Pain and Primary Care

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National Program Director for Pain Management
Stepped Care Model

1. Primary Care
   1. Routine assessment and management
   2. Triaging to specialty care (e.g., substance use disorder treatment)
   3. Behavioral health integration
   4. Post-Deployment Clinics
   5. System support
      1. Opioid Renewal Clinics
      2. Opioid – Decision Support System
   6. Patient education program

2. Secondary consultation
   1. Pain medicine, medical/surgical specialists, rehabilitation medicine, behavioral health, psychiatry/substance use disorder programs
   2. Long term co-management, in some cases
   3. Coordinated VISN level plan
   4. Telehealth
Tertiary, Interdisciplinary Pain Care Centers

1. At least one site per VISN
2. CARF accreditation in five years
3. Services
   1. Comprehensive medical/psychological evaluations of veterans with complex conditions
   2. Evidence-based pharmacological, rehabilitation, and psychological interventions
   3. Coordinated interdisciplinary rehabilitation/recovery program
   4. Case management
   5. Focus on family/caregiver involvement
Primary Care

1. Routine screening, assessment, management, reassessment

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<thead>
<tr>
<th>Reminder Resolution: TEST PAIN SCREEN</th>
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<tr>
<td><strong>PAIN MANAGEMENT MAIN MENU</strong></td>
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<tr>
<td><strong>CLINICIANS</strong></td>
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<tr>
<td>Complete a CLINICIAN COMPREHENSIVE PAIN ASSESSMENT/PAIN HISTORY</td>
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<tr>
<td>Complete a CLINICIAN PAIN REASSESSMENT &amp; PAIN CARE PLAN</td>
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<td>Complete a COGNITIVELY IMPAIRED ASSESSMENT/REASSESSMENT &amp; PAIN PLAN OF CARE</td>
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<td>Complete a CLINICIAN POST-OPERATIVE PAIN ASSESSMENT/REASSESSMENT</td>
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<tr>
<td>Monitor OPIOID THERAPY</td>
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<td><strong>NURSING</strong></td>
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<td>Complete a NURSING (RN) PAIN ASSESSMENT &amp; PAIN CARE PLAN</td>
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<tr>
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<td>Complete a NURSING (RN) COGNITIVELY IMPAIRED ASSESSMENT/REASSESSMENT</td>
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<tr>
<td>Complete a NURSING (LPN/NA) PAIN OBSERVATION/REOBSERVATION</td>
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<td><strong>APPLICABLE TO ALL</strong></td>
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<td>Record a NUMERIC PAIN SCORE</td>
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<td>Complete PATIENT PAIN EDUCATION</td>
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**LINK to Pain Clinical Practice Guidelines**

**LINK to VA Pain Management Website**
Primary Care Competencies

1. Conduct of comprehensive pain assessment
2. Negotiating behaviorally specific and feasible goals
3. Knowledge/use of common metrics for measuring function
4. Optimal patient communication
   1. How to provide reassurance
   2. How to foster pain self-management
5. Conduct of routine physical/neurological examinations
6. Judicious use of diagnostic tests/procedures and secondary consultation
7. Assessment of psychiatric/behavioral comorbidities
8. Knowledge of accepted clinical practice guidelines
9. Rational, algorithmic based polypharmacy
10. Opioid management
Cautions

- COPD
- Current or past drug-induced mental disorder
- Depression

Age ≥ 65 years

Patient data

Checklist

Tools as drop down menus

Patient specific guideline-based recommendations for opioid therapy, alerts if patient is high risk for misuse and more!
Mental/Behavioral Health Integration

1. Behavioral health specialists to conduct and document comprehensive pain assessments
2. Delivery of education and efforts to promote pain self-management (evidence-based psychotherapies; e.g., cognitive-behavior therapy/self-regulatory treatments)
3. Triaging role related to accessing psychiatric and substance use disorder treatment
4. Collaborative care and case management
Primary Care Provider Education

1. Existing resources
   1. www.va.gov/pain_management
   2. VA Pain List Serve
   3. High Alert Medication Share Point site
      • http://vaww.national.cmop.va.gov/HighAlertMedications/default.aspx
   4. PBM resources
   5. On line training (general, opioid therapy, polytrauma)
   6. Monthly teleconferences (1st Tuesday, 11 am eastern time; 30287#)
   7. Cyberseminars

2. Planned conferences
   1. February 24-26, 2009 (Ft. Lauderdale)
   2. April 7-9, 2009 (Reno, NV)
Next steps

1. Statement of primary care provider competencies
2. Criteria/thresholds for referrals (i.e., standardized service agreements)
3. Case management model
4. Additional tools/resources
5. Education and training initiatives