Non-pharmacological Pain Strategies and Telehealth Delivery

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Outline

• Present Situation of Chronic Pain Care
• Definition of Telehealth
• Description of TelePain
• Description of PainTracker
• Questions
Present Situation

• Up to 70% Chronic Pain care is provided by primary care providers

• 2% Chronic Pain care is provided by Pain Specialists

• 28% Chronic Pain care is provided by Emergency Room providers
Present Situation

- Limited education and training
- Limited access to specialists
- Overreliance on opioids
- Patient dissatisfaction
  - “They don’t want anything to do with you”
- Provider dissatisfaction
  - “One pain patient will ruin my day”
More opioids, more addiction, more deaths...

500% increase in substance use treatment costs
What is Telehealth?

• A generic term for remote delivery of healthcare by a range of options.

• Telehealth can improve patients’ experience by reducing the need to travel to hospitals when remote monitoring (e.g., ECG) and videoconferencing is equally effective and cheaper.

• It has been used to manage patients in many areas especially in rural areas.
TelePain

• Provider to Provider
• Primary care provider referral
• Co-management of complex chronic pain patients

• Benefits
  – Improved access to pain specialists
  – Patients do not need to travel
TelePain
Provider to Provider
Interactive learning environment

UW Pain Faculty Specialists

Rural Clinic MD, ARNP, RN
Rural Clinic MD, ARNP
Rural Clinic MD, ARNP, RN
Rural Clinic MD, PA
Rural Clinic ARNP, MSW
University of Washington Fellows, Medical, PA, Nursing, SW, Pharmacy, students
Rural Clinic MD, ARNP, PA, Pharmacist
TelePain Statistics

Since March 2011:

- Average providers per session: 35
- Unique providers: 400+
- Unique health care facilities: 100+

TelePain Value “Multiplier Effect”

Clinician

Patient Cases Presented to TelePain

Clinician

Additional Patients in Practice
TelePain Benefits

• Improved access to pain specialists
• Interdisciplinary consultation
• Disseminates evidence based practices
• Builds capacity of rural providers
• Situated case-based learning
Impact

“I don’t need to feel that stomach-sinking sensation when I see a chronic pain patient on my schedule... usually, the more I study the topic, the more confused I get. Your panel helped me focus on what is really important....”
What Is PainTracker?

The PainTracker is a **web-based tool** to assess and graph core patient-reported outcomes of chronic pain management over time.

Its purpose is to provide a brief visual display of the **relationship between chronic pain treatments and these outcomes**, such as pain, function, mood, sleep, and treatment satisfaction.

Developed to be used in primary care
EDUCATIONAL MODULES

Module A: **Introduction to PainTracker™**
Viewed by all CPR pts prior to completing first PainTracker™ report online

Module B: **What is Pain?**
Describes pain as *important, unpredictable, and complex*

Module C: **Life Navigation System**
Identify important **Values** in life, which is our **Life Navigation System**
This helps us find out way when we are **lost in the Fog of Pain**

Module D: **Get Rhythm!**
Breathing rhythms and sleep rhythms

Module E: **Life Goes On**
Activity rhythms
Pain flares
Why Use PainTracker?

• While acute pain management has relatively simple goals and tools, **chronic pain management is more complex**.

• Chronic pain management must address more than pain intensity, so **multidimensional assessment** of the patient’s pain, function, mood, sleep and satisfaction are necessary to adequately track outcomes.

• There is often no cure for chronic pain, so **clinical outcomes and their relation to treatments must be monitored over time**. The effects of multiple concurrent treatments on multiple patient outcomes must be tracked over time in an easily interpreted display.

• Patients are crucial partners in the management of chronic pain. **Engaging patients** in the selection and assessment of personally important outcomes can improve communication, collaboration and self-management.
What Does PainTracker Capture?

- Basic demographics, pain location(s) and types
- PEG: Pain, Enjoyment of life and General activities interference
- Difficulty of performing a personally important activity
- Problems with falling & staying asleep
- Emotional distress level (PHQ-4)
- Presence and severity of side effects
- Number of “bad days” per month when more medication than prescribed was taken
- Patient satisfaction with pain treatment
- Also tracks treatments (opioid MED, non-opioid)
Medication Form

### Today's Medications: Patient #73 - Abril Trece

<table>
<thead>
<tr>
<th>Oral Formulations</th>
<th>mg per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buprenorphine (sublingual) (Not included in MED)</td>
<td>0</td>
</tr>
<tr>
<td>Codeine</td>
<td>0</td>
</tr>
<tr>
<td>Hydrocodone</td>
<td>0</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>0</td>
</tr>
<tr>
<td>Methadone</td>
<td>0</td>
</tr>
<tr>
<td>Morphine</td>
<td>0</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>30</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>1</td>
</tr>
<tr>
<td>Tramadol (Not included in MED)</td>
<td>10</td>
</tr>
<tr>
<td>Plotted Formulations</td>
<td>12.5, 15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Transdermal Formulations</th>
<th>hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buprenorphine (transdermal) (Not included in MED)</td>
<td>15</td>
</tr>
<tr>
<td>Fentanyl (transdermal)</td>
<td>17.5, 0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nonopioid Medications</th>
<th>Dose</th>
<th>Taken As?</th>
</tr>
</thead>
<tbody>
<tr>
<td>aspirin</td>
<td>250mg/day</td>
<td>Scheduled</td>
</tr>
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</tbody>
</table>

[Submit]
“The Pain Tracker”

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>ANY PAIN? (√ ALL THAT APPLY)</th>
<th>WORST PAIN? (√ ONE ONLY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neck</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chest</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stomach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttocks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genital/Urinary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot</td>
<td></td>
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</tr>
</tbody>
</table>

Please rate your pain by filling in the circle of the one number that best describes your pain on the average in the last week?

- 0: No Pain
- 10: Pain as bad as you can imagine

Fill in the circle of the one number that describes how, during the past week, pain has interfered with your:

- General activity
- Does not interfere
- Completely interferes

- Enjoyment of life
- Does not interfere
- Completely interferes

- Falling asleep
- Does not interfere
- Completely interferes

- Staying asleep
- Does not interfere
- Completely interferes
Chronic pain may limit activities that are very important to you (e.g., caring for children, walking, working). We hope your pain treatment will make it easier for you to do these important activities. Please list one important activity that is difficult for you to perform so that we can monitor it during your pain treatment.

**Activity (describe):**

How would you rate the difficulty you have had doing this activity over the past week? Can do with...

- ○ No difficulty
- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ○ 5
- ○ 6
- ○ 7
- ○ 8
- ○ 9
- ○ 10
- Extreme difficulty

Over the past 2 weeks, have you been bothered by these problems?

<table>
<thead>
<tr>
<th>Feeling nervous, anxious, or on edge</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than not</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not being able to stop or control worrying</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Feeling down, depressed, or hopeless</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Little interest or pleasure in doing things</th>
</tr>
</thead>
<tbody>
<tr>
<td>○</td>
</tr>
</tbody>
</table>

Are you having any side effects from any of the medications you take for pain? ○ Yes ○ No

If yes, what is the most bothersome side effect? __________________________

Please circle the number that best shows the severity of the most bothersome side effect:

- ○ 0
- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ○ 5
- ○ 6
- ○ 7
- ○ 8
- ○ 9
- ○ 10

None

Severe

In the past month, how many "bad days" have you had where you needed to take more pain medication than your doctor is currently prescribing?

- ○ None
- ○ 1 - 2
- ○ 3 - 5
- ○ > 5

Please fill in the circle of the one number that best shows how satisfied you are with the results of your pain treatment:

- ○ 0
- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ○ 5
- ○ 6
- ○ 7
- ○ 8
- ○ 9
- ○ 10

Extremely Dissatisfied

Extremely Satisfied
The PainTracker Dashboard in more detail
Why PainTracker helps patients

Improves:
• Communication
  • Aligns goals
  • Helps create shared expectations
• Treatment engagement/adherence
• Clinical outcomes
• Satisfaction with pain care
Why PainTracker helps providers

- Reduces wasted time collecting key data
- Directs visit focus and evaluation
- Improves treatment outcomes
- Provider specific reporting using customized dashboards displaying specific clinical outcomes
Module C:
Life Navigation System

The Life Navigation System
  – Is made up of the important **Values** in our life
  – Helps us find the way when we are **lost in the Fog of Pain**

• **Bullseye Exercise** focuses on 4 key areas in life to identify values
  – Relationships
  – Free Time
  – Health & Self-Care
  – Work & Education

• **ACT-based therapy**: Acceptance & Commitment Therapy
VALUES are what we call a "Life Navigation System"
That’s the system that guides your life actions, to get you to what is important in life.

Is that kind of like the GPS in my car?
In fact, what you value will help you move forward...

- towards what you want in life.
- to give you strength during the bad times.
- to keep you moving despite bumpy roads.

We will get through this...
Holding tight to your **Life Navigation System** (the values you care about) is essential. That’s because pain disrupts it, and leaves you feeling frustrated, lost, even angry. Then you stop moving forward, and life may become **even more painful.**

Ah! I see. The Life Navigation System can help me get started moving forward again...
Pain is like a thick **FOG** that **blocks your Life Navigation System**.

Pain acts like fog when it makes you lose your way in life. It makes it hard to keep heading toward your goals. It can make you lost and scared and confused.
For the **Bullseye Exercise** we would like to ask you to put a mark on the bullseye for each of those four important areas of life.

Here’s how to do it ...
Here’s a few examples...

**Work & Education**
“Learn more about art by taking an art class at the local Community College.”

**Health & Self-Care**
“Become more calm by practicing relaxation exercises.”

**Free Time**
“Get into nature more by watching the sunset twice a week.”

**Relationships**
“Get more linked in with friends by going bowling with them every week.”
<table>
<thead>
<tr>
<th>Question</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the most important thing your pain is preventing?</td>
<td>Being able to do basic daily activities such as cooking, washing my hair, getting a comfortable night's sleep, etc.</td>
</tr>
<tr>
<td>Free Time (0:Closest, 6:Farthest)</td>
<td>4 (Far)</td>
</tr>
<tr>
<td>Relationships (0:Closest, 6:Farthest)</td>
<td>2 (Close)</td>
</tr>
<tr>
<td>Health &amp; Self-Care (0:Closest, 6:Farthest)</td>
<td>4 (Far)</td>
</tr>
<tr>
<td>Work &amp; Education (0:Closest, 6:Farthest)</td>
<td>5 (Farther)</td>
</tr>
<tr>
<td>Area to work on</td>
<td>Health and Self-Care</td>
</tr>
<tr>
<td>Why (Important Area)</td>
<td>Pain prevents me from cooking food that requires a lot of prep/work. And also prevents me from shopping for fresh foods as opposed to ordering canned/pre-prepared foods for delivery.</td>
</tr>
<tr>
<td>Action plan</td>
<td>Preparing a little extra food when I cook and freezing it for later instead of having to rely on something canned.</td>
</tr>
</tbody>
</table>
Module D
Get Rhythm!

- Breathing Rhythms
- Sleep Rhythm 1: Get up at the same time every day
- Sleep Rhythm 2: Use the bed for sleep and intimacy only
- Sleep Rhythm 3: Avoid taking naps
- These rhythms help reduce the “Boom & Bust” cycles of pain
Now, just as with the rhythm of music, the **RHYTHM** of your actions can make a big difference to help you overcome the **Fog of Pain**.
Your daily activities are just like music: you get a **RHYTHM** going each day that will keep you moving, even when you don't feel like it. And the **RHYTHM** will help you from **doing too much** on days when you have more energy.

I go crazy doing yard work when I feel good, but then I end up paying for it for days afterwards.
That’s right! Here is how it looks...

- **Boom** (doing way too much)
- **Just Right**
- **Bust** (wiped out for days)

That looks like a roller-coaster!
Sleep Rhythm #1

Getting out of bed at the **SAME TIME every day** is **the single best piece of advice** we have to help your sleep!

That's saying something because you've got a LOT of advice!
Module E
Life Goes On

• Activity Rhythms
  – (Scheduling Valued Activities)

• Responding to Pain Flares
Next, plan to do something enjoyable **every day**, especially on days when your pain is bad. Schedule it! Make it a habit!

Are you saying that my pain will bother me less if I do this?
Why?

Because pain makes us forget **who we are** and **what we love**.

It is easy to get focused only catching up on the chores, but that’s not much fun to have a day filled with dreary chores and nothing else.

- Dishes
- Laundry
- Paying bills
- Doing repairs
- Grocery shopping
- Doctor appointments
- Running the kids around

You’re right, ... there’s no time left for ME!
Responding to PAIN FLARES

Pain Flares are very common for people with chronic pain.

That’s why we talk about anticipating and responding to them.

You make it sound like a Pain Flare will definitely happen

Its not unusual. We want you to have a plan, just in case.
Some PHYSICAL causes of PAIN FLARES

- Lifted a box of books
- Tackled by young grandson
- Not sleeping well
- Mowed a huge lawn that should have been done over 3 days
Some STRESS causes of PAIN FLARES

- Fight with boyfriend
- Worrying about my health
- Money troubles

Worsening Depression
Tools to cope with a PAIN FLARE

- **Distraction** works well for pain!
  
  *Try to do something that will help take your mind off the pain, such as watch a movie*

- Try gentle **exercises** and stretching

- **Reach out** to a friend or family member for help and support

- Have a plan in place to remind yourself of things you can do to help cope

If I get together with friends, I don’t notice the Pain Flare as much.

That’s a perfect example of how to turn distraction into a great coping skill.
How do I prevent PAIN FLARES?

Think about some of the common *triggers* for pain flares that we talked about.

Can you identify 1 or 2 of your *triggers*?

*Choose one of those, and try to work on it.*

My pain is worse if I don’t get enough sleep.

Good pick up!
Conclusions

• Non-pharmacologic support is an essential clinical service in chronic pain care
• Non-pharmacologic support requires the participation of a multidisciplinary team
• This team can be supported with Telehealth
  – TelePain
  – Pain-Tracker
References


