University of Washington Schools of Medicine and Nursing

Pain and Symptom Management in Rural Communities

We invite you to participate in a telehealth study addressing the impact of UW TelePain Case Conferences on pain management in rural and underserved communities.

**Background:**
- Rural communities are disadvantaged by limited access to pain medicine specialists, and inadequate pain medicine training and support for community providers (2011 U.S. Institute of Medicine Report on Pain Care in America).
- In Washington state, escalating prescription opioid use and abuse have emerged as major public health problems, resulting in more deaths related to opioid misuse than to traffic fatalities (2007), and a ten-fold increase in drug abuse treatment admissions for opioids.
- Washington state’s 2012 opioid prescribing rules now require pain specialty consultations for high-dose and high-risk patients.
- Studies show that telehealth offers positive outcomes and high satisfaction for patients, PCPs, and specialist consultants. Telehealth provides access to specialty care, support for local PCPs, and allows patients to stay local for health care.

**Study Purpose:**
To examine provider-level and patient-level outcomes of a telehealth-enhanced symptom management intervention.

**Provide Responsibilities:**

**Length of Study:** Approximately 2 to 4 months

**Study Group Assignment:** Healthcare providers (HCP) are randomized to the intervention or standard care group. Patients are assigned to the same group as their HCP.

**Compensation:** $100 check for HCPs participating in the study. If two of the HCP’s patients agree to participate in the study, the HCP will receive an additional $100 check for their time. For each additional patient who agrees to participate, the HCP will receive a $100 check. HCPs in the intervention group will receive CME credits for each UW TelePain conference attended.

**Week 0, for all:** Web-based survey for demographics and baseline assessments (10-15 minutes)

**Weeks 1 – 12, for all:** Refer patients to the study. Providers may have up to 15 patients in the study.

**Intervention group only:** Attend weekly Telepain conferences and present each patient participating in the study at one Telepain conference (30-60 minutes) and a follow-up presentation at 4 to 8 weeks after the initial presentation.

**Standard care group only:** Refrain from attending weekly Telepain conferences.

Telepain consultations can take place during our UW TelePain sessions held on Wednesdays from 12-1:00 pm and Thursdays from 7-8:00 am.

**Week 12, for all:** Follow-up survey and assessments (10-15 minutes)

**Patient Health Care Utilization and Health Care Costs:** At the conclusion of the study, the research team will collect study patient health care utilization and cost data from clinic medical record review and billing staff for a time period, 6 months prior and 6 months post the patient study consent date.

**Patient Responsibilities**

**Length of Study:** 3 months

**Compensation:** $100 check ($25 for completion of the baseline survey, $25 for completion of the 8 week survey and $50 for completion of the 12 week survey)

**Week 0-12, for all:**
- Phone interview to determine study eligibility. If participating in the study, baseline survey and assessments (30-45 minutes)
- Phone survey every two weeks (10-15 minutes)
- Phone interview at week 8 to complete final survey and assessments (30-45 minutes)
- Follow-up phone surveys at week 12 (10-15 minutes)

In addition, for intervention group patients only: Weekly assessments via web-based symptom reporting system or by phone or by paper version of the symptom reporting system (10-15 minutes)

**If you are interested in learning more, or would like to participate in this study, please contact:**

Linda Eaton, Email: lineaton@uw.edu, Phone: 206-616-9396 or Sheri Wyant, Email: swyan@uw.edu, Phone 206-616-5171

HCP_Brochure_SymptomManagement_Doorenbos_2014-09-03