

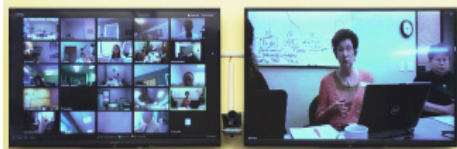
BACKGROUND

There are over 100 million people in the United States with chronic pain, and the majority will seek care from a primary care provider. Primary care practices are ill-equipped to meet the complex challenges of addressing chronic pain in a patient centered manner. Most primary care providers receive little or no training in pain care, including management of chronic pain and aversion of prescription opioid misuse.

NEEDS ASSESSMENT

In 2013, Weitzman Institute, Community Health Center, Inc., conducted a yearlong study on the evidence-based Project ECHO[®] model, which allowed primary care medical and behavioral health clinicians to present challenging cases to an interdisciplinary team and to receive advice on pain care. Participation in one year of Project ECHO Pain sessions was found to improve providers' knowledge about pain care and self-efficacy to treat patients with complex chronic pain. During the study, Project ECHO Pain participants expressed a need for flexible, asynchronous access to Project ECHO Pain session content in order to recall information presented by pain care specialists during live sessions and share content with other providers at their sites.

Fig. 1: A Project ECHO Pain videoconference session



GOALS AND OBJECTIVES

In response to the recognized need for a Project ECHO Pain model extension, the Weitzman Institute is leading the development and evaluation of PainNET, an online community providing practice-level access to a customized content library of tools and resources designed to:

- Enhance provider skills and confidence to diagnose and treat pain effectively
- Improve patients' pain relief and function
- Transform the approach to treating pain in primary care

Fig. 2: PainNET Content Areas



Increase Knowledge → Change Practice → Improve Pain Care

METHODS

Participants:

A cohort of interested practices was recruited between September and October 2015, consisting of a convenience sample of 52 practices participating in Community Health Center, Inc.'s Project ECHO Pain sessions.

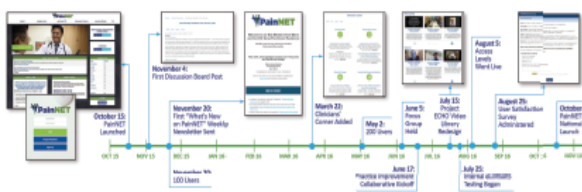
Intervention:

Providers at these 52 practices were given access to PainNET and onboarding information on October 15, 2015. Providers at 20 additional practices that joined CHC's Project ECHO Pain sessions after the launch were given immediate access to PainNET and briefly onboarded. The PainNET Team encouraged ongoing provider engagement by sending PainNET weekly email newsletters and presenting a "PainNET Minute" segment before each live Project ECHO session. The Project ECHO faculty team regularly referenced materials and information available on PainNET during didactic and case presentations.

Analysis:

- Provider engagement with PainNET was investigated by obtaining site analytics data using Google Analytics through Weitzman Institute's site hosting platform, hosting targeted focus group discussions during Project ECHO sessions, and inviting providers to participate in a satisfaction survey in August 2016.
- Knowledge and self-efficacy gains attributed to Project ECHO Pain and PainNET were assessed using the KnowPain-50 survey and a provider self-efficacy assessment. Data was analyzed from providers from 2 cohorts that began and ended Project ECHO Pain and PainNET participation during the project period (Maine – started 4/2015, ended 6/2016; Colorado – started 3/2015, ended 3/2016).

Fig. 3: Timeline—The Evolution of PainNET



PainNET Site Statistics:

Page Views: 25,796
 Active Users: 229

Demographics of PainNET Users:

Gender:
 Female – 67.5%
 Male – 32.5%

Average Age:
 <50 years old – 45%
 50+ years old – 55%

Profession:
 Primary Care Medical Provider – 64.3%
 Behavioral Health Provider – 19.1%
 Administrator/Manager – 2.4%
 Specialist Provider – 9.5%
 Other – 4.7%

ECHO Participation:
 Current Pain ECHOists – 50%
 Past Pain ECHOists – 40%
 Never Participated in ECHO – 10%

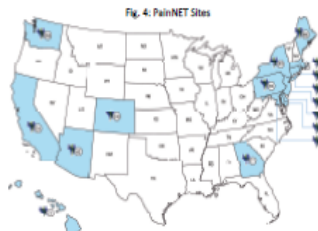


Fig. 4: PainNET Sites

TESTIMONIAL: PCP in Colorado
 Caring for patients with chronic pain is so difficult for PCPs. We're trying to help the patient in front of us using the best treatments available in the given situation. Meanwhile, we're getting a lot of flock for the current opioid crisis... PainNET is a way to discuss these difficult situations with other providers so that I don't feel so alone in trying to figure out the best course of action. Asking a question means I get to draw on the brain trust of other providers who are managing similar patients. Answering a question is fun...it's really built into the culture of medicine that we help each other out and it's great that we can finally use technology intelligently to do so!

RESULTS

Primary Care Provider Survey Results

Knowledge:

The KnowPain-50 (Harris, et al 2008; [KPS0]) is a 50-item survey that measures provider knowledge across 6 domains. Providers respond to items using a six-point Likert scale (from 1=strongly agree to 6=strongly disagree) with correct answers garnering five points. The total possible score is 250 points. Providers in Maine and Colorado who participated in the project for at least one year showed statistically significant increases in knowledge score from 165.5 to 173.3 (Maine, p<.05) and from 154.6 to 173.7 (Colorado, p<.05) between pre- and post-intervention.

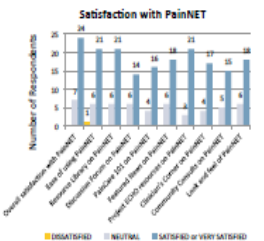
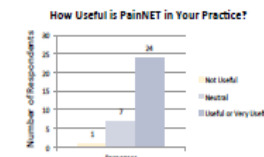
Usefulness:

24 of 32 respondents to a provider satisfaction survey administered in August 2016 indicated that PainNET was "Useful" or "Very Useful" to their practice.

Satisfaction:

A 10-question survey was administered to providers who had registered for an account on PainNET. Survey items had a five-point response scale, ranging from "very dissatisfied" to "very satisfied" and assessed overall satisfaction with PainNET and satisfaction with elements and subpages of PainNET. The majority of respondents (n=32) expressed that they were "Satisfied" or "Very Satisfied" with PainNET overall, and with each of the elements and subpages assessed.

Reference:
 Harris Jr, John M., et al. "KnowPain-50: A Tool for Assessing Physician Pain Management Education." *Pain Medicine* 9.5 (2008): 542-554.



CONCLUSIONS

The PainNET provider community was launched on October 15, 2015, and access was granted to providers at 52 practices participating in Project ECHO Pain sessions through Weitzman Institute, Community Health Center, Inc. Access was expanded to providers at 20 additional practices throughout the duration of the project.

Two cohorts of providers who participated in Project ECHO Pain and used PainNET for 1 year or more experienced statistically significant improvements in knowledge about caring for patients with complex chronic pain from pre-intervention to post-intervention. PainNET users who completed a satisfaction survey indicated that PainNET was useful to them in their practice, and expressed high satisfaction with PainNET overall, as well as with the ease of using PainNET, and the content and resources available.

The national launch of PainNET on October 15, 2016 makes it available to any interested clinical provider or care team member. Further development of the site will be conducted in response to community members' needs. Further research is warranted to determine whether use of PainNET as a stand-alone resource is sufficient to produce statistically significant changes in provider knowledge about treatment of complex chronic pain.

CONTACT

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