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# Barriers

October 5, 2018 James Heyward et al

**Coverage of Nonpharmacologic Treatments for Low Back Pain Among US Public and Private Insurers**



[Journal of General Internal Medicine](#)  
May 2018, Volume 33, [Supplement 1](#), pp 16–23 | [Cite as](#)

Kligler B, Bair MJ, Banerjea R, DeBar L, Ezeji-Okoye S, Lisi A, Murphy JL, Sandbrink F, Cherkin DC.

Clinical Policy Recommendations from the VHA State-of-the-Art Conference on Non-Pharmacological Approaches to Chronic Musculoskeletal Pain

1. Education—of providers, patients, and other key stakeholders—was identified as a major barrier...

Original Reports

**The Journal of Pain, Vol 19, No 9 (September), 2018: pp 1082–1090**

“I Was a Little Surprised”: Qualitative Insights From Patients Enrolled in a 12-Month Trial Comparing Opioids With Nonopioid Medications for Chronic Musculoskeletal Pain ☆☆☆

2. Access - Who do I see  
How do I get started...?

3. Coverage - Will it be covered?

3. Coverage

1. Education

2. Access



# Change → Culture Change



October 5, 2018

## 3. Insurer Coverage of Nonpharmacological Treatments for Low Back Pain—Time for a Change

Christine M. Goertz, DC, PhD<sup>1,2</sup>; Steven Z. George, PT, PhD<sup>2,3</sup>

Group Dialogue

3. Coverage



1. Education

Pain Navigator/  
Educator

2. Access



1. *VA: Lack of adequate knowledge.... needs to be addressed with a national education campaign with clear messaging about the benefits of non-pharmacological interventions*



Opioid Stewardship

Tools for patient education

Tools for providers

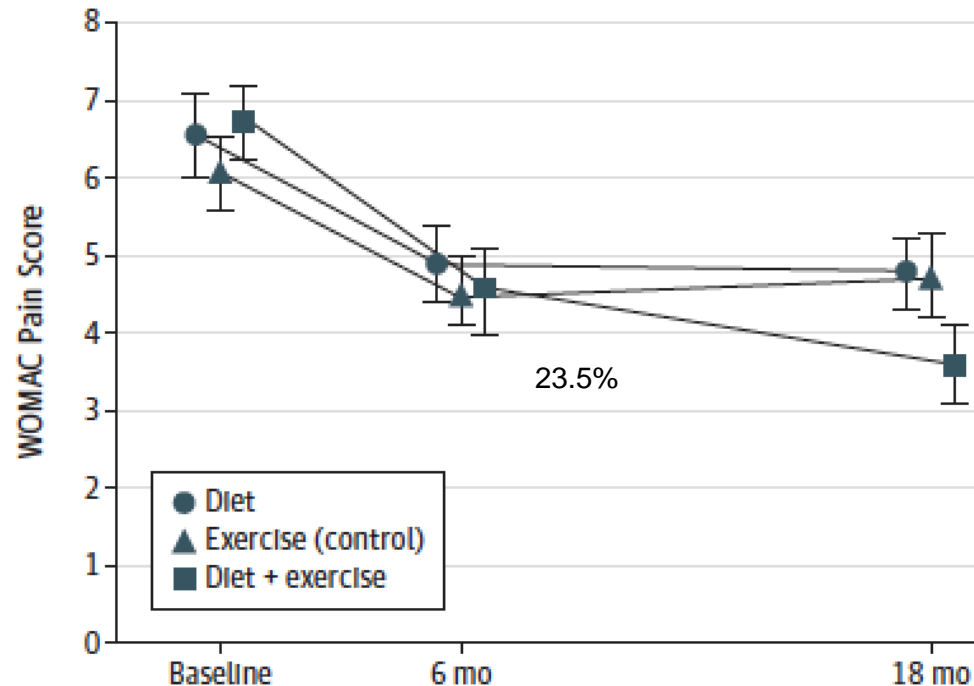
*NP care is evidence-based  
NP care CAN be helpful  
NP care should be started early  
NP care is not one size fits all*



## 4. Nutrition

- IDEA trial: Messier et al. JAMA. 2013

Figure 2. Mean WOMAC Pain Scores Across the 18-Month Intervention Period



No. of patients	Baseline	6 mo	18 mo
Diet	152	115	124
Exercise	149	119	127
Diet + exercise	152	130	120

## 5. Prevention

Eur Spine J. 2013 Apr;22(4):782-7. doi: 10.1007/s00586-012-2558-7. Epub 2012 Nov 10.

**Effects of a postural education program on school backpack habits related to low back pain in children.**

- *...study findings confirm that children are able to learn healthy backpack habits which might prevent future low back pain.*

## 6. Provider Empathy

- *Patients with chronic pain and depression claimed that empathy helped them feel understood, believed, taken seriously, and that their needs were met.*

Sternke et al . Pain Manag Nurs. 2016