Balanced Pain Policy

David Charles, MD
ACCESS TO INTEGRATED CARE FOR CHRONIC PAIN

By David Charles, MD and Mary Ann Chapman, PhD

Access to care for patients with chronic pain is essential. Chronic pain can be debilitating, affecting a person’s ability to work, participate in daily activities, and maintain relationships. Inadequate access to care can lead to decreased quality of life, increased healthcare costs, and decreased productivity. The Institute for Patient Access (IfPA) is committed to improving access to care for patients with chronic pain through integrated care approaches.

WHAT IS INTEGRATED CARE?
Integrated care incorporates multiple healthcare professionals to address the complex problems associated with chronic pain. It involves a team approach, with each member of the healthcare team working together to identify and manage the patient’s pain.

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Integrated care incorporates multiple healthcare professionals to address the complex problems associated with chronic pain. It involves a team approach, with each member of the healthcare team working together to identify and manage the patient’s pain.
Overview

• Curbing Abuse Without Impeding Legitimate Access
  – Misuse, Abuse & Diversion
  – Prescription Monitoring Programs
  – Pain Management Clinics
  – Beyond Opioid Monotherapy

• Integrated Care for Chronic Pain
  – Chronic pain symptoms
  – Treatment options
  – Integrated Care
  – Access Challenges
Curbing Abuse Without Impeding Legitimate Access
Misuse, Abuse & Diversion

• Centers for Disease Control and Prevention:
  – Every day in the United States, 44 people die as a result of prescription opioid overdose
  – Drug overdose was the leading cause of injury death in 2013.
  – Among people 25 to 64 years old, drug overdose caused more deaths than motor vehicle traffic crashes.
  – Drug misuse and abuse caused about 2.5 million emergency department visits in 2011
Impact of Pain

• Institute of Medicine:
  – In 2011, at least 100 million adult Americans had common chronic pain conditions
  – Pain costs society at least $560-$635 billion annually (an amount equal to about $2,000.00 for everyone living in the U.S.).
  – In 2008 the cost to federal and state governments of medical expenditures for pain was $99 billion.
Effective Policy Solutions

Produce Intended Effects

- Reduce misuse, abuse & aversion
- Reduce overdoses and accidental deaths

Avoid Unintended Consequences

- Patients with legitimate medical need feel stigmatized, treat as addicts
- Legitimate pain management centers close due to regulation
- Physicians stop prescribing pain medications due to burden or cost of regulations
- Patients struggle to get needed medications

Prescription Drug Monitoring Programs

- Electronically monitor, collect and analyze data on prescribing and dispensing regulated medications
- To succeed, these programs should be:
  - Streamlined and user-friendly
  - Not overly burdensome for physicians and staff
  - Effective
Pain Management Centers vs. “Pill Mills”

- **Pain management centers** focus on the treatment and management of pain, often using multi-modal approaches.

- **Pill mills**, a small minority of pain management centers, focus on profit by over-prescribing opioid pain medications that are then diverted and abused.

- Policies meant to crack down on pill mills can unintentionally burden legitimate pain management centers.

Abuse-deterrent Technology

• One component of a policy solution that targets abuse without impeding patient access
Beyond Opioid Monotherapy

- Effective, comprehensive alternatives
Integrated Care for Chronic Pain
The Experience of Chronic Pain

- Physical sensation of pain
- Daily lifestyle challenges
- Occupational challenges
- Depression
- Anxiety
- Sleep disturbances
The Treatment of Chronic Pain

- Physical sensation of pain
- Daily lifestyle challenges
- Occupational challenges
- Depression
- Anxiety
- Sleep disturbances
- Medication; local injection
- Occupational therapy, physical therapy
- Occupational therapy, physical therapy
- Antidepressants; psychological therapy
- Psychological therapy
- Exercise; medication
Multiple Symptoms, Multiple Treatments

Integrated Care Addresses the Multiple Features of Chronic Pain

Pain is multifaceted. So is its treatment.

TREATMENT
- Occupational therapy
- Anti-depressant medications
- Psychological therapies

SYMPTOMS
- Daily lifestyle challenges
- Depression
- Anxiety
- Physical pain sensation
- Sleep disturbances

Physical therapy
Local injections
Exercise
Medications

CHRONIC PAIN

AfPA
Alliance for Patient Access
Access Barriers

- Fee-for-service reimbursement structure
  - Integrated care is time-consuming
  - Physicians are pressured to see as many patients as possible under the fee-for-service structure

- Insurers’ short-term cost perspective
  - Opioid-only regimen: $
  - Integrated care regimen: $$$
  - Mayo Clinic comprehensive outpatient program
    - Reduced medical costs by 90% over 18 month

- Need for immediate relief

- Primary care limitations
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