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"

- <u>Convene task force</u> to identify a few <u>key actions</u> 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
- <u>Develop strategy</u> for taking the key actions
- <u>Go for it!</u>

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?**