



Chronic Pain Initiative Work Plan

This document outlines the plan to generate the deliverables for this initiative:

1. A system-focused implementation plan to support patients and providers in the optimal management of chronic pain (musculoskeletal pain of over 3 months' duration), including recommendations for an evaluation plan
2. A policy statement focused on local and/or State changes that could reduce the impact of and enhance prevention of chronic pain in the St. Louis region, and potentially, the State of Missouri
3. A communication plan to raise awareness of the pervasiveness and impact of chronic pain on individuals and communities

1. Implementation Plan

Description of the Implementation Plan

The Implementation Plan will build on the *Orthopedic Referral Study* findings, recommendations, and responses, with a focused emphasis on the underlying issue of chronic pain. The implementation plan will include a regional assessment of chronic pain management, barriers, and best practices, as well as a broader review of evidence-based expert practices nationally and internationally. Feedback and recommendations will be captured from multidisciplinary stakeholder interviews, focus groups, and existing regional health forums. Implementation design will be system-focused, multi-disciplinary, trauma-informed, and pragmatic to support patients and their providers. The plan will incorporate tiers of potential implementation, responsive to the rapidly changing landscape of healthcare delivery models and resources.

Aims of the Implementation Plan

1. Document current regional approaches and experiences with chronic pain management and prevention.
2. Research best practices to reduce chronic pain, with attention to successful local and national/international models.
3. Identify current barriers to reducing chronic pain regionally.
4. Generate recommendations that directly support patients and their providers to minimize chronic pain.
5. Design the action plan with timeline to implement recommendations.

2. Policy Statement

Description of the Policy Statement

The Policy Statement will assess the regional burden of chronic pain, review public health best practices in the realm of chronic pain, identify barriers to reducing pain, and generate recommendations to optimize pain management and prevention. The current impact of chronic pain will be measured for the GBH population via ICD-10/CPT/referral data, and available regional hospital and statewide data related to chronic pain will be reviewed. The ripple effect of chronic pain on patients, families, colleagues, and communities will be collected via individual and group stakeholder interviews. Current policies relevant to chronic pain will be reviewed. Best practices and barriers to optimal care will be identified from stakeholder interviews, focus groups, regional health forums, and review of the peer-reviewed literature. Policy recommendations will build on those already generated by the *Orthopedic Referral Study*, but will focus on the broader issue of chronic pain, within and beyond the musculoskeletal system. They will be generated, reviewed, and ranked by the stakeholder interviews and regional health forums. Recommendations for regional and state-wide policy change will focus on both the management and prevention of chronic pain.

Aims of the Policy Statement

1. Assess the current regional burden of chronic pain.
2. Research best practice systems that minimize the prevalence and impact of chronic pain.
3. Identify current regional and statewide policies that currently impact the treatment of chronic pain.
4. Document specific policy recommendations to (1) optimize management of chronic pain and (2) prevent the development of chronic pain.

3. Communication Plan

The communication plan will focus on raising awareness of the pervasiveness and impact of chronic pain on individuals and our community. It will include a broad review of effective public awareness campaigns on chronic pain across the country, as well as capture current local efforts of this public health issue.

Feedback regarding perception, alternative methods and literacy of chronic pain management will be captured from stakeholder interviews, focus groups, and existing regional health forums. The communication plan will incorporate proposed deliverables using varying mediums and social platforms based on stakeholder recommendations and national best practices on raising awareness of chronic pain.

Aims of the Communication Plan

1. Understand the perception of chronic pain among the different stakeholders.
2. Research best practices to communicate the impact, prevalence and management of chronic pain.
3. Generate recommendations that raise awareness of the pervasiveness and impact of chronic pain on individuals and communities.