

## **Example of a first-time award recipient Community-based application**

\*The applicant's center name has been replaced with Center C

**Please provide a description of the therapeutic modalities your program offers.** Our weekly Pain clinics offer neurologic, interventional pain, physical medicine, psychiatric, psychological, and rehabilitative approaches to chronic pain through different models: 1. Project "X" (Formal name of Project). "X" Pain Clinic offers primary care clinicians (PCCs) and other healthcare providers a weekly didactic pain curriculum and opportunity to present difficult chronic pain cases to the Pain Team at Center C via teleconferencing. 2. Our Pain Center sees complex pain patients referred by providers throughout the state. This Center evaluates and treats patients with an interdisciplinary team approach incorporating a post-clinic treatment planning meeting.

**Please provide a description of the range of pain care services your program offers.** Multidisciplinary modalities are offered in clinics by neurologist, addictions psychiatrist, internist, physiatrists, myofascial experts and pain psychologists. X clinic, through case-based learning loops, co-manages patients in rural communities where specialty pain care is absent. Rural providers increase self-efficacy in caring for chronic pain patients who then receive patient-centered care in their own language, culture, and community. Our Pain Center also includes a physical therapist, neurosurgeon, and advanced practice nurse. Services include: diagnostic workup, medication management, myofascial trigger point injections, specialized interventional pain procedures, physical therapy evaluation, psychiatric and addictions assessment and treatment, and cognitive behavioral therapies.

**The following features of the program provide evidence that the care provided is patient centered, state-of-the-art, evidence-based, cost-conscious, culturally appropriate, and safe.** We provide evidence-based best practice care: X Pain Clinic brings patient-centered expertise at no charge to rural communities through local PCCs who are sensitive to their patients' cultural diversities. Formal written recommendations from our pain experts are provided to PCCs immediately. The Medical Board endorsed this novel clinic as a model to provide safe, effective pain management, and to provide balance in opiate prescribing. Not only do patients save many hours driving, but tremendous reductions in carbon emissions are saved through this model. Our Pain Center is the only clinic that provides multidisciplinary pain management to all people in our state.

**The following demonstrates how your program provides access to multidisciplinary and multimodal care, and offers access to other specialists in a variety of disciplines to ensure expert care.** Our X Pain Team identifies regional primary care "champions" who have demonstrated competency in managing common pain conditions. These clinicians present cases (to X) that were referred to them by community colleagues, thus multiplying efforts and leveraging scarce resources by shaping demand. PCCs who present cases in X Pain Clinic have direct access to pain experts who provide multidisciplinary direction for multimodal care. PCCs are offered two-day training at Center C, promoting networking and providing access to pain experts. Our Pain Center is physically located within the hospital and allows for easy communication to other specialists, neuroradiologists, and support services.

**The following reveals how your program or the individuals who staff it act as local champions to improve pain management in systems of care that are related to the program, or are regional or national.** Improvements in pain management are approached within many systems of care by expert champions who speak at statewide conferences, collaborate with FQHC, community hospitals, and the Patient Centered Medical Home NCQA accredited PCCs. We stress best practices, promote affiliation with national pain societies and offer incentives for PCCs to sit for national credentialing exams. TJC showcased our innovative advances in pain management: comprehensive pain prescribing and mandatory training for hospital nursing staff. Portions of the X Pain model are being adapted by the University of W. Our clinics are the only fully multidisciplinary pain programs in the state.

**The following exemplifies your program's innovation and the manner in which it serves as a model of excellence in the structure, processes and outcomes that result from the management of pain.** Our unique X model gained national and international attention through research publications and is being replicated in several academic centers. Pain X Clinic was awarded Honorable Mention by the APS in 2010. By rural providers becoming local champions of pain, they can then teach their local colleagues. This innovative model acts to exponentially multiply the efforts of the Center's Pain Teams. A clinical outcomes protocol will soon be submitted to IRB for approval and will measure pain improvement over time. Unique 2-Day training with our pain teams for rural PCCs is a popular addition this year.

**The following demonstrates the ways in which your program or its staff actively work with other health care organizations and the community to improve the quality of pain management across the continuum of care.** We actively work with the DOH, Our Center's Health Sciences Center, 3 rural residency programs, primary care clinics, FQHC, and IHS. Our Pain teams have hosted visits from legislators and health organizations such as the VA, the Gates Foundation, IHS and other academic institutions to discuss innovative solutions to improve the quality of pain management. The State Medical Board has recommended participation with X Pain clinic for physicians with prescribing stipulations on their licenses. We work closely with addictions specialists, mental health providers, palliative care experts, pediatrics and social work as we manage pain across the continuum of care.

**The following highlights your program's commitment to advancing scientific knowledge related to pain and making relevant information available to patients, colleagues and the public.** 1. Patients are provided materials from nationally recognized pain foundations and benefit from PCCs who are local pain champions. 2. Colleagues utilize standardized pain assessment materials, evidence-based equianalgesic dosing guides, and controlled substance agreements. X clinic offers a year-long pain curriculum that is topical, engages diverse faculty, discusses latest research in Journal Club forums, and promotes credentialing through national sources. A statewide Pain Conference is being planned for 2011. 3.(Provided site link) provides educational videos on Pain management to the public. Topics include: Chronic Pain and Neurology, Pain and Addictions, Controlled Substances Agreements, and Complimentary Alternative Management of Pain.