

Introduction

The **objective** of this poster is to provide information on initial implementation of photo-elicitation (PE) and online group support to improve function in patients living with chronic pain.

Context

- 100 million Americans Living with Pain.
- Helping patients with chronic pain is a major issue in primary care.
- Traditional approaches are often ineffective.

Study Aims

- Primary Aim: capture impact of PE + online group support on patients' pain experience, and function using a 3-item measure of pain (PEG: Pain intensity [P], Enjoyment of life [E], and General Activity [G])
- Secondary Aim: assess the effectiveness of the intervention on improving:
 - Self-efficacy (PSEQ)
 - Chronic Pain Acceptance (CPAQ – 8)
 - Patient-centeredness (Moira Stewart's measure of patient-centeredness)

Design and Participant Inclusions

- 18 practices of the American Academy of Family Physicians, National Research Network (NRN).
- Cluster-randomized, phased implementation design.
 - 3 waves
 - 6 practices in each wave (3 intervention; 3 control)
- Patients with chronic pain with at least 2 visits in the last 6 months and their treating physicians.

Intervention

- Patients are photographing images they feel best capture their chronic pain experience and discussing these photographs with their clinicians at subsequent visits.
- Patients are engaging with other patients in a private Facebook group for support.
- Intervention group clinicians are to ask questions about patient photos, and to use a chronic pain guideline as they choose.

Anticipated Results

Collaborative, image-based discussions between patients and providers, and also social support, can break the verbal barrier between patients and their doctors, and improve the patient-centeredness of the interaction.

- Demonstrated usefulness of this intervention to shift focus from pain elimination to function
- PE plus online group support will...
 - Encourage Collaborative Discussions about patients' chronic pain condition
 - Improve self-efficacy to manage chronic pain
 - Improve chronic pain acceptance
 - Improved patient-centeredness of the office visit

Intervention Examples

Facebook Examples

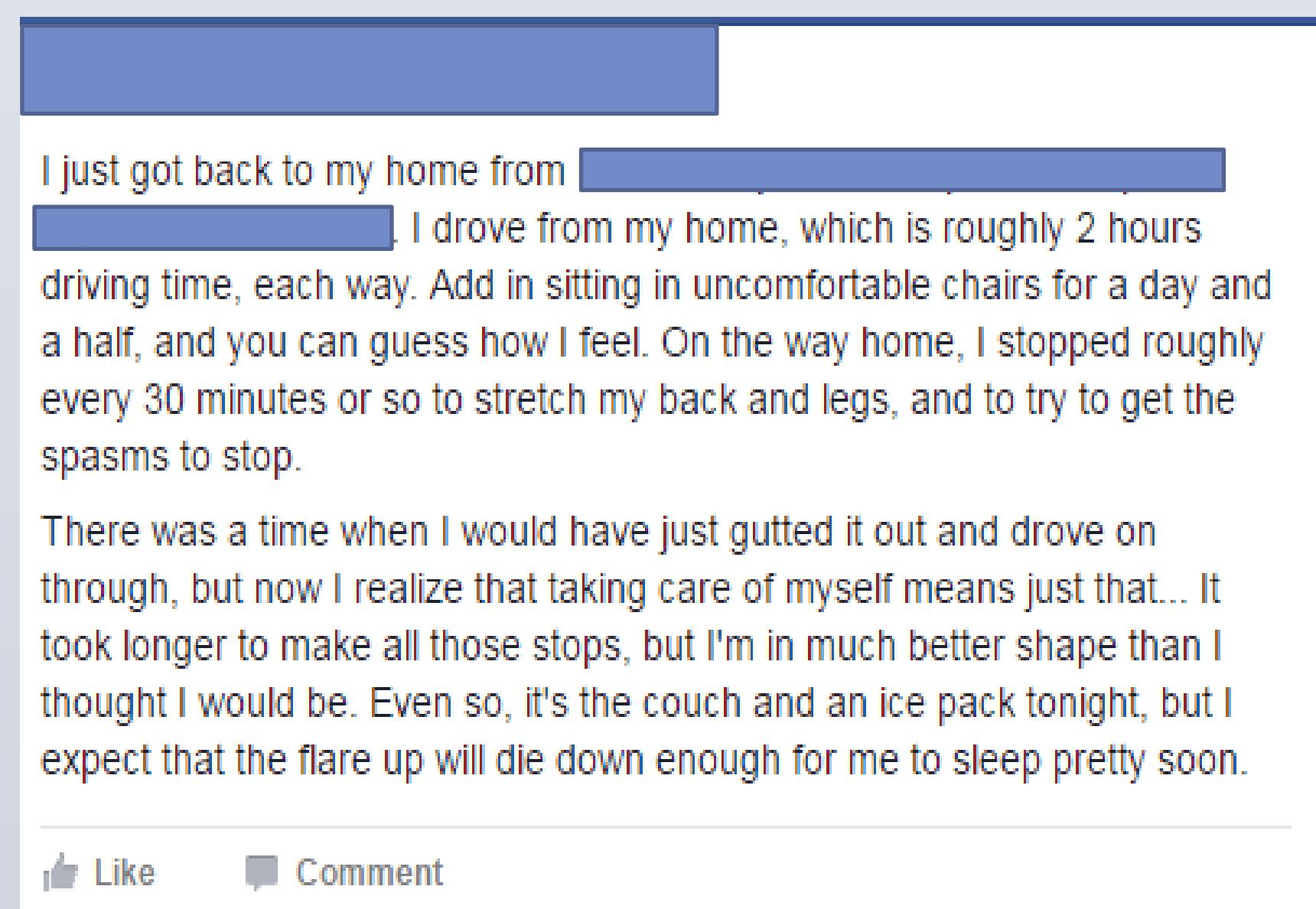


I just read some of the other members comments and understand how they feel. I am lucky that I am able to hold down a full time job with the pain medication I am currently taking (generic version of Vicodin). I've been functioning for years like this and am able to know how much I can do and can't do...which, when I overdo it I'm down for the count!

Unlike · Reply · 1 · October 20 at 11:36am

thanks for posting! Glad to hear that you are able to function as well as you do. Are there any tricks you have for getting through it when you are "down for the count"?

Like · Reply · October 20 at 8:44pm



Example of Photo-elicitation

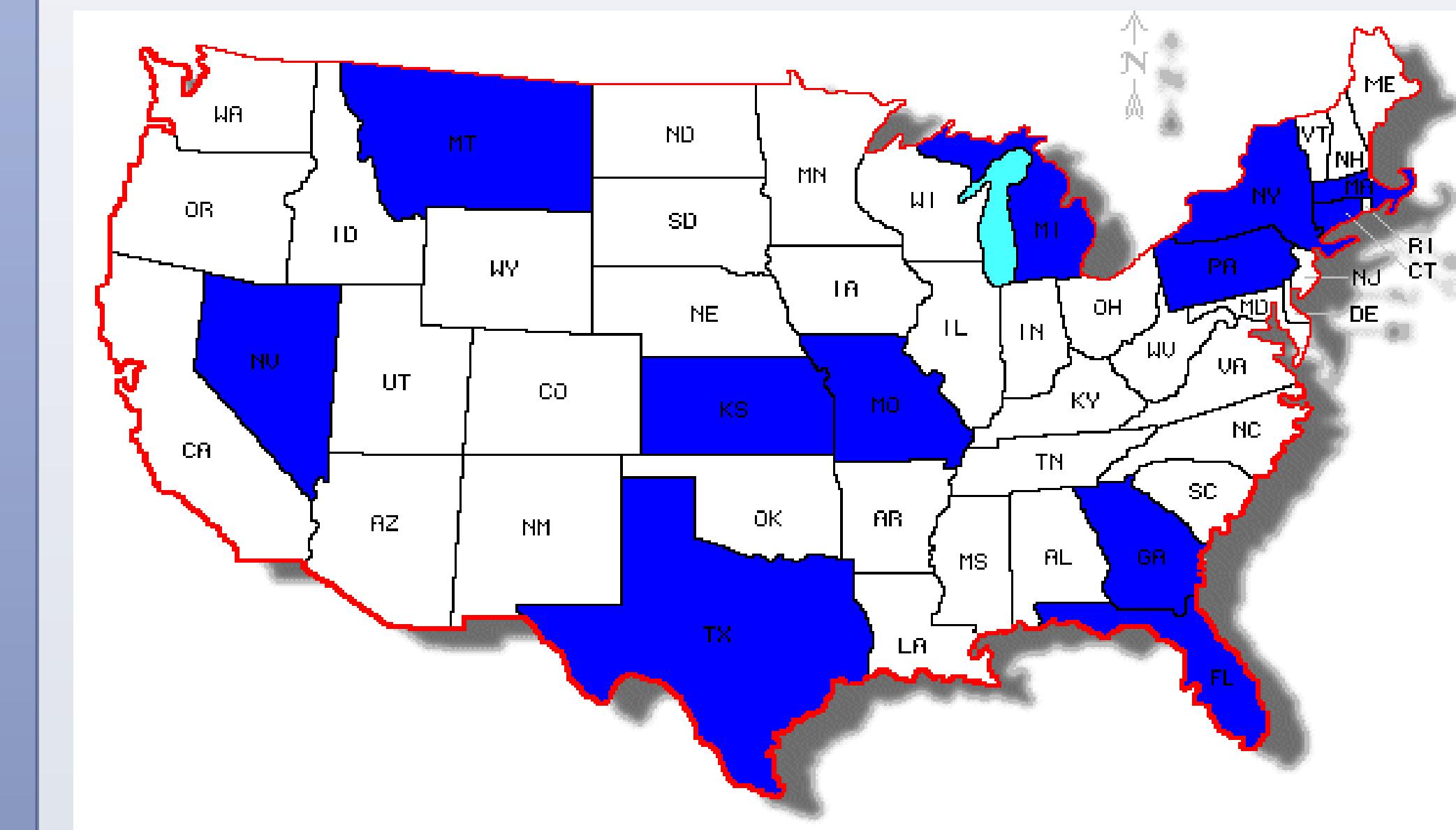


Patient: It is representative of how I deal with the medical care that I receive. On one side is a clearly defined area, where an organized planting will take place. This is the way I view traditional medicine. And notice that it takes up the majority of the garden, just as traditional medicine makes up the majority of how I deal with my pain. However, on the other side we see that is wilder, untamed. This refers to the rest of how I deal with medical aspects: utilizing meditation, acupuncture, chiropractic, and anything else I can assist in creating a world where I am not overwhelmed with facing the fact that I hurt.

Successes

Recruitment and Enrollment: 8 of the 18 practices are recruited and enrolled (see Figure 1. for locations). 47 patients enrolled with completed demographics.

Figure 1. Map of Recruited and Enrolled Practices



Collaboration with NRN investigative team: The University of Missouri's collaboration with the NRN has contributed to the following:

- Sustainable practice facilitation
- Increased recruitment and enrollment activities
- Rapport building with practices in the network
- Protocol development and implementation
- More opportunity for university investigators to engage with patients
- Networking opportunities

Challenges**Data Collection and Management**

- Evolving Methodology – IRB challenges
- Changing personnel
- REDCap challenges:
 - "Separate Projects" for each survey does not allow for a streamlined reporting process
- Some patients are unfamiliar with using a tablet.
- Facebook enrollment:
 - "Secret group" settings make it difficult to easily add patients to the group
 - Some patients are slow to setting up a Facebook account/accepting the moderators request, therefore, unable to be added in a timely manner

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