

TITLE: Three pain treatment clinics in Northwest Oregon offering alternatives to opioid medication: A process evaluation

AUTHOR(S): Karen Volmar, Marc Braverman, Jangho Yoon, Diana Govier

PRESENTER(S): Karen Volmar and Marc Braverman

STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: Policy makers, health care administrators, health care providers, program developers and evaluators

ABSTRACT: There is critical need in Oregon for non-opioid alternatives to managing chronic pain. This presentation describes an evaluation of pain clinics in Clatsop, Tillamook, and Columbia Counties that use non-pharmaceutical approaches to help patients manage pain and improve their quality of life. The evaluation study, supported by Columbia Pacific CCO and conducted in 2017, incorporated individual in-person interviews with clinic coordinators and other staff, focus group interviews with clinic patients (total n=34), and individual telephone interviews with primary care physicians (PCPs) in the three counties (n=11). The evaluation sought to determine these audiences' perceived goals for the clinics, benefits to patients of participating in clinic programs, awareness/perceptions of the local medical community regarding the clinics and their goals, and factors impacting the clinics' long-term sustainability.

Among the major findings: Benefits of clinic participation, described by staff and patients, included improved quality of life, increased pain self-management capabilities, and patients' greater participation in their medical decision-making. There was some misalignment of patient/staff/PCP understanding regarding the degree to which clinics focused explicitly on reducing opioid use. Greater understanding of the clinics by PCPs will increase referrals and improve the clinics' incorporation into pain management plans. These and other findings will be discussed.

OBJECTIVE(S): Describe the role of the pain clinics in Clatsop, Tillamook and Columbia Counties in helping patients manage their chronic pain and improve their quality of life.

PRIMARY CONTACT INFORMATION:

karen.volmar@oregonstate.edu, Oregon State University