

Key Policy & Advocacy Initiatives to Improve Pain Care

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**Opioid
Response
Network**

Disclosures

Commercial Support/Sponsorship:

There is no commercial support for this training.

Conflict of Interest:

In accordance with continuing education guidelines, speakers and planning committee members are asked to disclose relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Faculty: Cindy Steinberg has no relevant financial relationship(s) with ineligible companies to disclose.

Planning Committee Members: Have no relevant financial relationship(s) with ineligible companies to disclose. .

Mitigation Steps Implemented:

There were no reported financial relationships to be mitigated.



About Me

- ✧ Live w/ chronic pain- my back was crushed in an accident > 20 years ago
- ✧ Started a support group as volunteer still running for 23 years; >500 people living w/pain
- ✧ Changed my career to focus on improving pain care in this country through public policy
- ✧ Working on state pain policy since 2008 & federal pain policy since 2013



US Pain Foundation

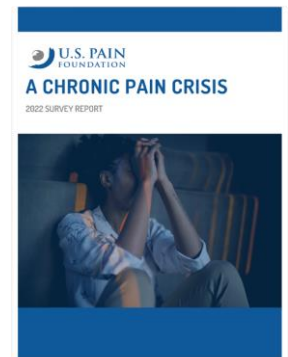


- ✦ **Our mission:** to empower, educate, connect, and advocate for individuals living with chronic pain and chronic illnesses and serious injuries that cause pain, as well as their care partners and clinicians.
- ✦ National non-profit patient organization



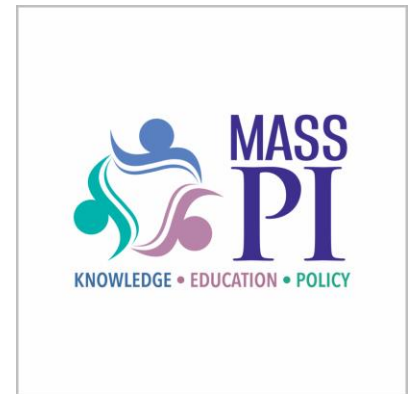
US Pain Foundation Programs

- ✦ Policy & Advocacy
- ✦ Invisible Project
- ✦ Support Groups
- ✦ Pediatric Pain Program
- ✦ Pain Awareness Month Campaign: Pain Research for 2023
- ✦ Educational Programs: Webinars, Blogs, Training Series
- ✦ Surveys
- ✦ Building Your Toolbox
- ✦ Printed Material: Infographics, booklets, rack cards



Massachusetts Pain Initiative

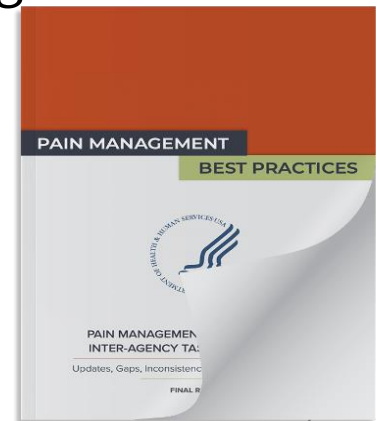
- ✦ Mission: MassPI is dedicated to improving the quality of life for people suffering from pain through professional education & policy advocacy
- ✦ State-based non-profit healthcare provider organization
- ✦ Policy Council
- ✦ Education Council



Key Federal Pain Policy Initiatives

Pain Management Best Practices Task Force Report 2019

- ✧ Mandated by Congress in Comprehensive Addiction & Recovery Act
- ✧ 29 experts appointed by HHS Secretary; I was only patient advocate
- ✧ Informed by extensive review of research, > 9,000 public comments, public hearings, prominent speakers
- ✧ Charge was to identify best practices, gaps & recommendations to address gaps
- ✧ Final Report endorsed by 165 h/c organizations including:
 - American Medical Association
 - American College of Physicians
 - American Academy of Pain Medicine
 - Association of American Physicians & Surgeons



What is the best way to manage pain now?



Comprehensive: assessment, diagnosis, development & revision of patient-centered treatment plan



Individualized: in selection, duration & consideration of risks & benefits of treatments & optimal dosing of any medication



Multidisciplinary and integrative: combining a full range of pharmacological and non-pharmacological treatments



Combining Multiple Treatments Drawn from 5 Categories



✦ Medication

✦ Restorative Therapies



✦ Interventional Procedures

✦ Behavioral Health Approaches



✦ Complementary & Integrative Health



Individualized Treatment Plan

- ✧ If each therapy reduces pain by 10 – 15%, combination of 3 or 4 treatments could lead to a 30 – 45% reduction in pain
- ✧ Result is a HUGE difference in function & quality of life
- ✧ Could make the difference in being able to play w/ your child or not, socialize w/ friends or not & work part time or not
- ✧ Goal of medical management is to reduce the pain enough to allow active patient engagement & function



CMS Improving Chronic Pain Treatment

- ✦ Beginning Jan 1, 2023 Medicare has implemented 2 new chronic pain billing codes
- ✦ G3002 covers monthly visits with any MD, DO, NP, PA of at least 30 min for comprehensive pain care
- ✦ G3003 allows for unlimited 15 minute add-on time for chronic pain mgmt & treatment monthly
- ✦ Tasks covered include: diagnosis, assessment, use of pain rating tool, development & revision of treatment plan, overall mgmt, medication mgmt, crisis care
- ✦ Also includes care coordination with other practitioners & pain and health literacy counseling



Key State Pain Policy Initiative

MA CARE Act passed in 2018 (primarily a substance use disorder (SUD) bill)

- ✧ However, in response to fact that so many pain patients had been forced off opioids and not given other options for pain control
- ✧ Able to include several key pain provisions in this bill
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- ✧ One designed to improve access to non-opioid treatment options
- ✧ Provision requires private & public payers to “provide coverage & access to a broad spectrum of pain management services”
- ✧ Bill also required payers to offer these pain services as a condition of accreditation, distribute educational materials to providers & make pain management plans publicly available on website



Key State Pain Policy Initiative

- ✦ Language of bill req'd Division of Insurance (DOI) to issue guidance
- ✦ Worked with DOI to craft guidance
- ✦ Payers had to offer 2 alternative non-opioid medications & 3 non-medication treatment modalities
- ✦ Requirements took effect January 1, 2020
- ✦ BC/BS of MA now covers 12 acupuncture visits with no prior authorization (PA) for chronic pain management diagnosis
- ✦ Other plans added chiropractic, cognitive behavioral treatment for pain, and mindfulness-based stress reduction



Key State Pain Policy Initiative

- ✧ U.S. Pain Foundation has been working in 3 other states to develop, introduce and move similar bills to improve coverage for multidisciplinary pain care
 - Work with volunteer advocates that we train on the ground in those states (NH, NY, CA)
- ✧ In 2021, began working to modify HB 247 with Drs. Dave Nagel, Seddon Savage & NH Medical Society
 - Focus on payer coverage of multidisciplinary pain care



Key State Pain Policy Initiative

- ✦ HB247 included requirements for practitioners to recommend certain non-medication therapies to every patient w/ chronic pain (CP) before prescribing an opioid, non-opioid directives & required coverage of a few selected therapies (eg. Chiropractic, acupuncture, PT, OT)
- ✦ Redrafted the bill to make certain improvements & then Dave became a NH House member and has begun to steer this process.
- ✦ Hopefully, he will tell us what he has accomplished so far.

Thanks for listening!

