



# AMERICAN ACADEMY OF FAMILY PHYSICIANS

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## F O U N D A T I O N

### **Abstract of Study Funded by the Research Stimulation Grant Program in 2013**

#### **Understanding & Overcoming Systematic Barriers to Pain Management in Family Practices in Rural Appalachia (G1303RS)**

*Principal Investigator:* Matthew E Rafalski, MD

*Co-investigator:* Fred Tudiver, MD

*Institution:* East Tennessee State University, Quillen College of Medicine,  
Department of Family Medicine, Appalachian Research  
Network

#### **Abstract**

The challenge of responsible pain medication prescribing and chronic pain management is a constant concern to physicians, in particular, family physicians. The leading cause of accidental death in Tennessee is unintentional drug overdose<sup>1</sup> and nationally, most prescription painkillers are prescribed by primary care doctors and dentists, not specialists<sup>2</sup>. Drug overdose deaths are the highest in the southwest and in Appalachia.<sup>3</sup>

AppNET a rural primary care PBRN directed by researchers at ETSU Department of Family Medicine is interested in studying the problem of prescription drug abuse/misuse and started by conducting five focus groups. The next step is to run a pilot project which will design a survey instrument to assess family physician knowledge, attitudes and methods for effective and responsible prescribing of pain medication. The proposed objectives for the currently proposed project are to design this survey developed from and informed by the focus group data and to test the validity of the survey.

The investigators intend to use the survey results to improve policies and practice guidelines for family medicine clinics. Results of the survey, along with the process, will be written up for publication and presented at local, state and national meetings.

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<sup>1</sup> Centers for Disease Control and Prevention. Policy Impact: prescription painkiller overdoses; <http://www.cdc.gov/homeandrecreationalafety/rxbrief/> accessed February 28, 2013

<sup>2</sup> *ibid*

<sup>3</sup> Daly, EM Oxywatchdog Monitoring Prescription Drug Addiction Tennessee tops charts for pill sales, overdose deaths; <http://oxywatchdog.com/> Dec. 31, 2012, accessed on January 29, 2013