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

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

3. Coverage - Will it be covered?
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

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

### 5. Prevention
- 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.