

An Interprofessional Strategy for Improving Primary Care Management of Patients with Chronic Pain: Project TEAMS (Teleconference Education And Management Support)

Final Report Submitted by:

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June 30, 2017

Aim and Goals

- ❖ **Develop an interprofessional pain teleconference series.**
 - PCPs present active patient cases for discussion, and interprofessional pain practitioners present interactive and evidence-based clinical pearls related to pain assessment and management.
- ❖ **Create an online archive of the TEAMS coaching sessions.**
- ❖ **Use an ongoing evaluation strategy and integrate evaluation data from the enduring materials into the assessment of the TEAMS project.**

Outcomes

Table 1. Tele-mentoring Session Evaluations (N= 129)

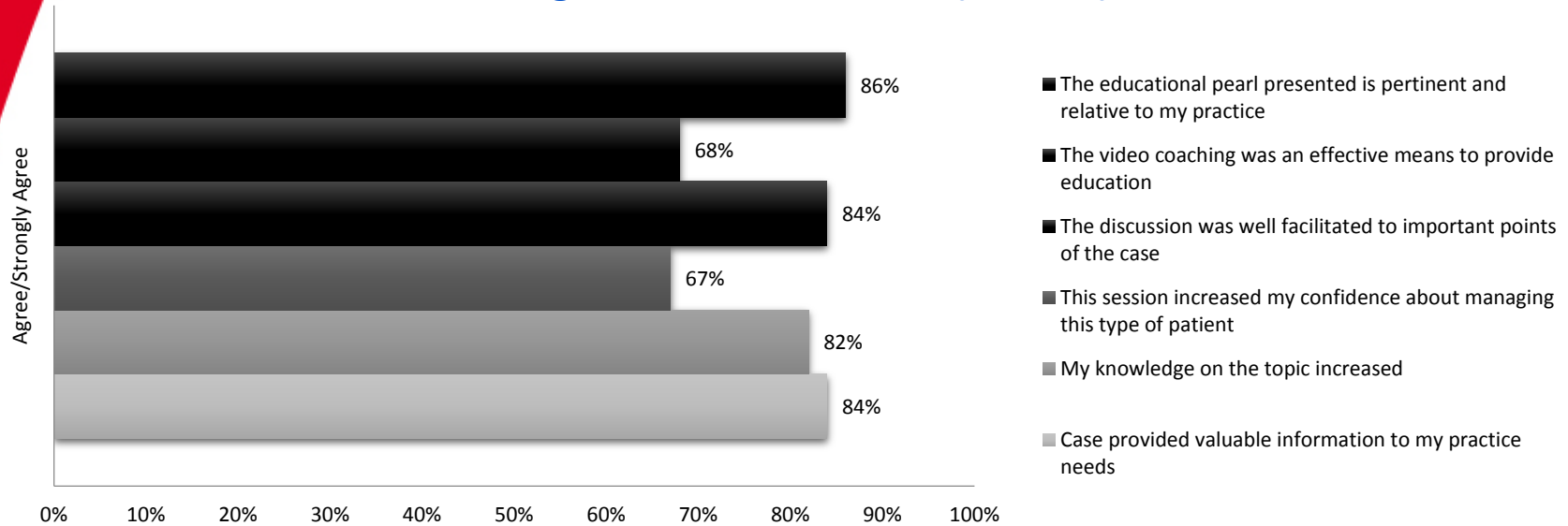


Table 2. Chronic Pain Pearl Topics

Integrative Medicine

Acupuncture for Pain
 Pain-less Eating: The Anti-Inflammatory Diet
 Two Needle Acupuncture Technique Demonstration
 Movement for Myalgia

Behavioral Health/Addiction Medicine

Psychotherapy Tips for Patients with Chronic Pain
 Working with patients who have chronic pain and substance use
 The role of marijuana in treatment of chronic pain
 Assessment and treatment of anxiety in the chronic pain patient

Pain Management

An Update on Interventional Procedures for Chronic Pain
 2016 CDC Guidelines & Surgeon General Letter for Opioid Prescribing Review
 Simple tools to assess pain in a primary care patient (e.g. PEG)
 Ohio prescribing law: how to stay out of trouble with the state medical board

Pharmacy

Effective Interpretations of Urine Drug Screens
 Non-Opioid Pharmacological Treatments for Chronic Pain
 Opioid Conversions & Tapers
 Comparing Tolerability of 3 Non-Opioid Medications for Chronic Pain

Physical Therapy

Does Bracing Help Chronic Pain?
 Aquatic Therapy: Evidence and Area Resources
 Exercise Prescription for Chronic Pain
 Benefits of Massage for Chronic Pain

Outcomes

The following are quotes from providers who participated in at least one tele-mentoring session:

- ❖ *“This is a great program and a model for perhaps other collaborative learning programs with other specialties.”*
- ❖ *“This is really a very valuable resource. I feel I learn a lot.”*
- ❖ *“Excellent format to learn about this topic.”*
- ❖ *“Really appreciate the interdisciplinary approach; well organized format.”*
- ❖ *“The case submission process was quite easy. It didn’t take too much time to complete, just some time to review the chart and collect my thoughts re: what did I really want/need to learn.”*
- ❖ *“All [sessions] have been excellent learning opportunities and I do feel that I am learning more from each one and trying to implement in my practice.”*

Conclusions

We successfully created and implemented a CP telehealth mentoring program for local PCPs. Those PCPs who participated found the sessions helpful and well run, and useful to them in caring for their patients with CP. Significant time barriers (i.e., competing clinic demands) impeded some success of the program and evaluation.