

National Academies of Sciences

The Role of Nonpharmacological Approaches to Pain Management

*Session 3: Policies to Promote Evidence-based Nonpharmacological Approaches*

***What policies would help reduce major barriers to change?***

12/05/2018

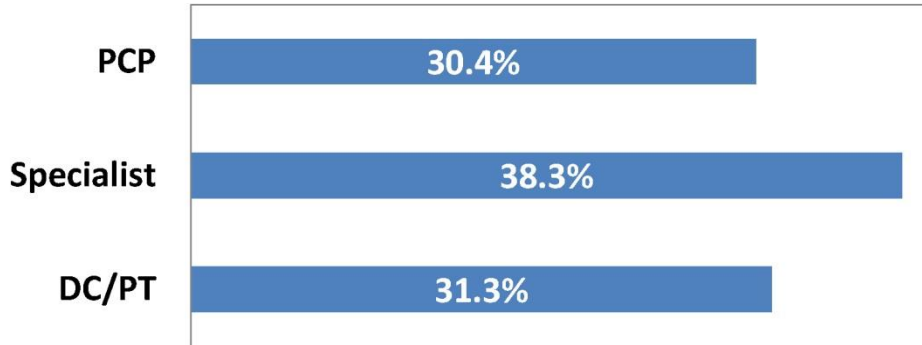
david.elton@optum.com



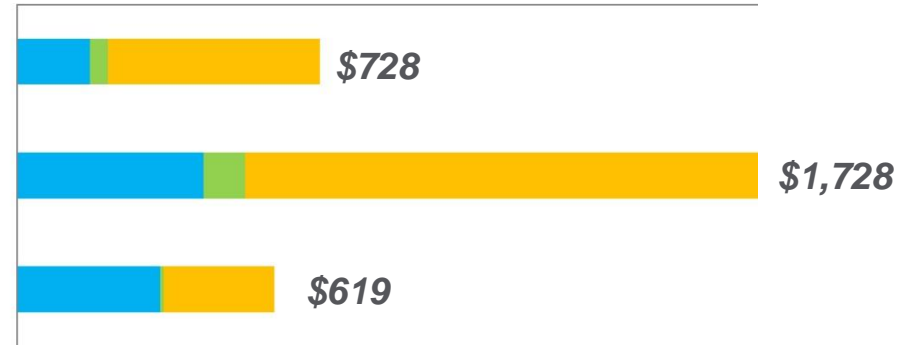
# Context



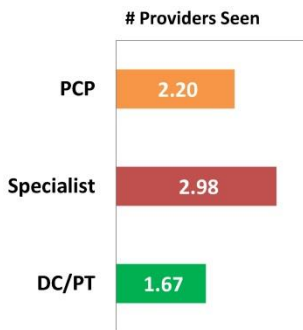
**% of Patients**



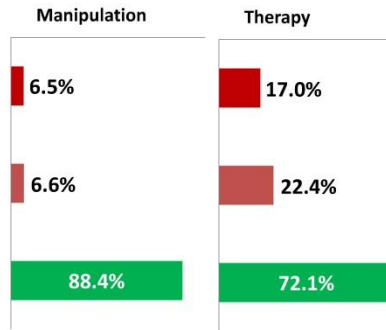
**Total Episode Cost**



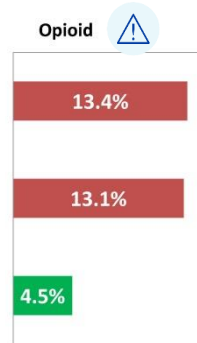
**Experience**



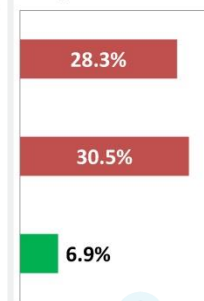
**Recommended**



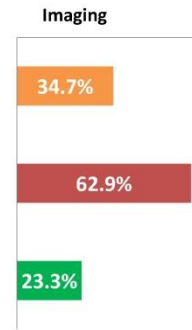
**Use Rarely**



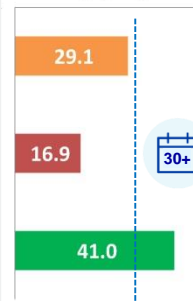
**Injection**



**Infrequent and >30 days**



**Imaging Days**



Low Value Services

**Source and Definitions:**

- PCP = Family Practice, IM, Nurse, Phys Assistant
- Specialist = Ortho, ER, Pain Mgmt, PMR, Rheum, Neuro
- Complete **non-surgical spine episodes** starting with in-network provider
- **3.7M** patients, **4.5M** episodes, **\$4.4B** covered, **272k** providers

# What Are We Doing

## INFORMATION

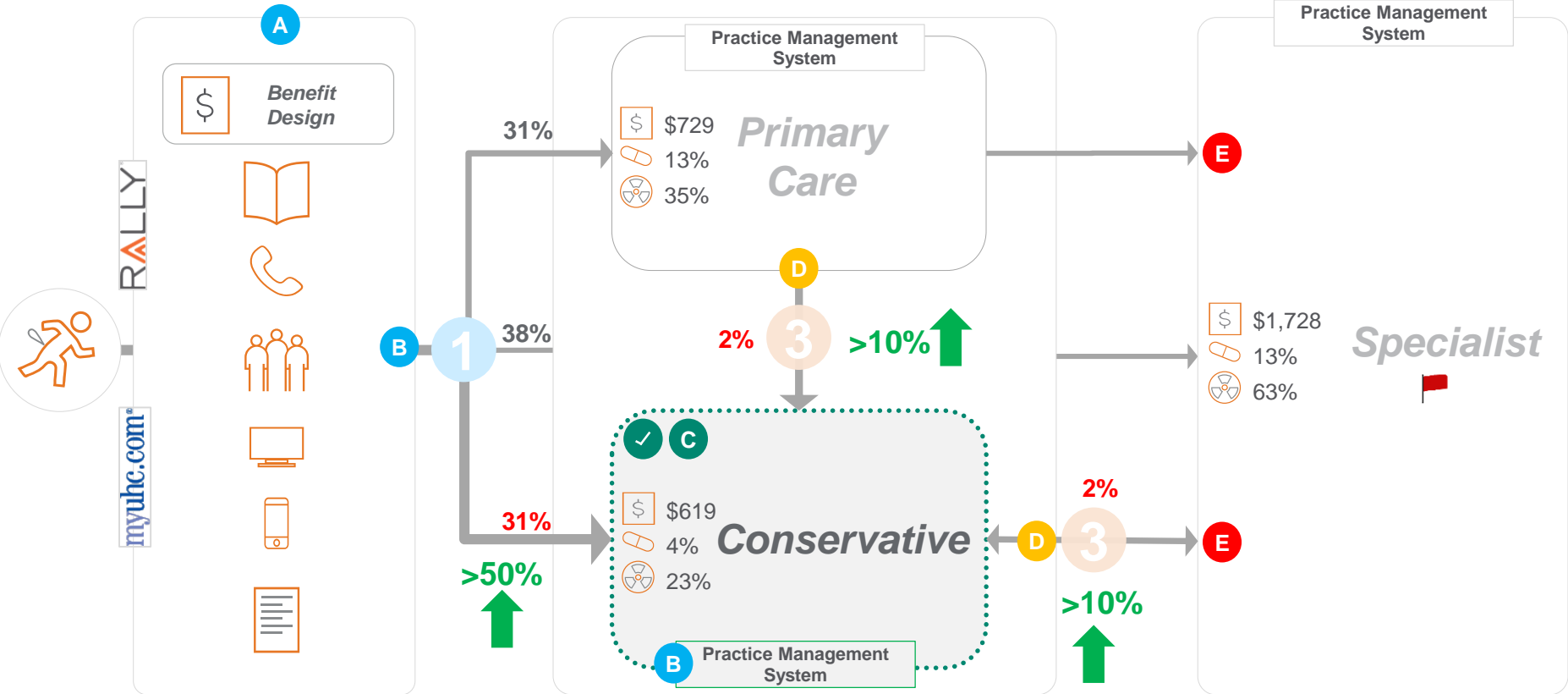
## FIRST PROVIDER

(First, second line treatment)

## SPECIALISTS

(Limited use, red flags)

Practice Management System



### Areas of focus

- A** Eliminate out of pocket cost, Consumer, employer, provider education/decision support
- B** Triage process and direct scheduling
- C** Increase reimbursement for those who are digitally connected and make appointment availability transparent
- D** Medical physician triage and conservative care referral
- E** PCP and conservative care triage and red flag referral
- ✓** Large network of high quality, evidence-based conservative care

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# Appendix

# Are There Any Guidelines?

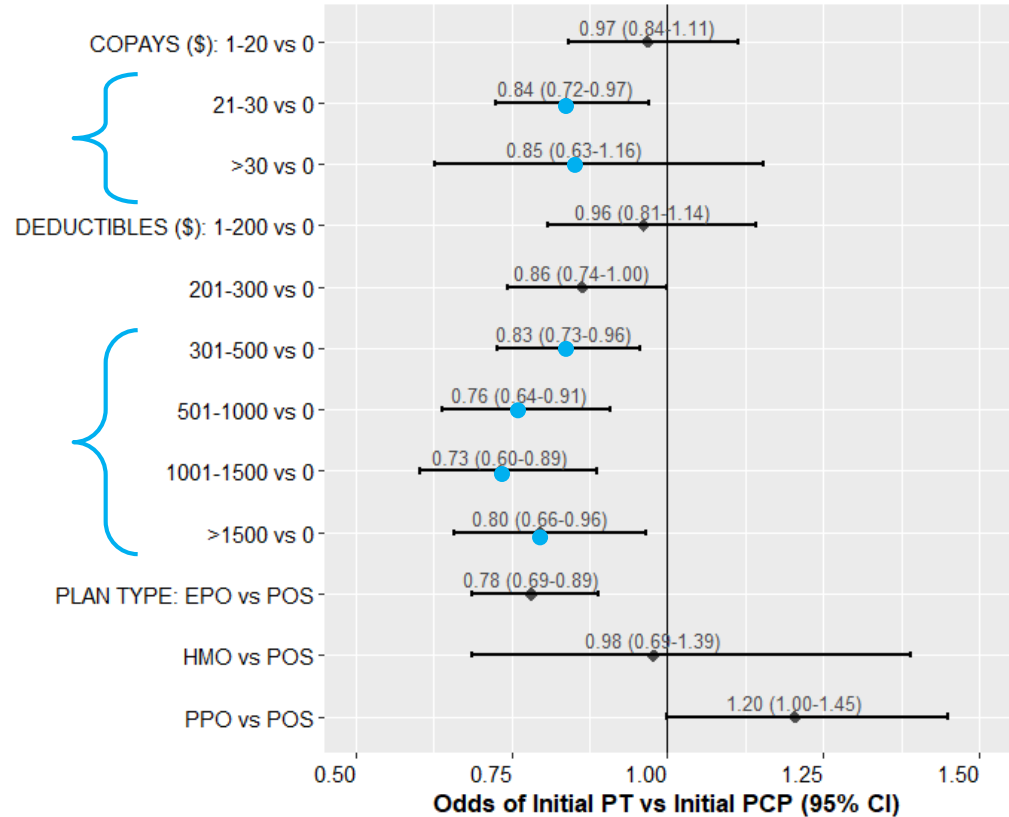
## Imaging and Opioid Use for Non-Surgical Spine Episodes

27,045 Providers Who Were First Provider For At Least 25 Episodes



# Impact of Benefit Designs

10% to 25% less likely to see a PT, rather than PCP, if copay >\$20 or deductible >\$300



## Source

- Technical Report – *Conservative Therapies for New Onset Low Back Pain and Predictors of Long-term Opioid Use and Misuse*
- Lewis Kazis, ScD, et al
- [Boston University School of Public Health](#)
- Sponsors: [APTA](#), [Optum](#) and [UHC](#)
- **8.8M** episodes of back pain from 2008-2013
- **217k** sample – 2 years continuous eligibility and 12 month clean period before and after onset, other exclusions
- ❖ *Manuscript submitted for publication*