



Eaton Rapids Medical Center

Integrated Care

Pain Management & Behavioral Health

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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

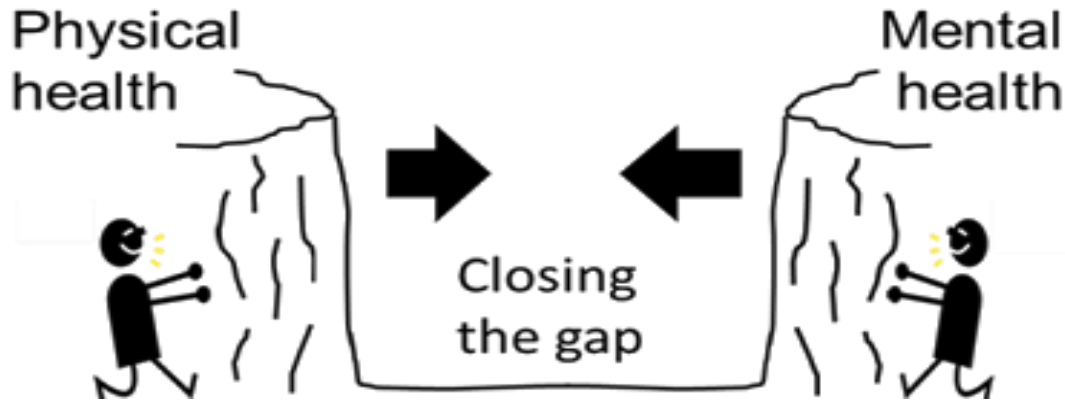
- Type of pain
- Source of pain
- Potential for addiction and/or misuse
- Functional status
- Psychosocial risks
- Medical co-morbidities
- On-going response to treatment





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 Consultants
- Medical Assistants
- Referral Specialist
- Receptionists





Who Are Behavioral Health Consultants?

We utilize:

- LMSW/LLMSW
- LPC/LLPC
- Master's Level Interns





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





Billable Encounters



Primary billing (CPT) codes:

Psychotherapy, 30 min → **90832**

BH Assessment (health focused clinical interview, behavioral obs, health-oriented questionnaires), each 15 min face-to-face w pt → **96150**

BH Reassessment → **96151**

BH health & behavior intervention, each 15 min, face-to-face, ind → **96152**



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





Screeners & Assessments Used for Chronic Pain Management

- ❑ **PHQ-9** (Depression)
- ❑ **GAD-7** (Generalized Anxiety)
- ❑ **POQ-SF** (Initial/Annual Functionality)
- ❑ **PEG** (Follow-up Functionality)
- ❑ **SOAPP-R** (Initial Addiction/Misuse)
- ❑ **COMM** (Follow-up Addiction/Misuse)

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