

# Oregon Innovations in Pain Management

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## Oregon Pain Management Commission:

Legislation established a Pain Task Force in 1997; followed by The Pain Management Program and Coordinator position in 1999; And, in 2001 the Pain Management Commission.

– 17 voting members, 2 legislative members

- MDs
- Physician Assistant
- Nurses
- Nurse Practitioner
- Naturopathic Physician
- Chiropractic Physician
- Acupuncturist
- Pharmacist
- Psychologist
- Dentist
- Addiction Counseling
- Physical Therapist
- Occupational Therapist
- Health Care Consumers
- Patient Advocates
- Public Representative
- Legislative Members
  - Senate
  - House



# Oregon Pain Management Commission:

## The Oregon Pain Management (OPMC) Role:

- Develop a pain management educational program for required completion by health care professionals.
- Recommend curriculum to health care educational institutions.
- Represent patient concerns to the Governor and Legislature.
- Improve pain management in Oregon through research, policy analysis and model projects.



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# OPMC Partnerships to improve pain care:

- Health Evidence Review Commission
- Integrative Medicine Advisory Group
- Prescription Drug Monitoring Program
- Oregon Opioid Guidelines Work Group
- Oregon Coalition for the Responsible use of Medicine - Regional Summits
- Portland Tri-County Prescription Opioid Safety Coalition
- Oregon Pain Guidance Annual Pain Conference
- Oregon Collaborative for Integrative Medicine
- Oregon's Healthcare Professional Licensing Boards
- Oregon's Healthcare Professional Associations



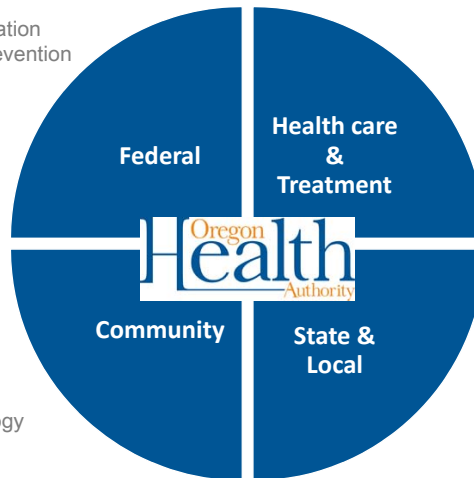
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# Oregon Opioid Initiative Partnerships

Substance Abuse & Mental Health Services Administration  
Centers for Disease Control & Prevention  
Department of Justice

Public safety/ Law Enforcement  
Needle exchange programs  
OR Coalition for the Responsible Use of Meds  
OHSU & NW Addictions Technology Transfer Center



Coordinated Care Organizations  
Opioid Use Disorder Treatment Programs  
Health systems  
Emergency Departments  
Pain management clinics  
Pharmacies

State policy makers and statutes  
Oregon Health Leadership Council  
Local public health departments  
Health Systems



## The Oregon Opioid Initiative:

**Aim:**

Reduce deaths, non-fatal overdoses, and harms to Oregonians from prescription opioids, while expanding use of non-opioid pain care



# Oregon Opioid Initiative: Strategies

## Pain treatment

- Non-opioid therapies for chronic pain
- Best practices for acute, cancer, end of life pain.

## Reduce harms

- Ensure availability of treatment for opioid use disorder
- Increase access to naloxone and MAT

## Reduce pills

- Decrease the amount of opioids prescribed

## Data

- Use data to target and evaluate interventions

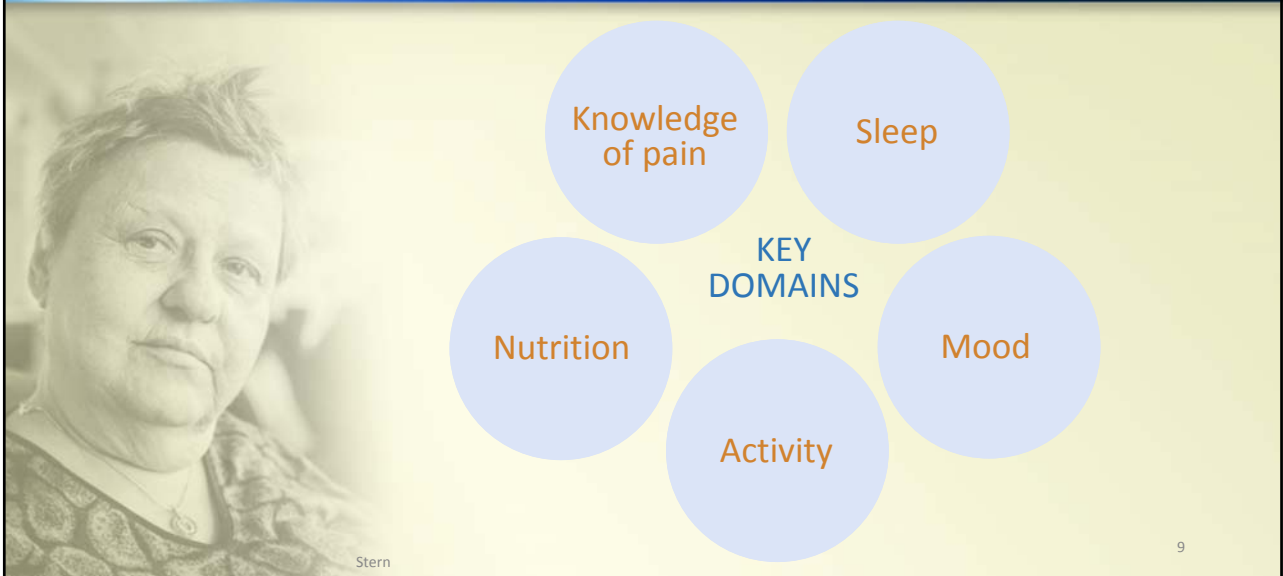
# Required Pain Management Education:



- Physicians
- Physician Assistants
- Nursing
- Acupuncture
- Psychologists
- Physical Therapist
- Occupational Therapist
- Chiropractic Physicians
- Naturopathic Physicians
- Pharmacists
- Dentists



## Prioritizing Care: Key Domains

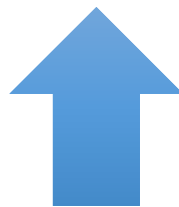


## Policy Changes: The New Back Care Paradigm

### Increased Coverage:

- Cognitive Behavior Therapy
- Spinal Manipulation
- Acupuncture
- PT/OT
- Non-opioid medications
- Yoga \*
- Interdisciplinary Rehab \*
- Supervised exercise \*
- Massage Therapy \*

\* If available



### Decreased Coverage:

- Surgeries
- Opioids
- Epidural Steroid Injections



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## Policy Changes: The New Back Care Paradigm

- Focus on biopsychosocial model
- Added evidence-based effective treatments
- Restricting or eliminated ineffective or harmful treatments



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## Anticipated Outcomes

- Reduced opioid use for back conditions
- Improved outcomes for patients
- Better educated medical workforce
- Reduced costs; paying only for effective care



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## Lessons Learned and Next Steps:

Opioid management is not pain management.

Making progress:

- Educating providers – improve pain treatment
- Educating public –improve understanding of pain
- Integration of behavioral health & primary care

Next steps:

- Beyond back pain... review coverage of pain associated with other conditions.
- Improve integration of best-practice pain care into primary care
- OPG Annual Conference: Thoughtful Approach to Pain



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## For more information:

Oregon Pain Management Commission (OPMC)

<http://www.oregon.gov/oha/hpa/csi-pmc/pages/index.aspx>

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Health Evidence Review Commission

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