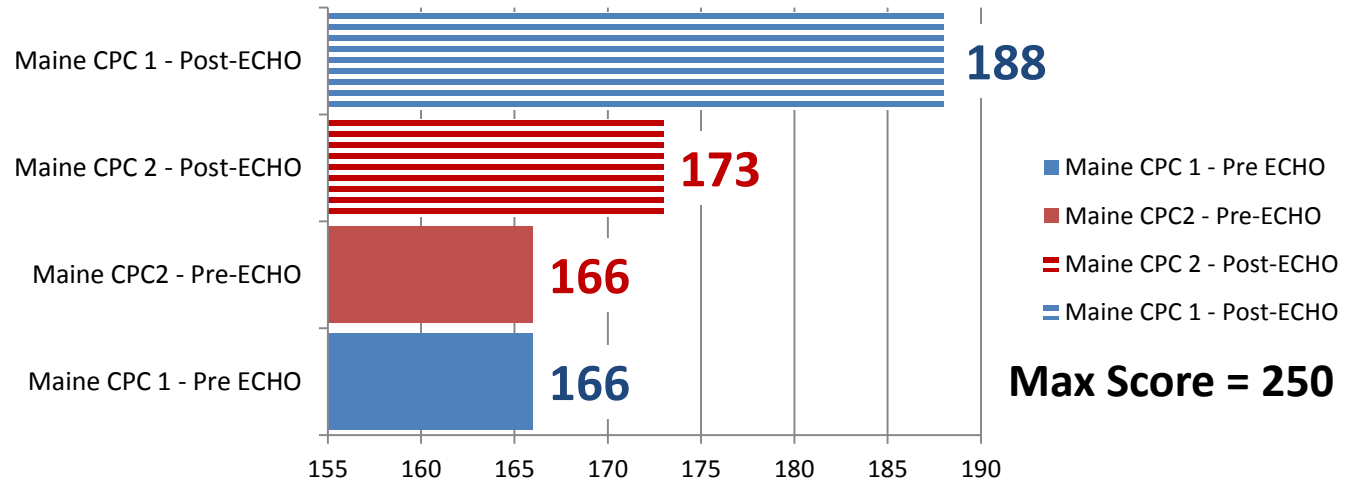


# Accomplishments

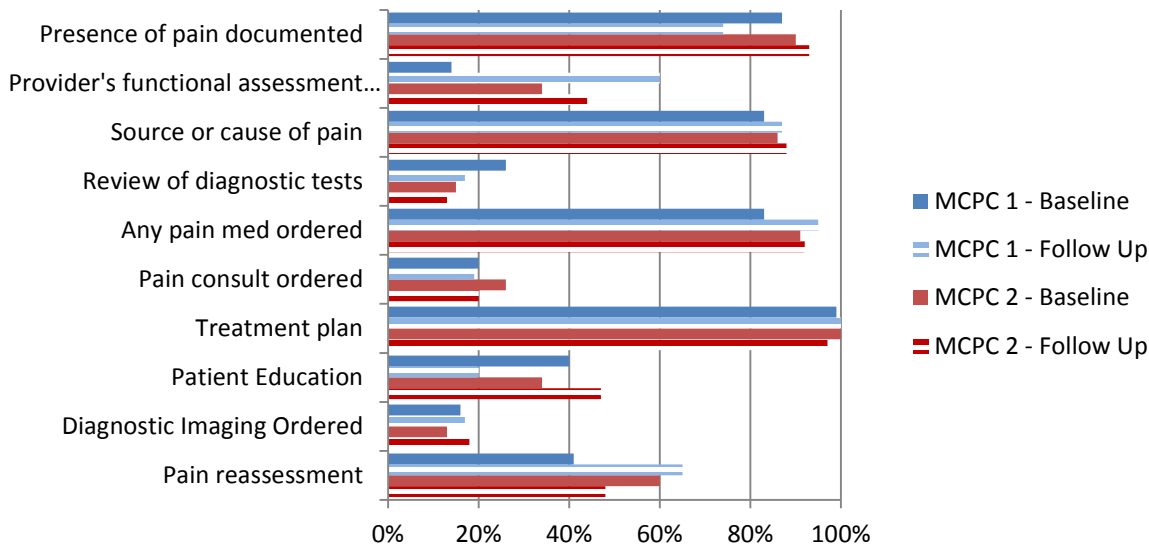
- **12 webinars** facilitated by local and national chronic pain experts
- **3 learning sessions** held highlighting best practices in chronic pain management and the safe prescribing of controlled medications
- **19 Project ECHO Pain teleconferences** held
- **43 Peer Provider Consultant practice site visits** facilitated
- **11 Portrait of Pain Videos** shared
- 92 virtual learning opportunities and newly released local and national resources shared



# Maine CPC1 and Maine CPC2: Pain-Related Knowledge



## Chart Review Results - MCPC 1 and MCPC 2

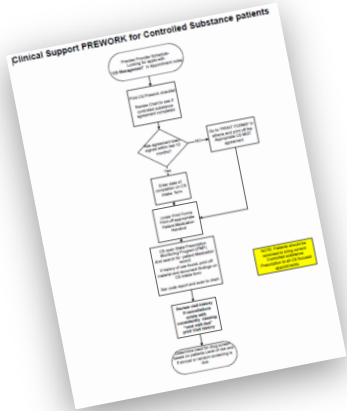


# Spread & Sustainability

- Caring for ME
  - A statewide collaborative effort that aims to bring together a wide set of partners to promote shared messages, educational resources, and practical tools for health care providers combatting the opioid epidemic in Maine.
- Suggested Metrics for Chronic Pain & Opioid Management
- Quality Counts Lunch & Learn Webinar Series
- Chronic Pain & Controlled Substance Playbook

# Controlled Medication & Chronic Pain Management

## PLAYBOOK



The "OPIOID DOSE CALCULATOR" form includes fields for "Patient name" and "Today's date" (February 29, 2016). It contains instructions: "Fill in the mg per day\* for whichever opioids your patient is taking. The spreadsheet will automatically calculate the total morphine equivalents per day." Below this is a table with two columns: "mg per day\*" and "Morphine equivalents:". The table lists various opioids: fentanyl transdermal (in mcg/hr), hydrocodone, hydromorphone, methadone, up to 20mg per day, 21 to 40mg per day, 41 to 60mg per day, >60mg per day, morphine, oxycodone, and tramadol. The "TOTAL daily morphine equivalent dose (MED) =" is calculated at the bottom.

[www.mainequalitycounts.org/ControlledMedicationPlaybook](http://www.mainequalitycounts.org/ControlledMedicationPlaybook)

- Step-by-step guide complete with recommendations
- Recommended set of measures for quality improvement efforts
- Guide for improving the “Triple Aim” outcomes for patients with chronic pain
- Collection of workflows, templates and samples collected from Maine primary care practices

*Developed through collaborative effort with Maine Quality Counts, PCHC, UNE, MMA, Mercy Hospital Primary Care Practices, MPCA, Husson University School of Pharmacy, The Opportunity Alliance, Healthy Maine Partnerships, members of Maine Chronic Pain Collaborative Planning Team and practices and other organizations 2014-15*