

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



NATIONAL ACADEMY OF MEDICINE

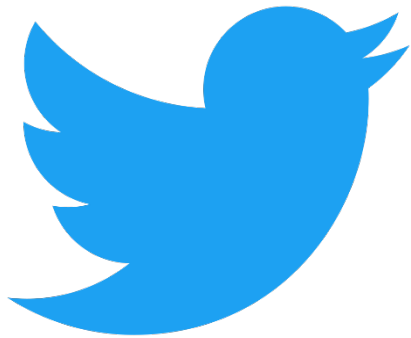
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Agenda

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

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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

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.

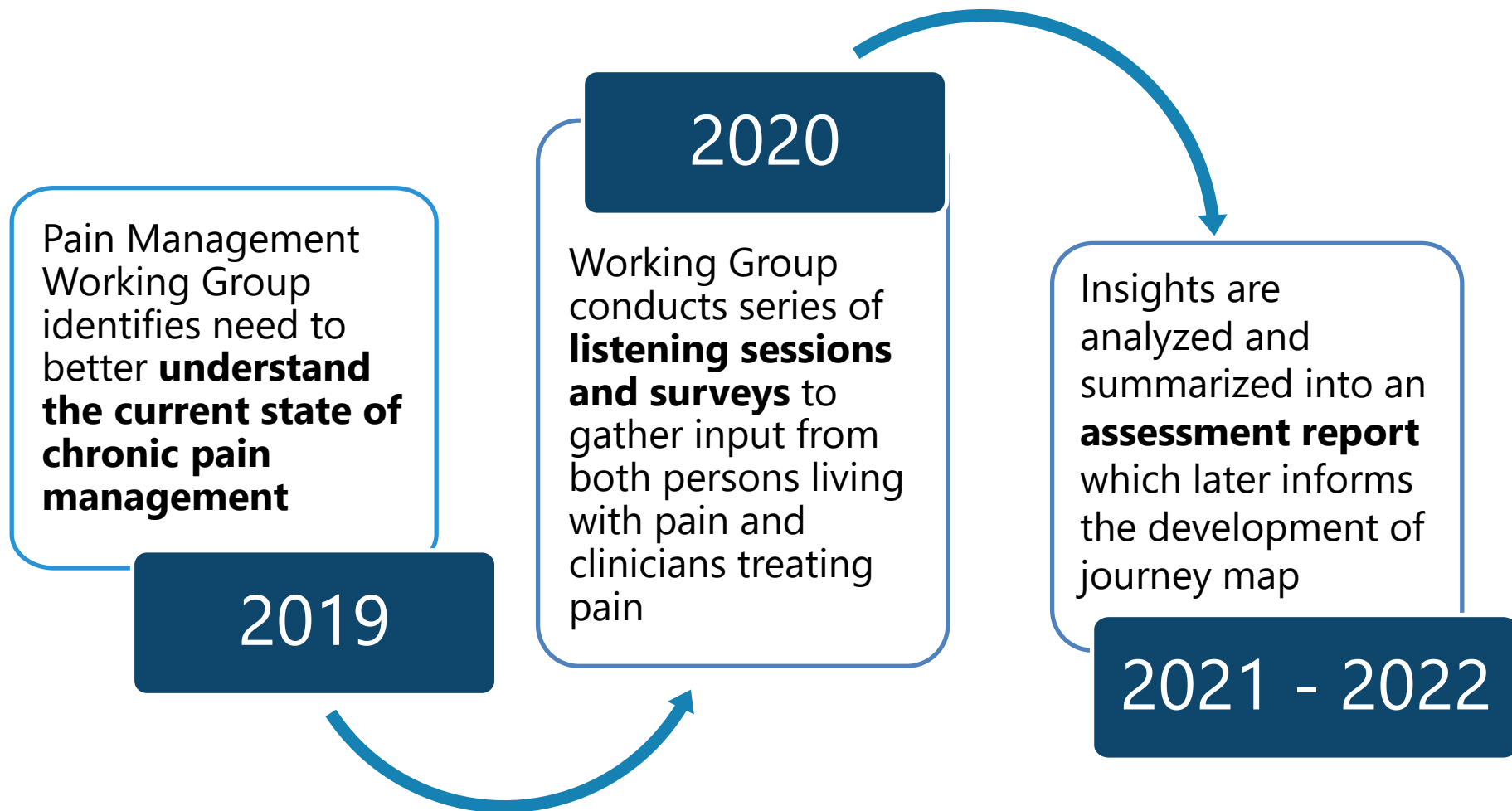
Objectives:

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.

About the Person-Centered Chronic Pain Journey Map



Journey to the Journey Map



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:
 - Critical practice and system-level gaps in chronic pain management
 - 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



**Information
Gathering**



**Seeking Care &
Support**



**Partnering
with Care
Team**



**Coordinating
My Care**



**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



Audience Q+A

**Please enter your
comments and
questions to the Q+A
box**

Thank you!

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