Action Collaborative on Countering the U.S. Opioid Epidemic

The Chronic Pain Journey: Opportunities for Action
A public release webinar for the Person-Center Chronic Pain Journey Map

May 16, 2022
3:30 – 5:00 pm ET
Agenda

3:30-3:35pm  Welcome and Overview
3:35-3:45pm  About the Journey Map
3:45-3:55pm  Walkthrough + Demonstration
3:55-4:40pm  Conversation with Discussants
4:40-4:55pm  Audience Q+A
4:55-5:00pm  Closeout and Adjourn
Join the Conversation

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About the NAM Action Collaborative on Countering the U.S. Opioid Epidemic

- Launched in 2018, the Action Collaborative is a public-private partnership committed to sharing knowledge, aligning ongoing initiatives, and addressing complex challenges that require a collective response from public and private actors.

- Across four working groups, the Collaborative works to identify unmet needs and develop and disseminate evidence-based, multi-sector solutions designed to reduce rates of opioid misuse and improve outcomes for individuals, families, and communities affected by the crisis.

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Goals of the Action Collaborative

• Identify the complex challenges, research gaps, and needs of the opioid crisis that require a collective, multi-sectoral response.

• Elevate and accelerate evidence-based, multi-sectoral, and interprofessional solutions to improve outcomes for those affected by the opioid crisis.

• Catalyze action on shared priorities and solutions to help overcome the crisis and improve outcomes for all.
Pain Management Guidelines and Evidence Standards Working Group

**Working Group Co-Leads**
- **Helen Burstin**, Council of Medical Specialty Societies
- **Jan Losby**, US Centers for Disease Control and Prevention

**Mission:** Highlighting and advancing the opportunities to strengthen critical aspects of pain management, including patient-centered and evidence-based tapering guidance, multidisciplinary pain management approaches, and judiciously implementing pain guidelines into practice.

**Objectives:**
1. Identify the evidence and related best practices for when opioids are indicated, should be tapered, or discontinued use across specialties
2. Highlight evidence-based approaches to integrative pain management, including strategies to support broader implementation
3. Support the implementation of pain guidelines into practice while monitoring intended and unintended consequences.

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About the Person-Centered Chronic Pain Journey Map
Pain Management Working Group identifies need to better understand the current state of chronic pain management.

2019

Working Group conducts series of listening sessions and surveys to gather input from both persons living with pain and clinicians treating pain.

2020

Insights are analyzed and summarized into an assessment report which later informs the development of journey map.

2021 - 2022
Key Themes from Analysis

- Persons living with chronic pain are highly engaged with their respective pain condition(s)
- Perceptions about opioids are important to understand and address
- Prescribing guidelines and regulations have had unintended consequences that have impacted pain care
- The patient-provider relationship is extremely important for persons with chronic pain
- Persons with chronic pain need to be seen and treated as more than just pain patients
Goals of the Journey Map

1. To explore and illustrate the experiences (concerns, emotions, mindsets, and beliefs) and behaviors of individuals with chronic pain

2. To understand what is needed from clinicians and the broader health system to optimally support individuals with chronic pain

3. To facilitate **action** to address gaps and transform chronic pain care
Journey Map Overview

• The journey map frames the chronic pain journey from the perspective of the individual with chronic pain, and identifies:
  o Critical practice and system-level gaps in chronic pain management
  o Opportunities to address gaps and better support persons with chronic pain

• Target audiences for the journey map include persons living with chronic pain, clinicians, payers, health systems, and community-based organizations

• The interactive map is both web-based and mobile accessible; a static PDF version is available for download
Five Stages of the Chronic Pain Journey

1. Information Gathering
2. Seeking Care & Support
3. Partnering with Care Team
4. Coordinating My Care
5. Living My Life with Pain

- Across each stage, the map identifies:
  - Patient roles and responsibilities
  - Helpful **person-centered resources** to support patient engagement in the pain management process
  - **Specific actions** clinicians, payers/health systems, and community organizations can take to mitigate common challenges
  - **Stakeholder-specific resources needed** to facilitate action from these groups to support individual needs
Walkthrough + Demonstration

THE CHRONIC PAIN JOURNEY
❖ Opportunities for Action
Conversation with Discussants

Kate Nicholson, JD
National Pain Advocacy Center

Ada Stewart, MD, FAAFP
American Academy of Family Physicians

Manish Sapra, MD
Northwell Health

Chris Regal, MS
America’s Health Insurance Plans

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Audience Q+A

Please enter your comments and questions to the Q+A box
Thank you!

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