



Eaton Rapids  
Medical Center

## **Integrated Care**

Pain Management & Behavioral Health

Presented by: Tara Calabro and Julia Sabo



## Objectives

- ❑ Explore alternatives to opioid prescription that can be implemented with the help of integrated behavioral health within the primary care setting.
- ❑ Share the Pain Management reform that has occurred at Eaton Rapids Medical Center Family Practice.



## Goal

- ❑ To provide safe and effective care for patients experiencing pain
- ❑ Changing prescribing to be consistent with current evidence-based standards for primary care





## **CDC Guidelines for Primary Care**

- ❑ Opioids are not first-line or routine therapy for chronic pain
- ❑ Establish and measure goals for pain and function
- ❑ Discuss benefits and risks with patients
- ❑ Discuss availability of non-opioid therapies with patients





## Non-Opioid Treatment Options

- Physical Therapy
- Progressive Restrengthening
- Exercise/Weight Management
- Hydrotherapy
- Functional Restoration
- Side Effect Management/Monitoring
- TENS Unit
- Acupuncture
- Massage
- Manipulation Therapy
- Behavioral Health



# Becoming More Comprehensive

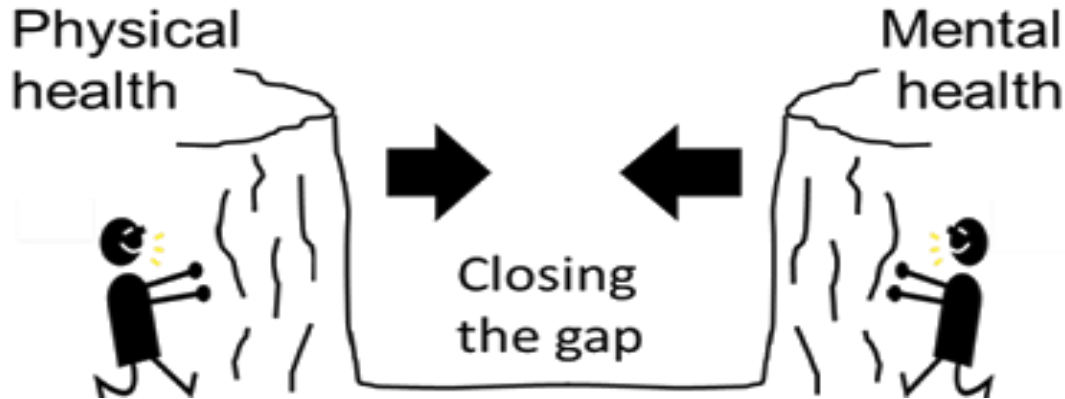
- Type of pain
- Source of pain
- Potential for addiction and/or misuse
- Functional status
- Psychosocial risks
- Medical co-morbidities
- On-going response to treatment





# Integrated Care

- ❑ Addressing physical and behavioral health conditions
- ❑ Our focus is in primary care





# ERMC Integrated Care Team

- ❑ Physician
- ❑ PA/NP
- ❑ Care Coordinator
- ❑ Behavioral Health Consultant
- ❑ Medical Assistants
- ❑ Referral Specialist
- ❑ Receptionists





# Who Are Behavioral Health Consultants?

We utilize:

- LMSW
- LLMSW
- Master's Level Interns



**QUALIFIED**



# Clinical Integration of Behavioral Health

Behavioral Health Consultants will help to:

- Assess chronic pain, trauma, and addictions
- Help patients manage pain and/or addiction
- Learn coping skills for pain management
- Shift mindsets





# Updated Pain Management Contracts

- Random drug screening
- Functional assessment
- Participation in functional restoration
- MAP monitoring
- Pill counts at every appointment
- Attendance and participation in all aspects of pain management



# Violations of Pain Management Contract



- Patient will be safely tapered off medication
- Patient referred to appropriate resources for care (ie: pain management specialist, addiction counseling and recovery, etc)
- Patient will be encouraged to continue with our practice for non-pain management care



## Criteria for Pain Management Referral

- Scope of care is beyond CDC guidelines for primary care
- Patient is not improving with prescribed therapies
- Patient is a candidate for spinal injections/blocks
- Patient requires >90 MEQ of morphine daily
- Patient requires >90 pills per month to manage pain

# Notifying Patients & Community



- Letters mailed to all patients who are currently on controlled substances for pain
- Facebook/Social Media
- New Patient Letter
- Poster Campaign (see next slide)

# Poster Campaign:

**DID YOU KNOW?**

There is **NO** evidence of benefit for chronic pain from long term use of opioids!

There are serious side effects to opioids, including fatal respiratory depression and potentially serious lifelong opioid use disorder, which results in more distress and an inability to fulfill major role obligations.

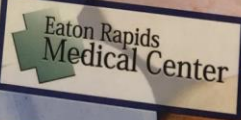
The common side effects of opioid medications include:

- Constipation
- Dry mouth
- Nausea
- Vomiting
- Drowsiness
- Confusion
- Tolerance
- Physical Dependence
- Withdrawal Symptoms

It is illegal to drive a car or other motor vehicle when impaired by opioids!

Your quality of life can be improved through:

- Cognitive Behavior Therapy
- Physical Therapy
- Weight Loss
- Water Aerobics

 Eaton Rapids Medical Center

There are medications for pain approved by the FDA for chronic pain that are not opioids!

OPEN

FOR

DISCUSSION