



# Welcome to Behavioral Health Technical Assistance (BH TA) Virtual Peer Learning Office Hours

*Supported by the HRSA Bureau of Primary Health Care (BPHC), Office of Quality Improvement (OQI)*

**Vision: Healthy Communities, Healthy People**





# Virtual TA/Office Hours Event

## Pain Management Approaches in the Context of Integrated Health Care

**Pat Bruckenthal, PhD, APRN-BC, FAAN**

**Amber Murray, BSN, MA – Virtual TA/Office Hours Task Lead & Facilitator**

**June 23, 2022**

**Vision: Healthy Communities, Healthy People**

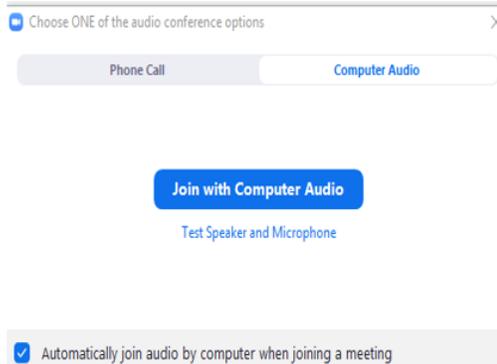


# Housekeeping

## To establish an audio connection:

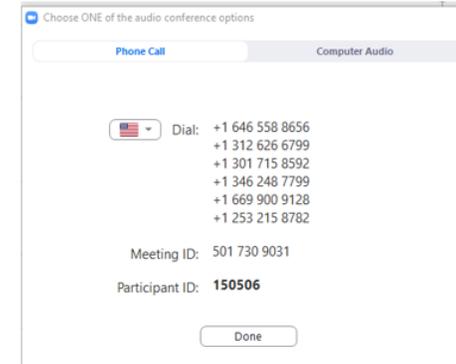
### By computer:

- Click **Join with Computer Audio**.



### By phone:

- Click the **Phone Call** tab, dial a listed phone number, and enter **Meeting ID** and **Participant ID**.



- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- We encourage everyone to keep their video enabled. Click **Start Video** to join by webcam.



- To ask a question using the **Chat** feature, click the **Chat** icon located at the bottom center of your Zoom window.



## Notes:

- Please participate and, if possible, be on camera.
- Please mute your phone line if dialed in for audio and remain on mute until you would like to speak.
- This TA event is being recorded.

# Continuing Education

- We will be offering **1 CE credit** for your attendance at today's event.
- You **must** complete the Health Center Satisfaction Assessment to be eligible for CEs.
- **CE credits will be distributed within 3 weeks of the event.**



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



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# Virtual TA: Presenters & Facilitators



Presenter:  
Pat Bruckenthal, PhD,  
APRN-BC, FAAN  
Stony Brook University  
School of Nursing



Facilitator:  
Amber Murray, BSN, MA  
Technical Expert & Task Lead  
JBS International, Inc.

# Today's Agenda

- Welcome & Introductions
- Presenter Presentation
  - *Pain Management Approaches in the Context of Integrated Health Care*
  - Facilitated Discussion
- Announcements
  - Office hours for this event
  - Future TA events
  - Satisfaction assessment form



Source: iStock



# Pain Management Approaches in the Context of Integrated Health Care

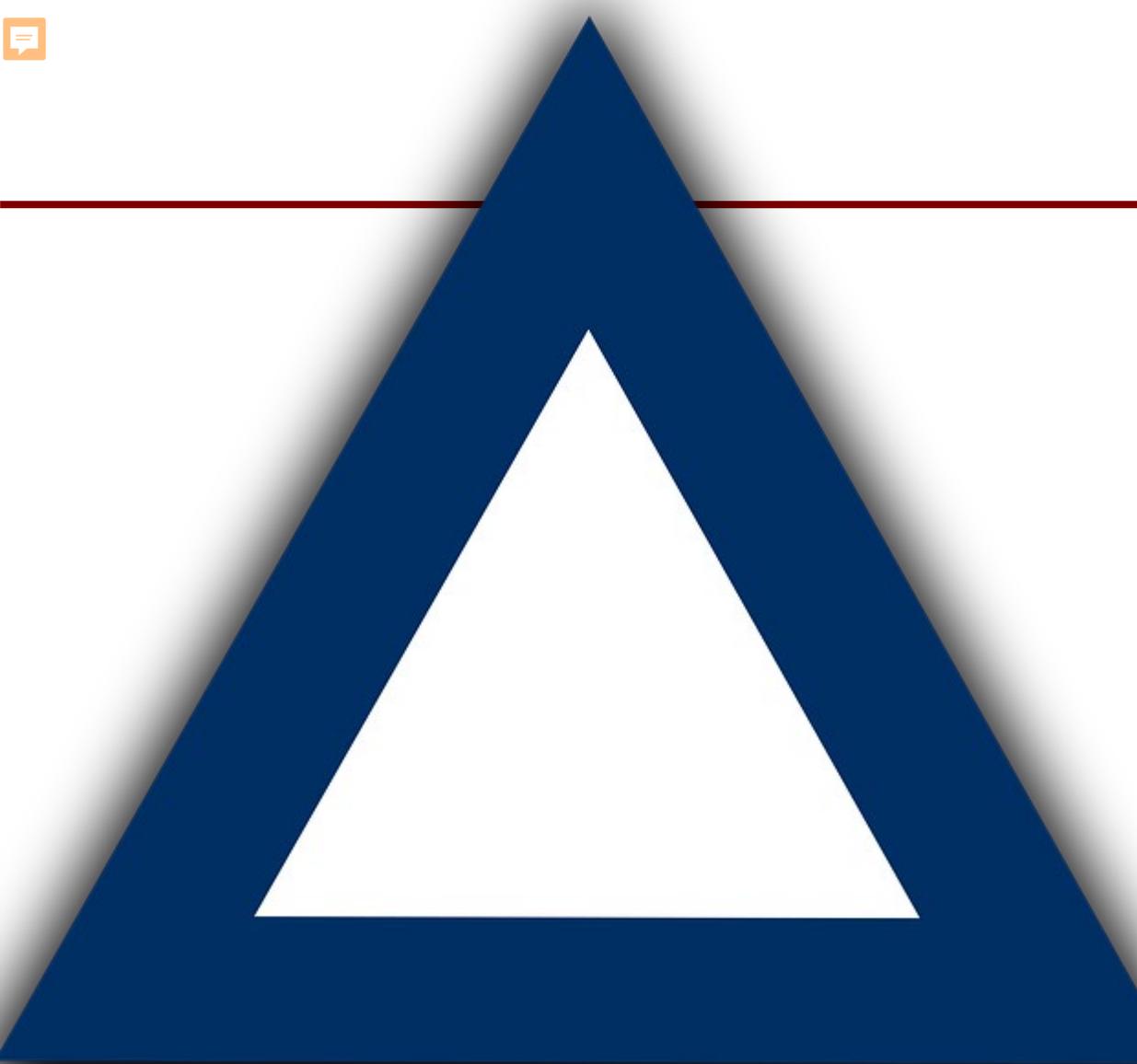
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# Objectives

- Illustrate chronic pain as a triple public health concern
- Discuss the concept of integrated health care as it relates to chronic pain
- Describe holistic patient-centered approaches to integrated care for persons with chronic pain



# Chronic Pain as a Triple Public Health Concern

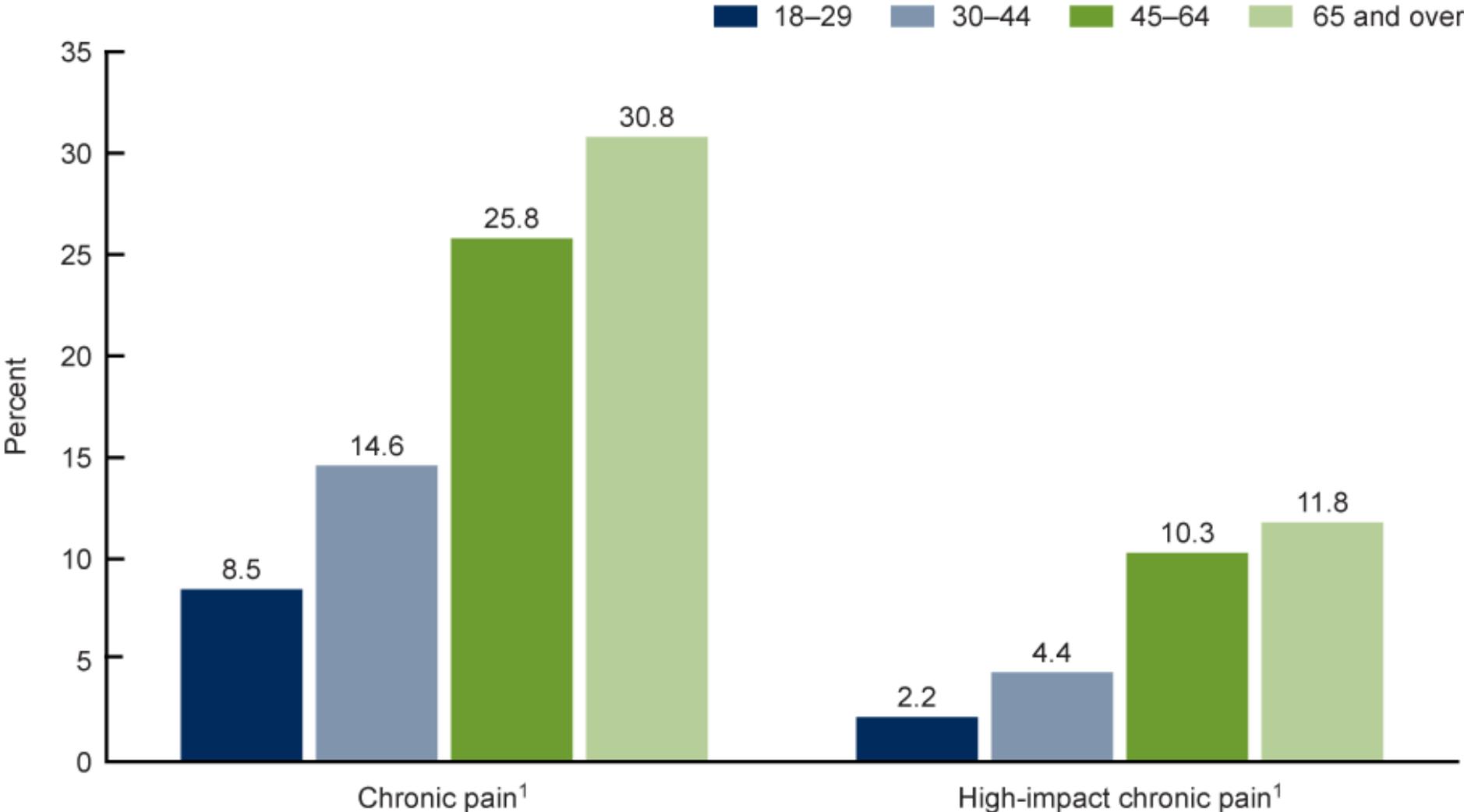
- Chronic Pain as a Disease
- Opioid Crisis
- Mental Health Crisis

# Chronic Pain in the US

- Approximately 50 million US adults report experiencing chronic pain and 20 million are afflicted with high-impact chronic pain (i.e., chronic pain that interferes with life or work activities).
- Population-based estimates of chronic pain among U.S. adults range from 11% to 40% .
- Chronic pain and chronic pain that frequently limits life or work activities are among the most common reasons adults seek medical care.
- Chronic pain is associated with decreased quality of life, opioid dependence, and poor mental health.
- Efforts to treat pain led to a significant increase in the use of prescription pain relievers, with tragic and often ineffective outcomes.
- Taken together, these trends constitute a pain crisis—one that demands a new treatment model that better balances safety and effectiveness through the responsible use of prescription drugs and alternative therapies.



# Percentage of Adults (18+) With Chronic Pain and High-Impact Chronic Pain in the Past 3 Months



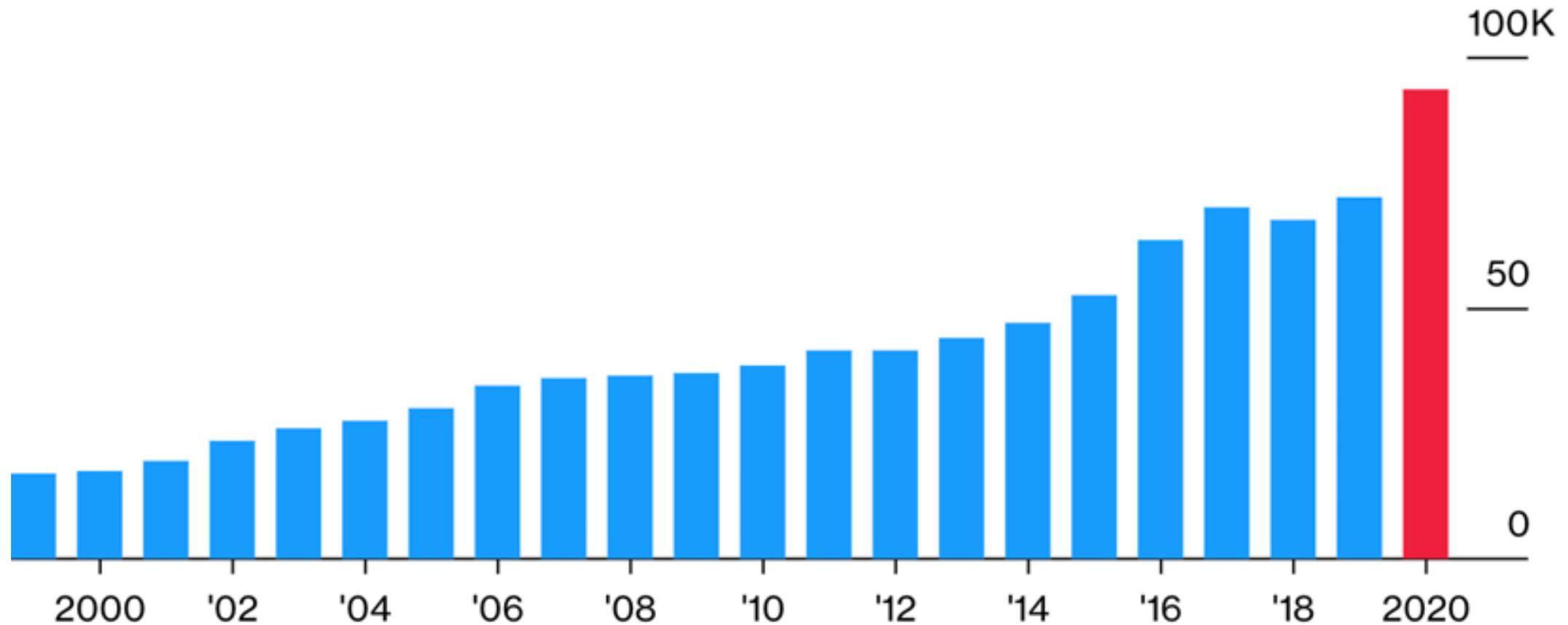
Source: National Center for Health Statistics, National Health Interview Survey, 2019

# Opioid Crisis

- Through the 1970s; physicians and nurses were trained to give minimal opioids for pain, often even less than prescribed.
- 1980's reporting on the low incidence of addictive behavior in small groups of cancer and noncancer patients taking opioid analgesics.
- Early 1990's: Pain as the 5<sup>th</sup> Vital Sign, Joint Commission standards, Multidisciplinary Pain Teams
- 2000s: Purdue's aggressive marketing of controlled-release opioid Oxycontin as safe for chronic pain intersected with the trafficking of cheap, very pure heroin in smaller cities across the West, Midwest, and Appalachia
- 2016: CDC Guideline for Prescribing Opioids for Chronic Pain
- 2021: Drug overdose deaths in the U.S. reached their highest point ever recorded in with more than 100,000 deaths over 12 months.



# U.S. Drug Overdose Deaths are at Record Levels



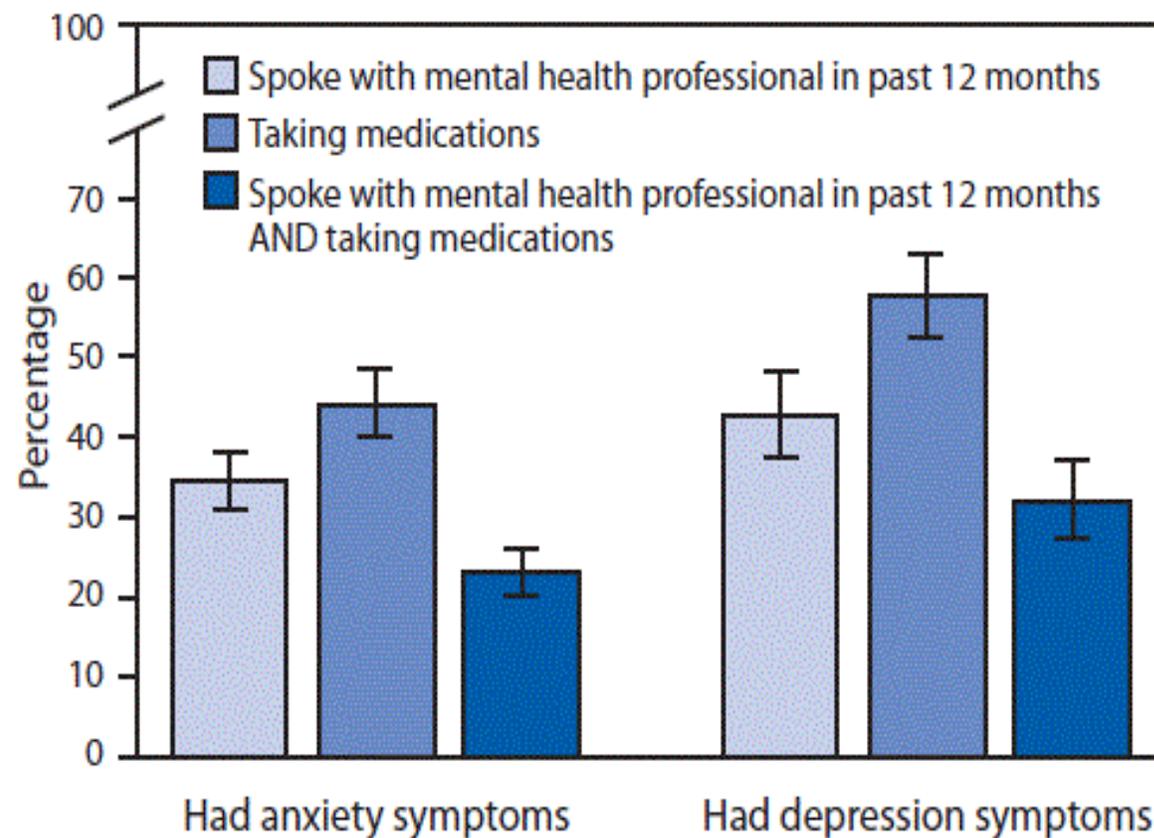
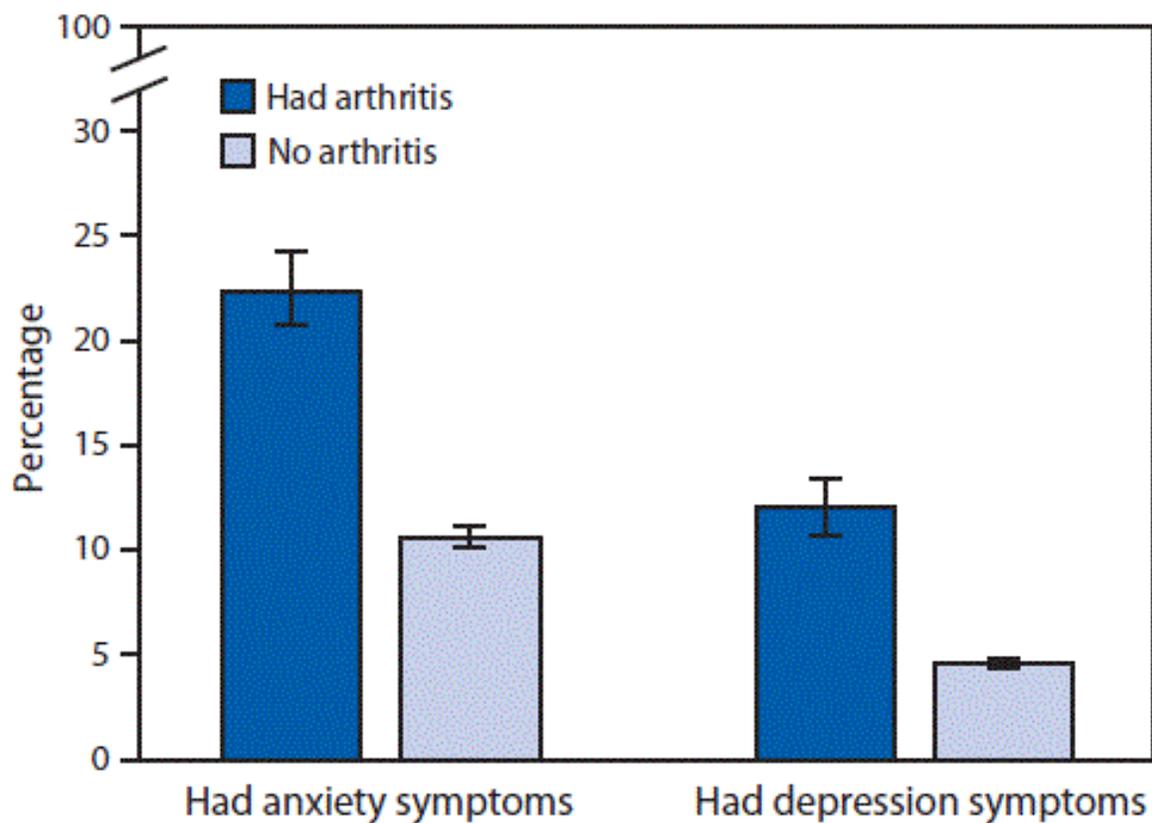
Source: National Center for Health Statistics, National Vital Statistics System, Mortality

# Overlap of chronic pain and mental health disorders

- Mood disorders, especially depression and anxiety, play an important role in the exacerbation of pain perception in all clinical settings.
- Depression commonly occurs as a result of chronic pain and needs treating to improve outcome measures and quality of life.
- Anxiety negatively affects thoughts and behaviors which hinders rehabilitation.
- Poor pain control and significant mood disorders perioperatively contribute to the development of chronic postoperative pain.



# Arthritis Patients with Mental Health Symptoms and Treatment Services





# Polling Question #1

**Co-occurring substance use disorder and mental health disorder is higher in persons using illicit opioids than those using prescribed opioids:**

- a) True
- b) False



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# Co-occurring substance use and mental disorders among adults with opioid use disorder (OUD)

	Opioid Use Disorder (%)	Prescription OUD Disorder only (%)	Heroin Use Disorder (%)
Nicotine	48.6	41.7	64.4
Alcohol	26.4	29.0	20.5
Cannabis	15.9	16.4	14.7
Sedative/Tranquilizer	15.6	16.3	13.9
Cocaine	12.5	8.2	22.2
Methamphetamine	10.6	6.6	19.8
Any Mental Illness	64.3	64.0	64.9
Serious Mental Illness	26.9	26.9	26.8





# OUD, AUD and Chronic Pain

- 63.4% of individuals who misused opioids reported the primary motivation for misuse was to relieve physical pain (Han et al., 2017)
- Problematic opioid use among pain patients, of misuse and “addiction” (defined as harm resulting from opioid use) in a review of 38 studies ranged from <1% to 81% (Vowles et al., 2015)
- Overall rates of misuse ranged from 21% to 29% and rates of addiction ranged from 8% to 12% (Vowles et al., 2015)
- Moderate-to-severe pain has been documented in 43%–73% of individuals presenting for AUD treatment, and the prevalence of alcohol-related neuropathic pain has been estimated at 25%–66% among individuals with AUD (Zale et al., 2015)
- 16% and 25% patients in chronic pain treatment centers report a history of current or past alcohol dependence or heavy drinking (Hoffman et al., 1995; Kim et al., 2013; Lawton and Simpson, 2009)

# Polling Question # 2

In patients with chronic pain, cannabis is associated with increased pain disability:

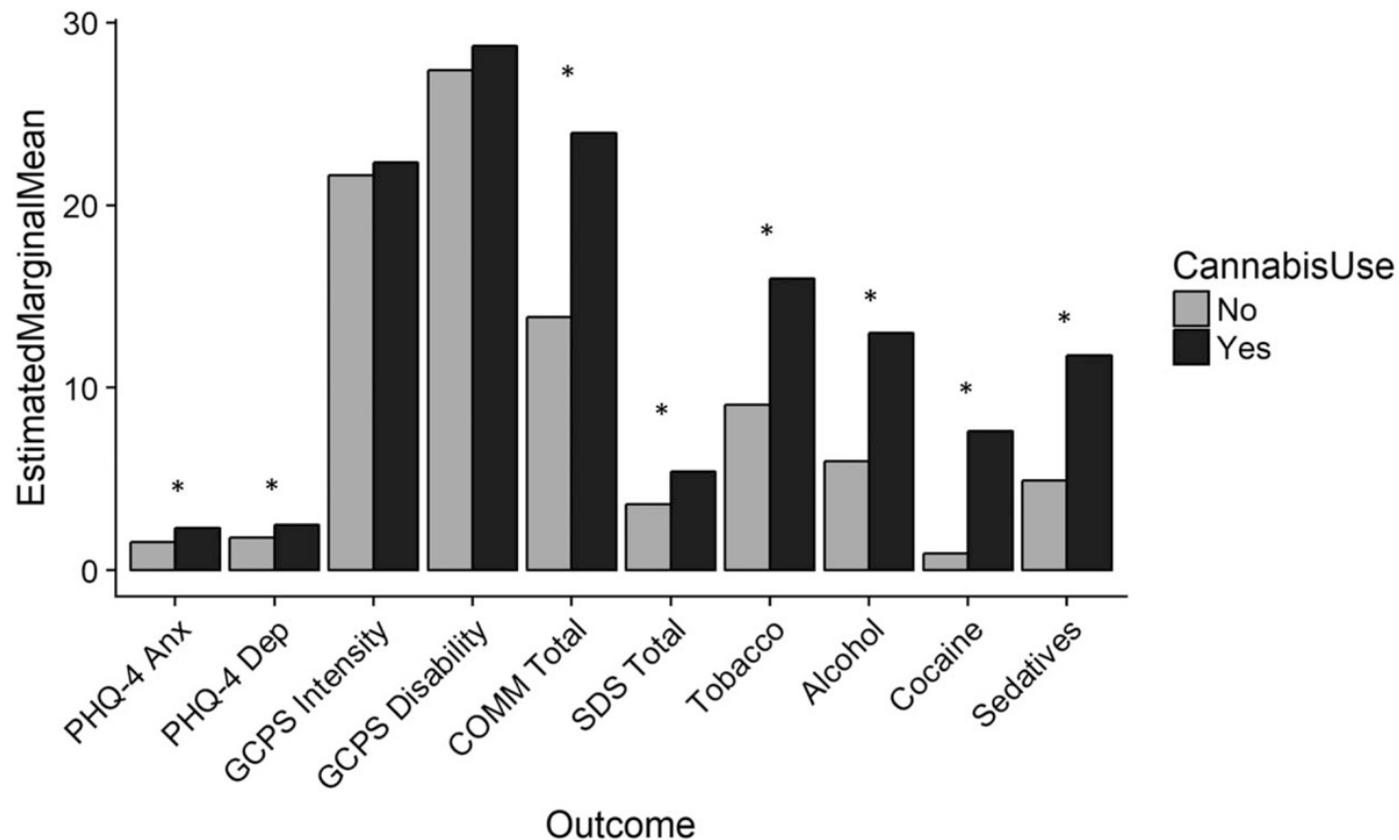
- a) True
- b) False



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# Opioid and Cannabis Co-Use in Patients with Chronic Pain

- Compared to opioid use alone, opioid and cannabis co-use was associated with elevated anxiety and depression symptoms, as well as tobacco, alcohol, cocaine, and sedative use problems, but not pain experience.





# Integrated Health Care and Chronic Pain Management

- Patients with chronic pain, depression, and substance use disorder (SUD) are often treated in primary care settings
- An estimated 52% of patients have a diagnosis of chronic pain, 5% to 13% have depression, and 19% have SUD
- The biopsychosocial model of pain presents physical symptoms as one factor of a dynamic interaction between biological, psychological, and social factors
- Factors promoting resilience, emotional support systems, and overall good health, can promote healing and reduce pain chronification.
- Quality of life indicators and neuroplastic changes might also be reversible with adequate pain management.
- Clinical trials and guidelines typically recommend a personalized multimodal, interdisciplinary treatment approach, which might include pharmacotherapy, psychotherapy, integrative treatments, and invasive procedures

# Polling Question # 3

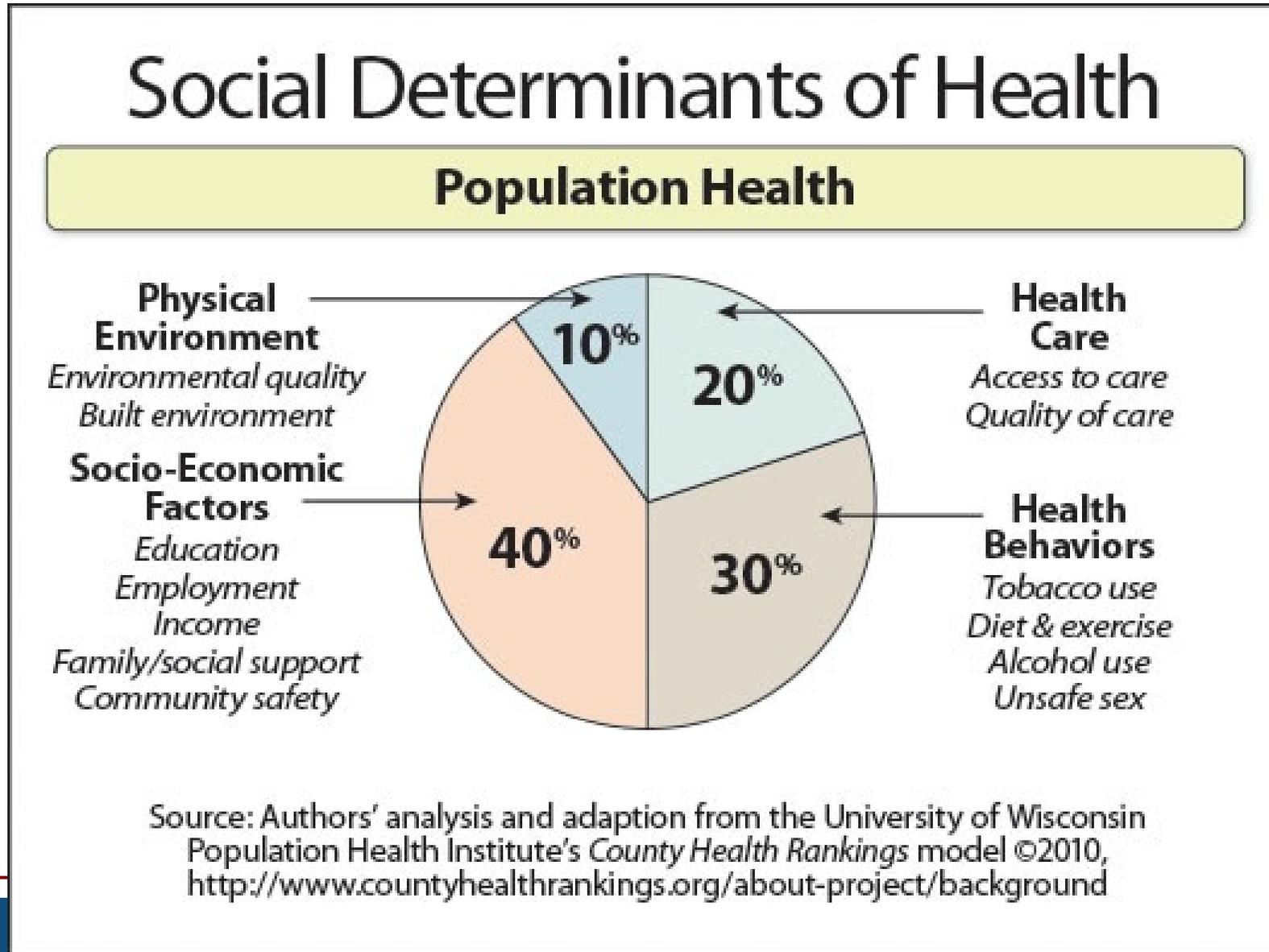
The following factors contribute greater than 20% s to overall patient health outcomes (select all that apply):

- a) Environment
- b) Healthcare
- c) Behavioral
- d) Genetics
- e) Socioeconomic



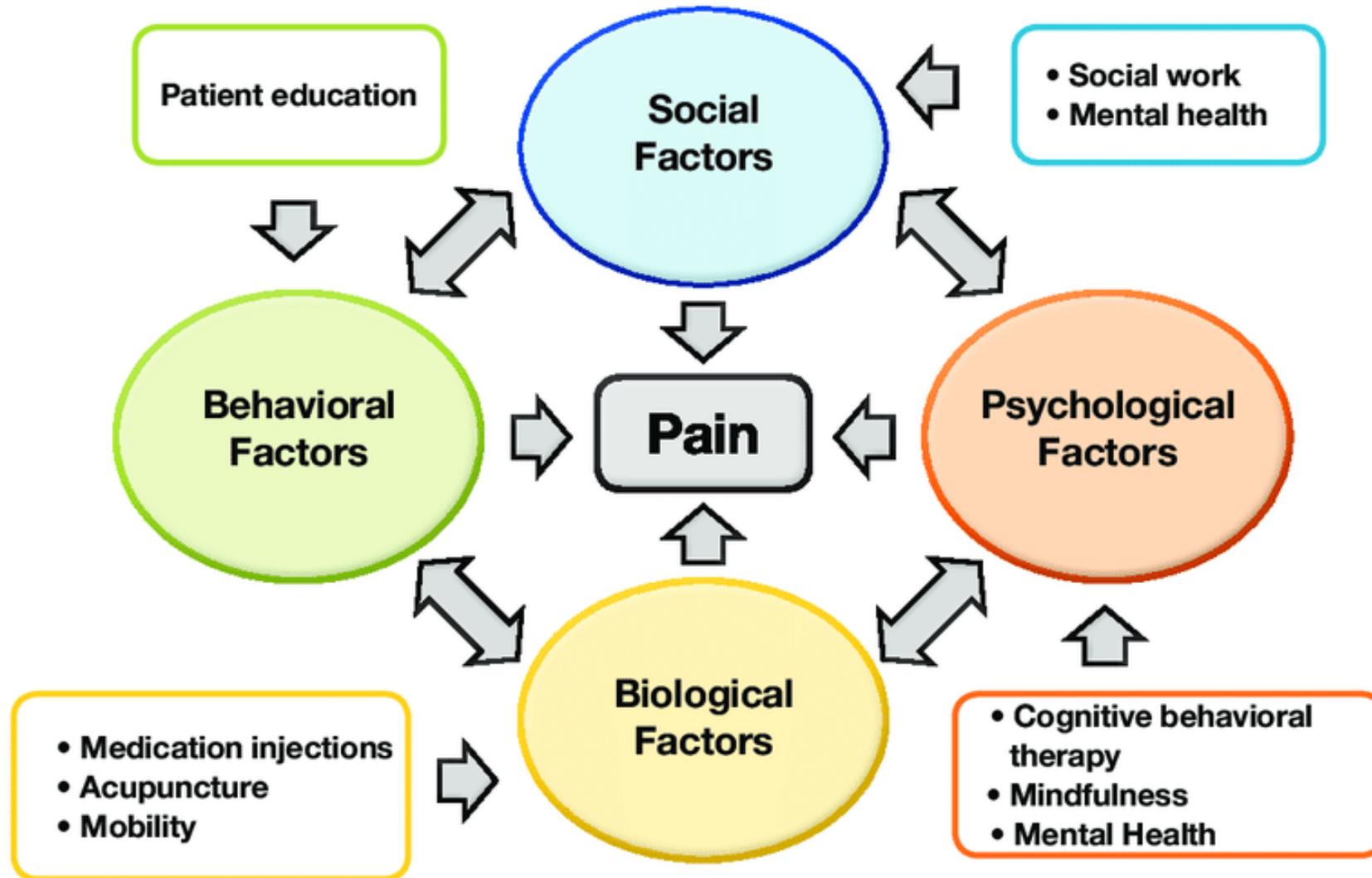
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# Contribution of Social Determinants of Health

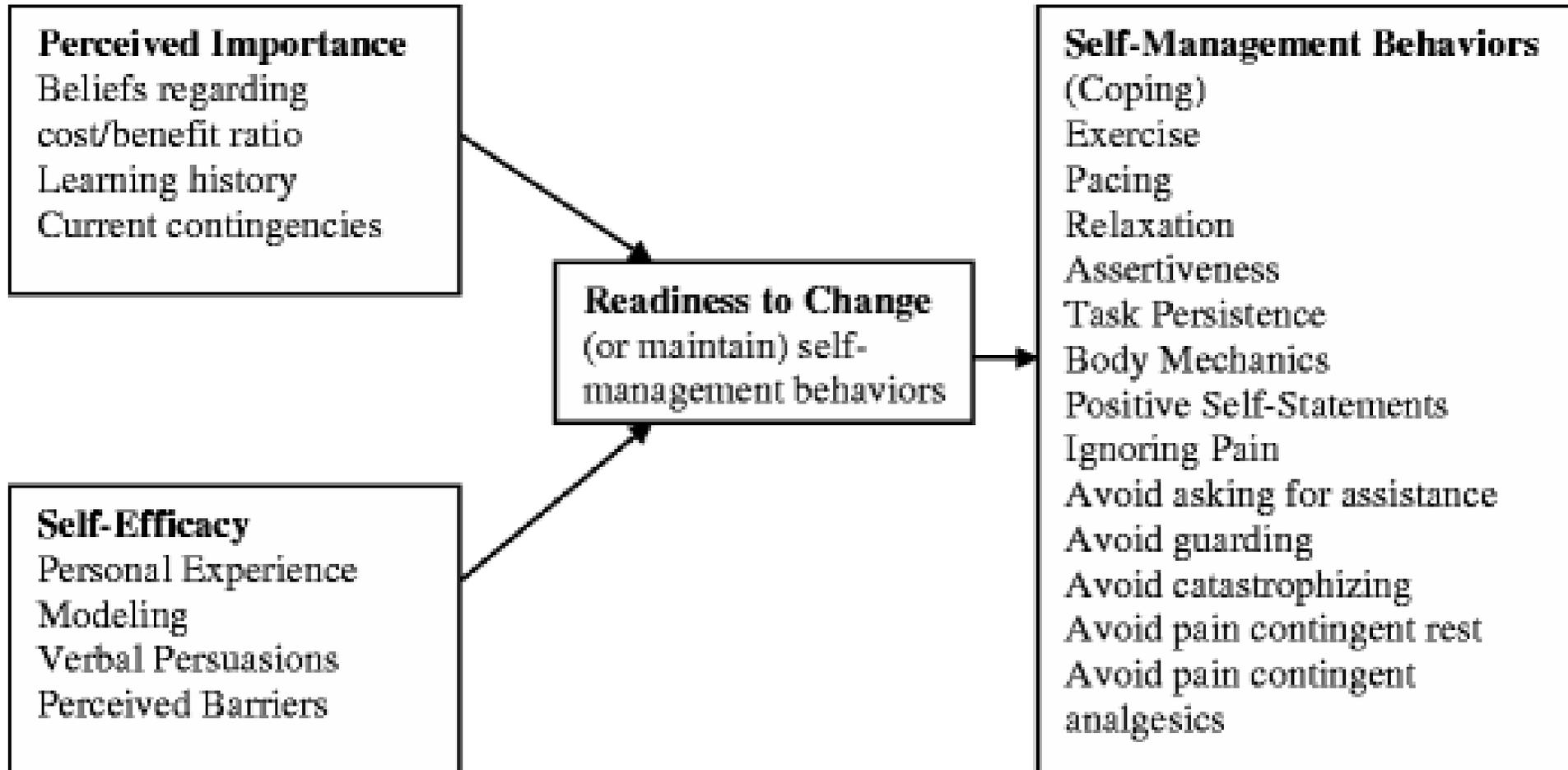




# Patient Centered Approaches to Integrated Care for Persons with Chronic Pain



# Motivational Model of Pain Self-Management



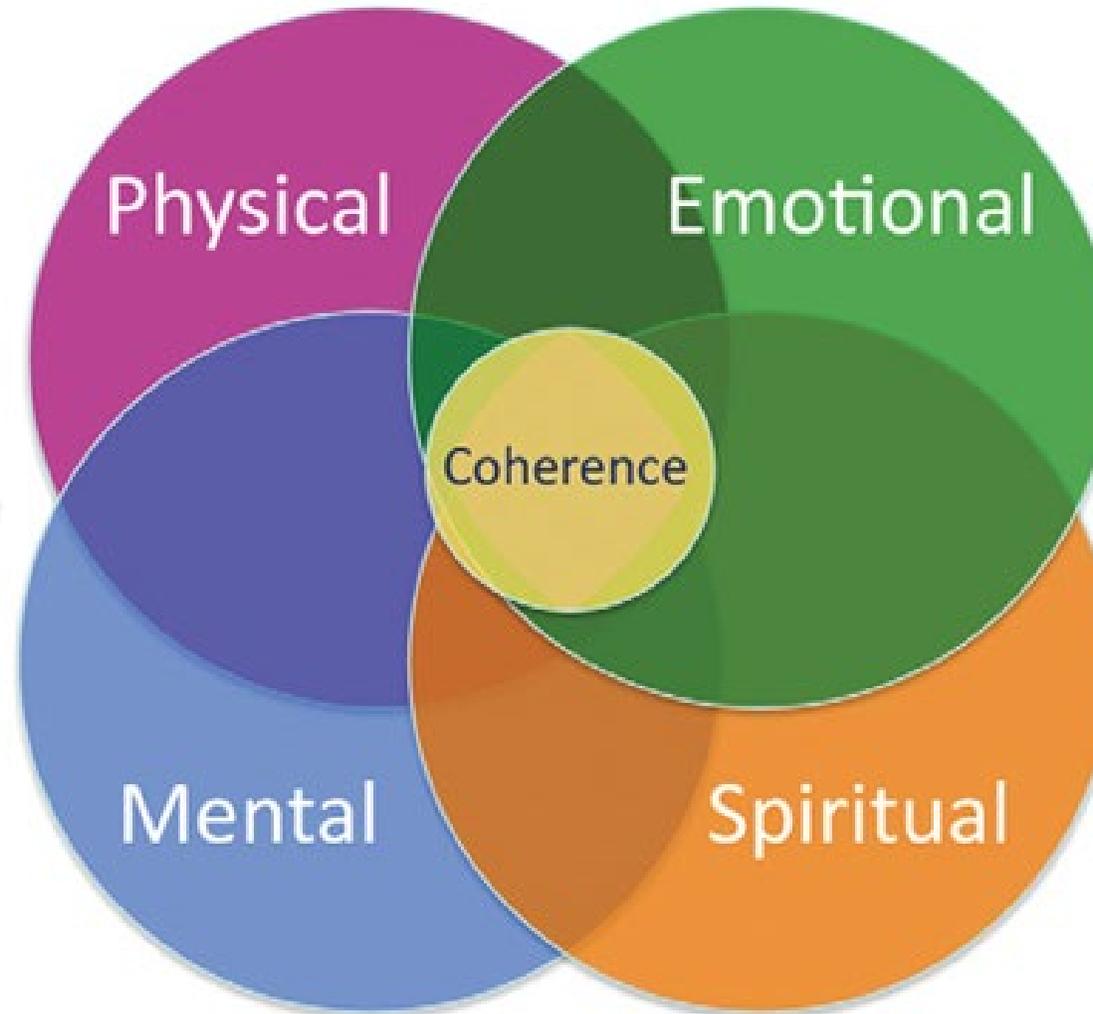
(Jensen, Nielson, Kerns, 2003)



# Domains of Resilience

- Physical flexibility
- Endurance
- Strength

- Mental flexibility
- Attention span
- Ability to focus
- Incorporate multiple points of view



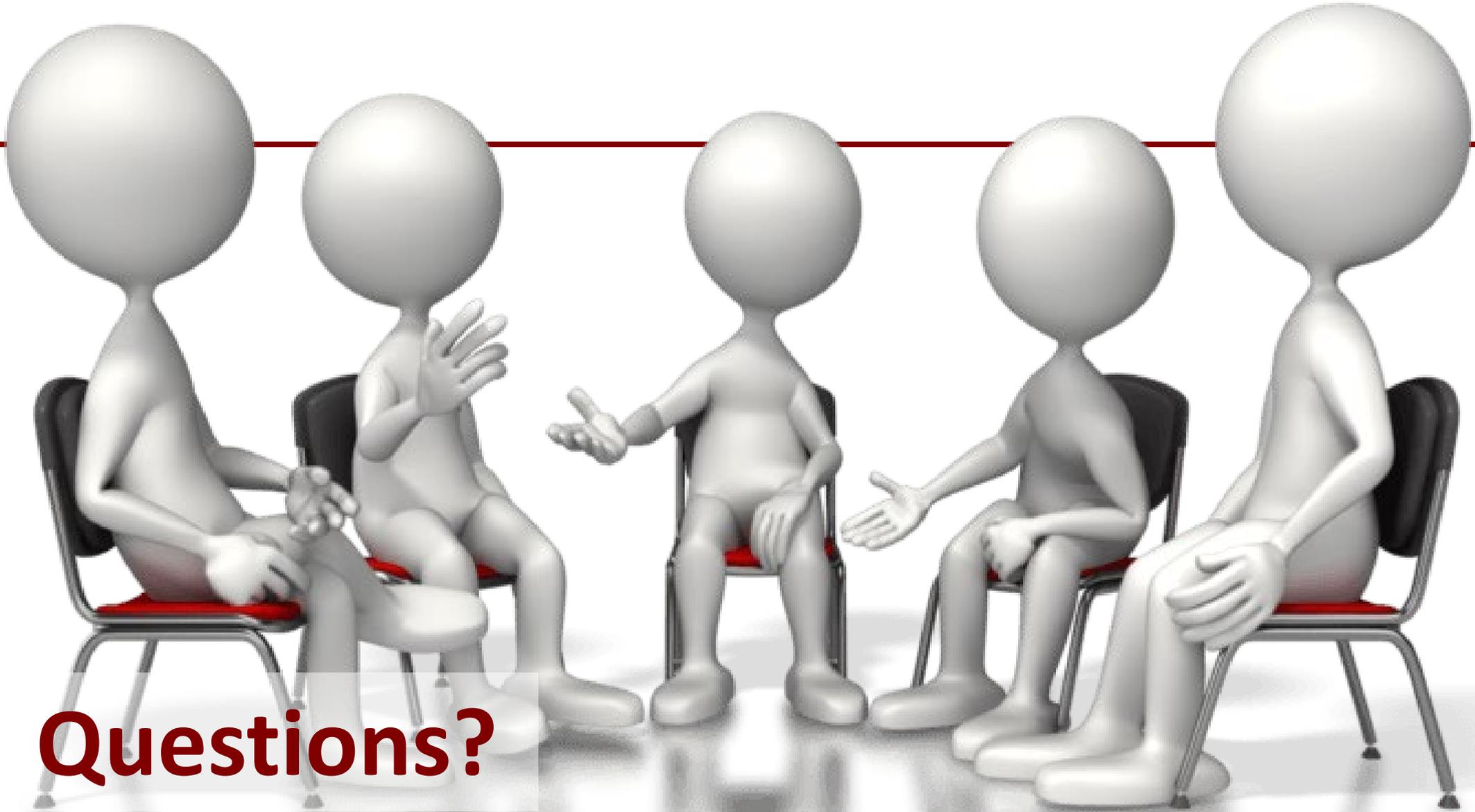
- Emotional flexibility
- Positive outlook
- Self-regulation

- Spiritual flexibility
- Commitment to values
- Tolerance of others' values and beliefs

# Recommendations for Chronic Pain Management

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- Conduct a comprehensive multidisciplinary pain assessment
- Screen for mental health disorders
- Screen for SUD, OUD, AUD
- Adopt a patient centered communication style such as motivational interviewing
- Use integrated behavioral health treatment approaches



**Questions?**



# Wrap-Up Polling Question # 1

What were the main reasons for your participation in today's event? Select all that apply.

1. To learn more about the topic from the presenter
2. To engage with other health centers
3. To raise questions about this topic as it relates to my health center
4. To learn about the experiences other health centers have related to this topic



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# Wrap-Up Polling Question # 2

What about today's session did you find the most helpful? Select all that apply.

1. The presentation
2. The polling questions
3. The discussion
4. The discussion



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# BPHC-BH TA Portal

<https://bphc-ta.jbsinternational.com/>

- Request TA
- Access Learning Management System (LMS) modules
- Learn more about BH TA options
  - One-on-One Coaching
  - E-learning Webinars
  - Strategies for Community Outreach
  - Virtual Site Visits to Improve Outcomes
  - Join a Community of Practice (CoP)



**BPHC-BH TA**  
Bureau of Primary Health Care Behavioral Health Technical Assistance

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## Welcome to the BPHC-BH TA Resource Portal!

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The Bureau of Primary Health Care (BPHC) Behavioral Health (BH) Technical Assistance (TA) portal is designed to meet the specific needs of HRSA health centers and shall focus on both mental health and substance use disorders (referred to jointly as “behavioral health”), with an emphasis on the opioid epidemic.

### Learn About BH TA Options

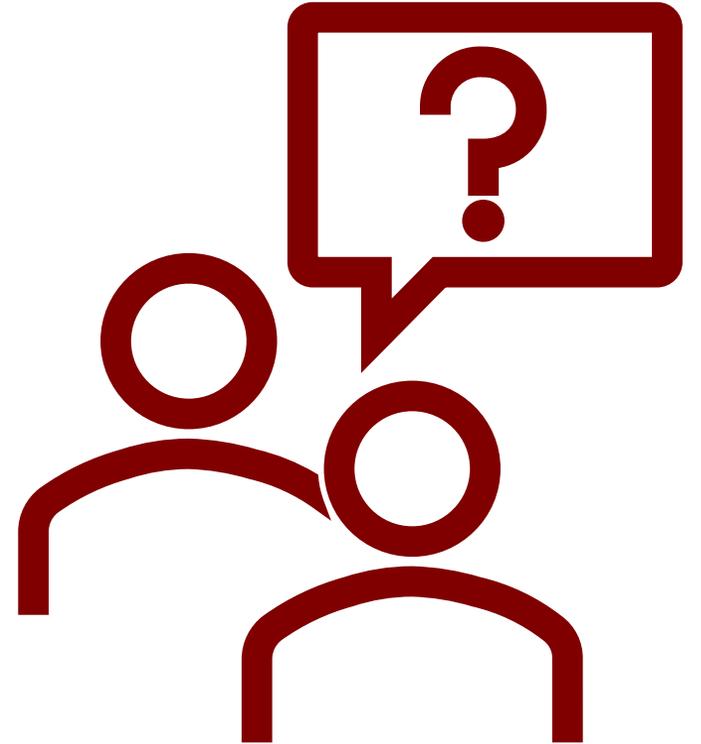
- One-on-One Coaching
- E-learning Webinars
- Strategies for Community Outreach
- Virtual Site Visits to Improve Outcomes
- Join a Community of Practice (CoP)

### Complete the Readiness Assessment



# TA Opportunities for Health Centers

- One-on-One Coaching
- Communities of Practices (CoPs)
- Virtual Intensive T/TA
- SDoH Roundtables
- Office Hours
- Webinars



# Upcoming TA Opportunities

## Virtual Peer TA Office Hours

### Depression & Suicidality Among Men

*Friday, July 15, 2022, 1:00 – 2:30 PM ET*

**Presenter:** *Joe Hyde, MA, LMHC, CAS*  
*Project Director, JBS International, Inc.*

**Registration link:** <https://us06web.zoom.us/meeting/register/tZMpcOmtpz4uHde9xaSkpnP5EmzY-cAQIyT0>

### UDS Depression Measures: How to Measure Them & How to Meet Them

*Monday, July 25, 2022, 2:00 – 3:00 PM ET*

**Presenter:** *Chantal Laperle, MA, CPHQ, PCMH CCE, CTL*  
*Senior Program Manager, Advocates for Human Potential*

**Registration link:** <https://us06web.zoom.us/meeting/register/tZUoc-ivqzkgGtN6sHiSgo4X71mUwNycYp9e>





# BHTA Satisfaction Assessment

- We'd love your feedback – please complete a satisfaction assessment.
  - <https://survey.alchemer.com/s3/6624870/Health-Center-TA-Satisfaction-Assessment-Office-Hours-General>
- Remember! – if you want to obtain CEUs for your time today, you must complete a satisfaction assessment.
- There are two ways navigate to the assessment:
  1. Follow the link provided in the chat here.
  2. You will be emailed a link from us via Alchemer, our survey platform.



# CE Revisited

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# Thank You!

Please submit questions to  
**Amber Murray: [amurray@jbsinternational.com](mailto:amurray@jbsinternational.com)**

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