Using Technology to Deliver a Holistic Approach for Management of Chronic Health Pain

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Faculty Disclosure

The presenters of this session <u>have NOT</u> had any relevant financial relationships during the past 12 months.

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Conference Resources

Slides and handouts shared by our conference presenters are available on the CFHA website at https://www.cfha.net/page/Resources_2019 and on the conference mobile app.

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Learning Objectives

At the conclusion of this session, the participant will be able to:

- List common challenges to traditional chronic pain management & healthcare
- Identify evidence-based adjunctive & complementary therapies used in chronic pain management
- Discuss the integration of technology in management of chronic pain

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Learning Assessment

- A learning assessment is required for CE credit.

- A question and answer period will be conducted at the end of this presentation.

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Using Technology to Deliver a Holistic Approach for Management of Chronic Health Pain

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Health Challenges

- Older adults face significant barriers to accessing effective, evidence-based pain management due to their homebound state, financial hardship and lack of transportation.

Access

Many patients with chronic pain first seek medical care with their primary care physicians

After a few trials of medications, the PCP may make a referral to a specialist. This can lead to referral complications and access issues especially in rural areas.

Some patients will obtain traditional pain management .

Access to many pain management techniques may be limited.

There are significant numbers of patients who will turn to self-help materials available online or in the bookstore.

With computers computer-based assessment and treatment software is becoming more commonplace.

Wagner's Chronic Care Model

Many chronic care models focus on proactive chronic patient care rather than managing chronic conditions when they present as acute episodes

They also support patient self-management

The Chronic Care Model

Developed by The MacColl Institute
® ACP-ASIM Journals and Books
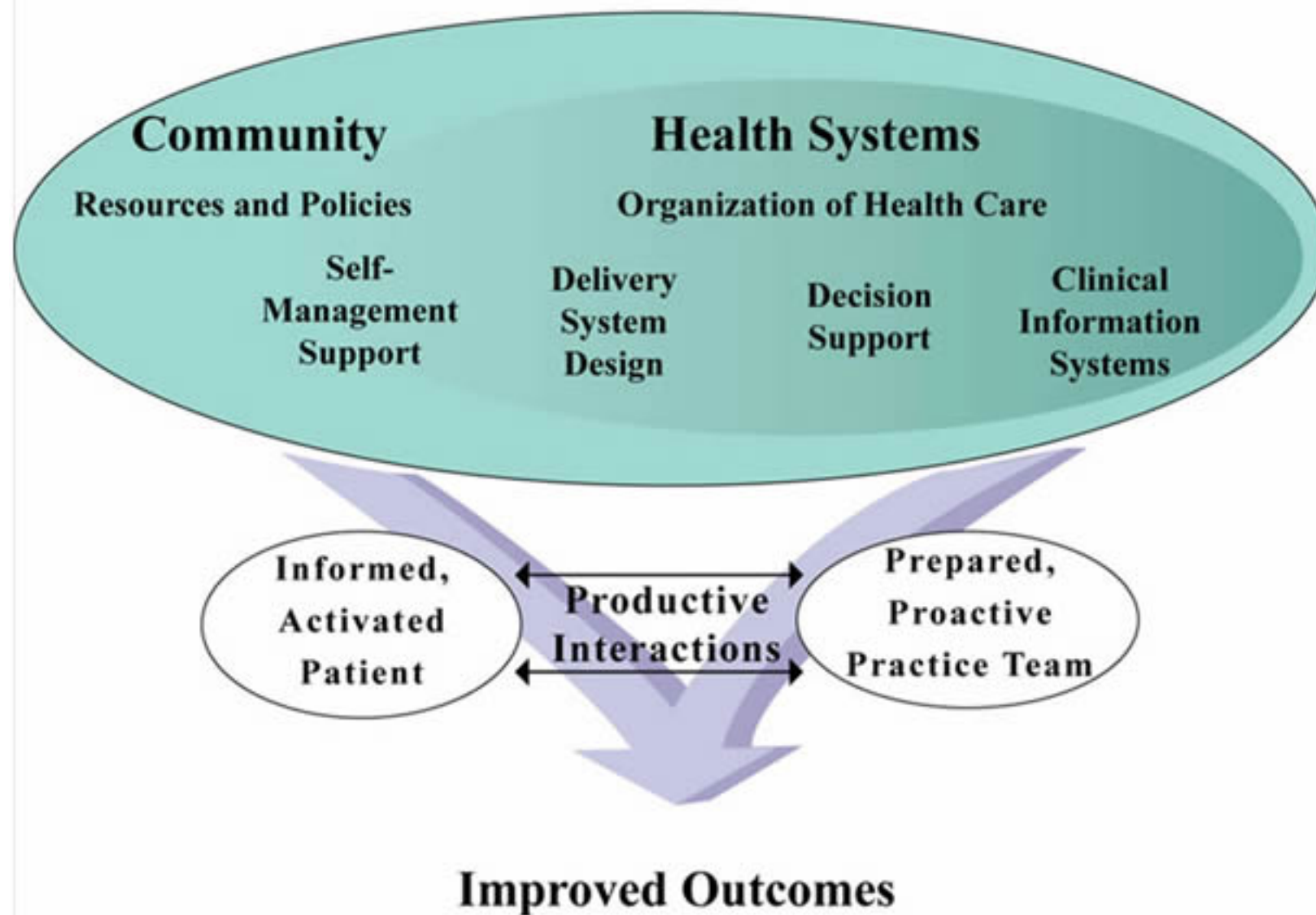
Access Issues

- Healthcare organizations, policymakers and stakeholders should take into consideration functional and cognitive limitations of patients, transportation and time that can influence the need and demand for chronic care interventions.

Health Improvement

- Telehealth was shown to improve patients' access to care services

- Improve self-monitoring by patients

- Remote access to care reduced the number of emergency department visits and hospitalizations and improved quality of care due to quicker adjustments in therapies and timely

- identification of problems

Health Care Improvement

Telehealth can improve access to new specialized patient care services that are often not available in remote areas

It can also improve links between providers

Chronic Pain

Few studies are investigating the use of in home counseling with chronic pain patients

Patients, providers and caregivers have been shown to accept and be satisfied with the THC approach to chronic disease management [11, 16].

The qualitative analysis of benefits of implementation of THC for COPD, cardiac insufficiency, hypertension and unstable diabetes patients conducted by Lamothe et al. showed that the THC approach was easy to use, saved patients travelling for visits and made nurses and physicians easily accessible to patients [17].

Chronic Pain

Chronic Pain Management involves a multi-disciplinary approach.

Research indicates a variety of health approaches are helpful in managing chronic pain

Adjunctive Therapy for Pain

Research indicates efficacy for the following pain management treatments:

Fibromyalgia

Tae chi; qi gong, yoga, mindfulness, CBT for pain, and acupuncture

Headaches

Acupuncture, massage, yoga, biofeedback, meditation, CBT, relaxation training,

Adjunctive Therapy

Low-back pain

Exercise, acupuncture, mindfulness based stress reduction, tai chi, yoga, biofeedback, CBT for pain

Neck Pain

Acupuncture , some types of exercise

Osteoarthritis

Aerobic exercise, tai chi, walking aids, acupuncture, Tai Chi, massage therapy,

Adjunctive Therapy

Rheumatoid Arthritis

Relaxation, Yoga, tai chi, mindfulness meditation, biofeedback,

Remote Access CBT-Pain

- The VA has successfully offered a variety of interventions through remote access

- CPT for Pain is a systematic program for pain management that has been offered both through telehealth and remote access

- CPT-Pain offers interventions focused on the veteran's understanding and use of pain management strategies including behavioral pacing, relaxation strategies, fostering an increased in valued activities and a reduction in the frequency of pain catastrophizing.
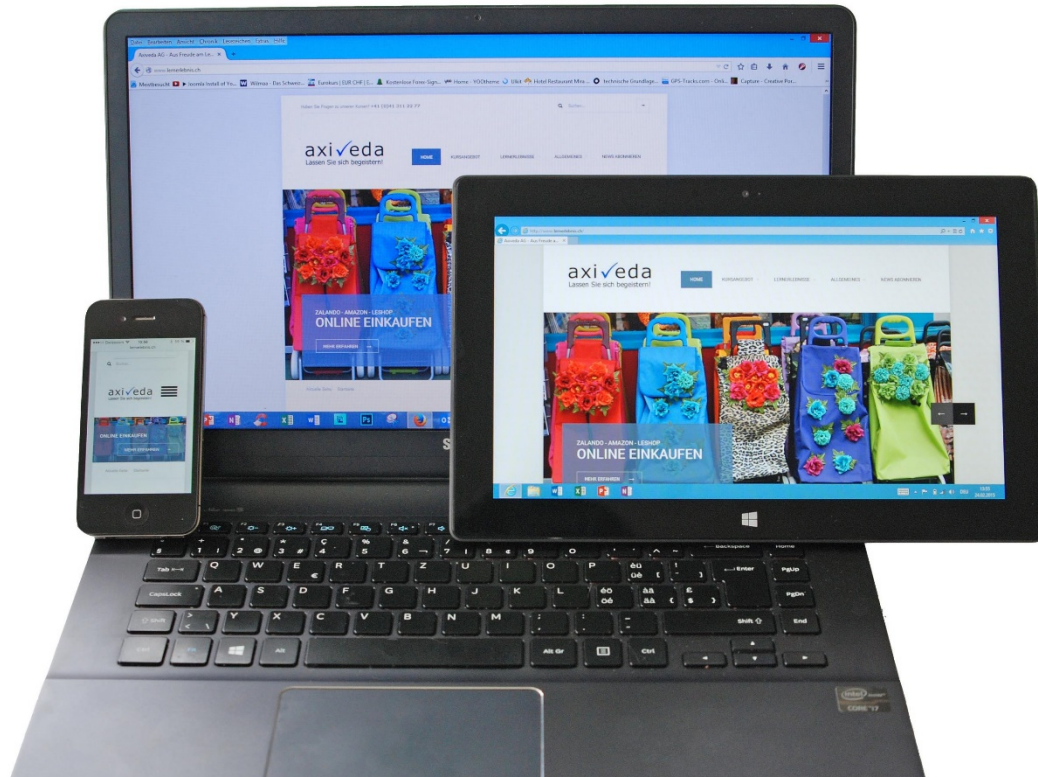
Technology & Virtual Treatment

- Who, When, Why, & How?

Which patient populations would most benefit, and when?

- Facilitation of ongoing patient care/patient education
- Supportive psychotherapy
- Minor urgent care/PCP or RN visit not requiring hands-on tx
- Shared medical appts/multi-disciplinary tx team appts
- Symptom monitoring & wellness checks
- Post-hospitalization assessments
- New patient evaluation/psychological assessments/intakes

- Most Behavioral health conditions*
- Stable-Chronic health conditions (i.e. pain, sleep disorders, asthma, diabetes)
- Homebound/rural or very rural patients
- Non-compliant/patients with safety concerns (i.e. high fall risk, severe PTSD)
- Working/traveling patients
- Patients with active communicable virus or disease (cold, flu, MRSA)

Why would I consider offering Virtual Healthcare?

- Improves patient engagement/expands access to healthcare

- Can eliminate transportation-related issues/eliminates travel time

- Reduces time off from work or time away from routine obligations

- Improves no-show rates/decreases cancellations

- Curbs financial strain (i.e. cost of travel, cost of child or elder care)

- Decreases stigma of visiting a MH department or community MH clinic

- Treatment within comforts of home/practice of techniques in familiar environment

- Flexible scheduling/no wait time

- Decreases spacing/office issues within organizations

What are some considerations, and how should I get started?

- Establish a secure-wifi virtual medical room or office link; ensure that patient has technology w/camera & microphone
- Discuss limits of confidentiality & obtain patient consent
- Send email reminder of appt via secure link, and instructions for logging on
- Ensure that patient has capability of exchanging handouts/questionnaires & data from apps for review & discussion during appt
- Have a backup means of communicating in case of lost connection or other technical difficulties (i.e. alternate phone number)
- Staggered in-person appointments for medication-adherence/lab work/vital signs
- Special accommodation & consideration for patients who are suicidal, have other safety risks/concerns, cognitive disorders, or active psychotic symptoms (i.e. having another person present in patient's room/location)

Potential Barriers/Limitations

- Patient may not be "tech-savvy" or might not have available equipment (i.e. SMART-phone, tablet, laptop, computer)

- Participation might lead to additional financial strain (i.e. cost of Internet/wifi service, usage of data plan, subscription to apps)

- Loss of connection/difficulties connecting via link(s)

- Security/hacking risks/vulnerability to virus

Session Survey

Use the CFHA mobile app to complete the survey/evaluation for this session.

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Join us next year in Philadelphia, Pennsylvania! Thank you!

References

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