Workshop Synthesis and Next Steps

From a 1000 Points of Blight to A 1000 Points of Light
A Thousand Points of Blight
That Plague Care for Pain

– Poor clinician training and understanding of evidence
– Acute physical approach to bio-psycho-social problem
– Nocebo effects of frustrating clinical encounters and iatrogenic consequences of promoting opioid use
– Poor access to effective non-Rx care due to limited clinician knowledge, coverage and availability of qualified clinicians (e.g., pain CBT)
– “Systems” do not support best practices
– +995 others

“Costs” of continued inaction are high!
1000 Points of Light from Workshop That Illuminate Paths Forward

• Education: improve pain curricula, team care, expand workforce (e.g., pain CBT), Cont. Ed.
• Remove $ and access barriers to non-Rx tx
• Change accreditation and licensure policies
• System support to make easy for clinicians to do the right thing (IT, clinical decision aids, referral sources, patient education resources)
• Focus research on key questions (e.g., evidence of “value” to gain CMS coverage)
• + 995 others
Agree on Problems and Solutions

• Pain care big problem, many barriers to change
• Underlying principles, including:
  – Patient focus
  – Importance of psychological, social, spiritual factors
  – Importance of supporting self-management
  – Need to prepare and support clinicians, team care
• (Over?) Concern about doing it “right” but recognize uniqueness of each situation/system
• Passion for implementing NOW
What Happens After We Leave?

*Individual Initiatives*

- Continue your good work, hopefully more energized, confident, empowered
- Know you are not alone and can call on other participants for advice, support, collaboration
- You (and collaborators) are the experts on what approaches will work best in your unique setting
What Might We Do Together, Soon?
“Strategic Blitzkrieg”

- Convene task force to identify a few key actions that would have the biggest, broadest, and quickest impact on removing major barriers, e.g.,
  - licensure exams/accreditation/quality measures
  - CMS reimbursement policies
  - educate large employers
  - Use existing data to show return on investment
- Develop strategy for taking the key actions
- Go for it!

Goal: Reaching tipping point ASAP
But How?

• Need buy-in and sponsorship from stakeholder organizations

• The National Academies’ Forum on Neuroscience and Nervous System Disorders and the Global Forum on Innovation in Health Professional Education that sponsored this workshop will explore follow-on activities

• Your ideas?