Barriers to the affordability of nonpharmacologic therapies for pain

1. Even with some coverage by third-party payers, there are other ‘costs’ to nonpharmacologic therapies
   ▫ Visiting a provider can require time off work, and involve transportation and childcare costs
   ▫ Self-care practices (e.g., yoga, mindfulness-based stress reduction) have fewer of these costs after the skill is learned, but do still require time
   ▫ Patient awareness and education is required
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2. Appropriate frequency and duration of care
   - Chronic pain is chronic
     - Coverage commonly defined by number of visits used in clinical trials; focus on continued improvement
     - Shifting the focus from “cure” to “management”
   - Research can help determine:
     - Appropriate frequency and duration
     - Coverage rules and/or algorithms