

Engaging Community Partners to Determine Needs and Preferences of People with Pain

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INTRODUCTION

Millions of Americans suffer with poorly managed pain.¹ Opioids, once a mainstay of treatment and prescribed in large numbers, have contributed to the current overdose epidemic facing the United States.^{2,3}

Sustainable solutions require creative problem solving, enhanced access, and community-based public-private partnerships.

PROJECT HIGHLIGHTS

- Poorly managed pain is a major issue in the US and contributes to the current opioid overdose epidemic.
- During Stage 1 of the NSF's Civic Innovation Challenge, a survey created by the Pain Advisory Council led by Washington State University – Spokane College of Nursing, Goalistics, and Urbanova, was completed by those who have received pain treatment, their families/friends, and healthcare workers.
- Results indicated high level of dissatisfaction with pain care.
- Most responders had access to the internet via a smartphone, but few used online resources for pain management.
- Nearly half of responders noted they were unlikely to find a free pain management resource with desirable topics and tools.
- The planned resource will include topics and tools to help address these unmet needs.

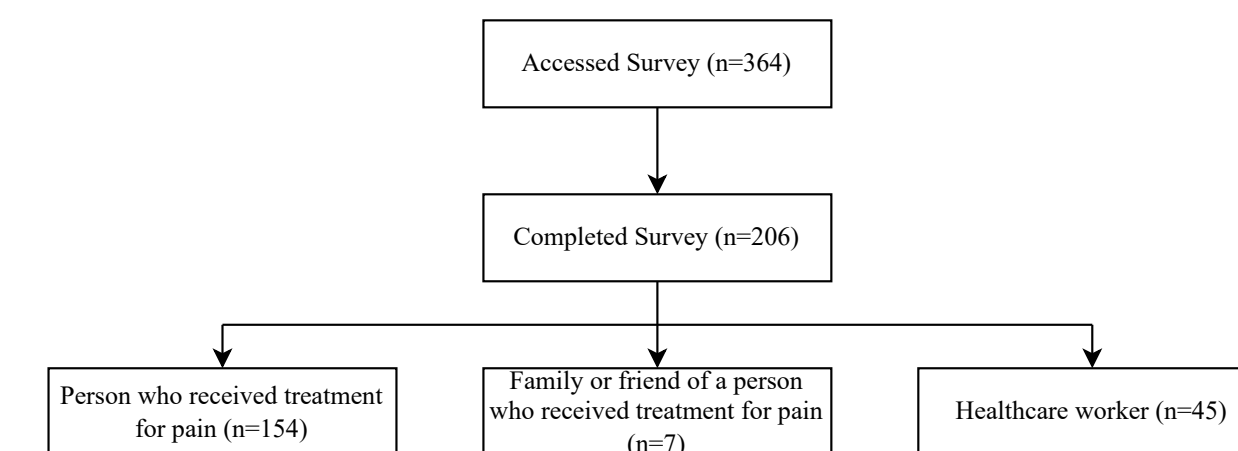
METHODS

During Stage 1 of the National Science Foundation's Civic Innovation Challenge, a multi-sector academic-community partnership was developed to focus on planning and development of an innovation to positively impact pain care inequities.

Healthcare professionals, researchers, and community organizations created a needs assessment survey on current resources and preferences for pain management.

The survey was virtually distributed to people with pain, their families and caregivers, and healthcare workers (Figure 1). Collected responses were descriptively analyzed in preparation for Stage 2 grant submission.

FIGURE 1. PARTICIPANT FLOWCHART



PAIN ADVISORY COUNCIL PARTNER ORGANIZATIONS



RESULTS

Analysis included all 206 responders that completed the survey with the majority (61.2%) reporting feeling dissatisfaction with the healthcare options available for pain management.

Seven main topics assessed:

1. Challenges experienced with pain management: insurance coverage, care coordination, and prescription opioid management.
2. Barriers to pain management: services being unavailable, cost, and limited time.
3. Importance of pain management outcomes: reduced pain intensity and interference, increased enjoyment of life and activities, and improved sleep.
4. Availability of current pain management resources: high levels of dissatisfaction with availability of support groups, massage/body manipulation and exercise/movement therapies, pain psychologists, specialists, and education as well as non-opioid therapy options.
5. Access: almost all had access to a smartphone (>90%), but few (33.3%) had used online resources for pain.
6. Desirable topics to be included on a digital pain management resource: chronic/acute pain and treatments, pain triggers, increasing positive activities, pain medications, managing sleep.
7. Desirable tools to be included on a digital pain management resource: customizable, include a personalized assessment with progress reports/feedback, and communication with professionals.
 - Videos were noted as the most desirable media type by responders.

More than 40% of responders reported being unlikely to find a free resource that includes the most desirable topics.

CONCLUSION

The results from this cross-sectional study were used to inform a collaborative proposal that entails building and evaluating an online pain management platform that will include preferences and topics illustrated. A long-term goal was identified to create a sustainable platform focusing on unmet needs of those experiencing pain and their care providers.

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