

# Adapting and Implementing a Nurse Care Management Model for Rural Patients with Chronic Pain (AIM-CP)

*Phase Zero: Getting the research question right*

MPIs:

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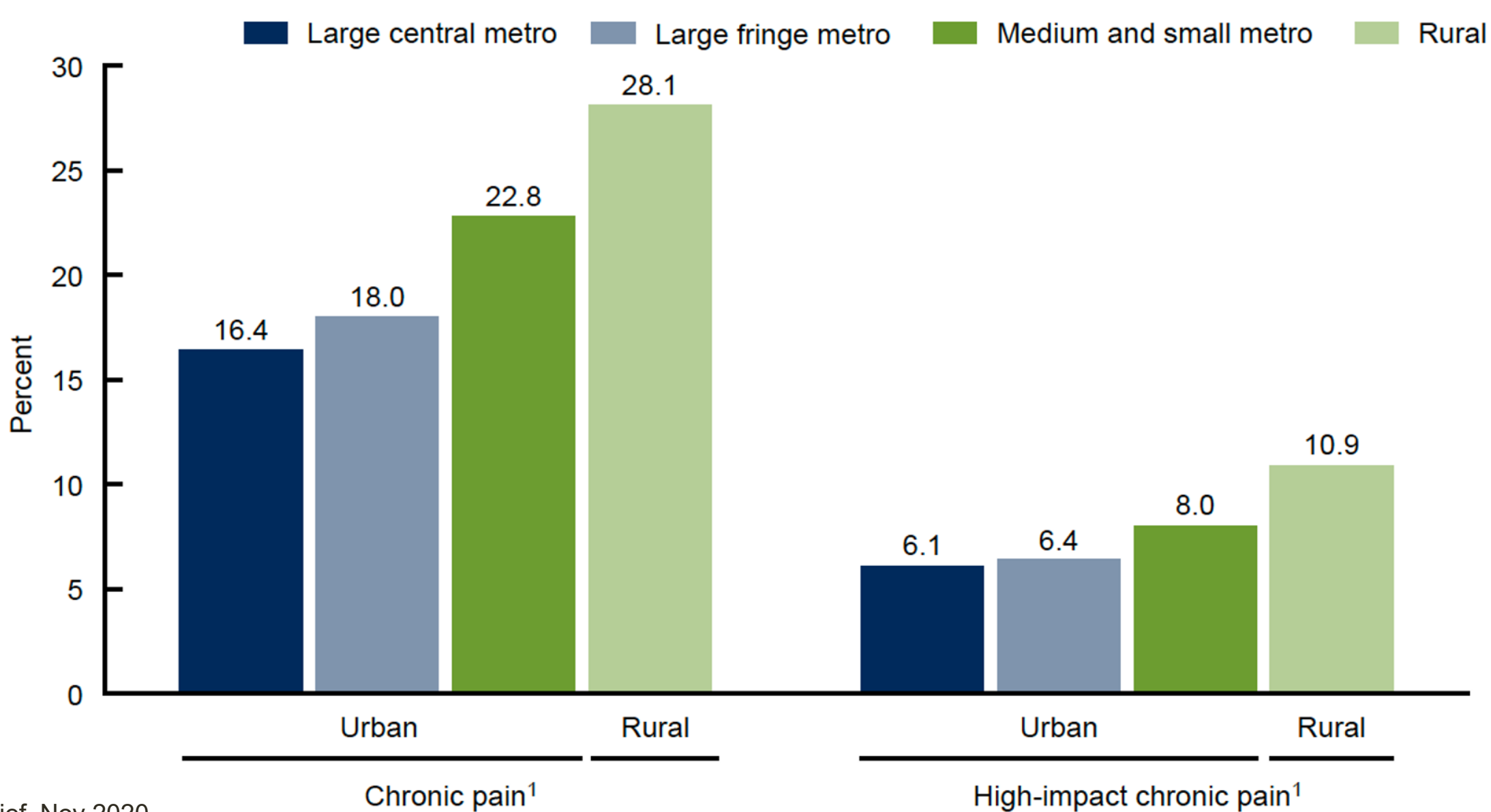
University of Washington



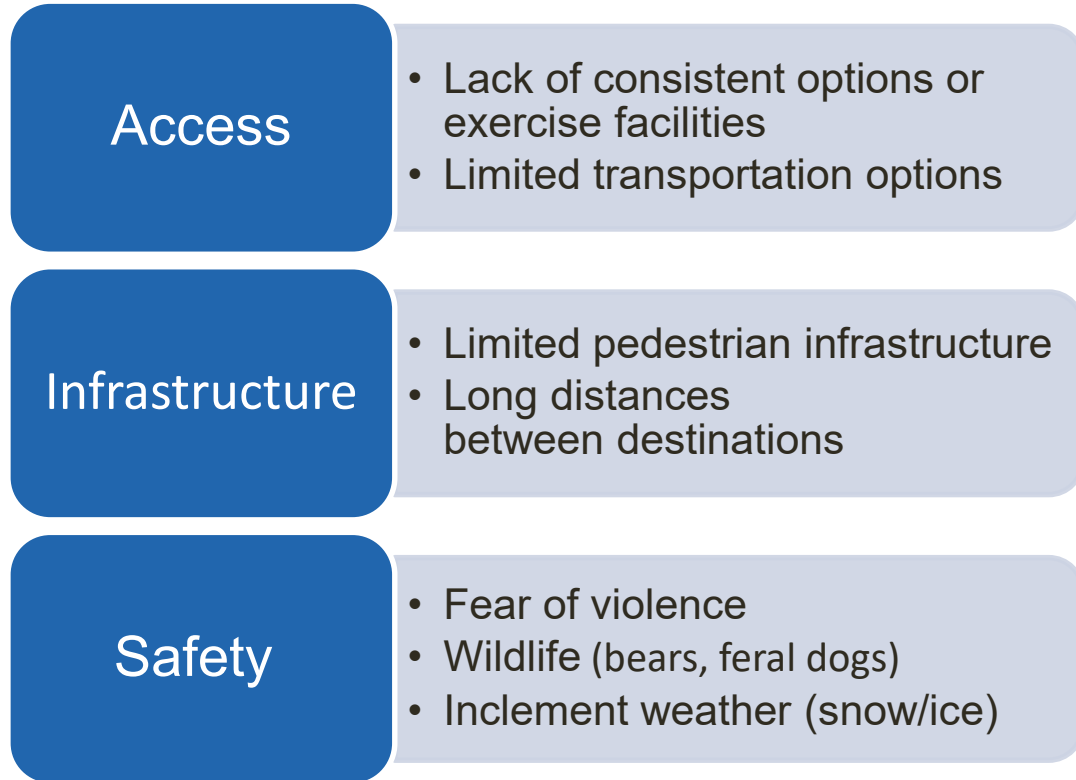
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# Prevalence of Chronic Pain and High Impact Pain, United States 2019



# Addressing Barriers to Physical Activity in Rural Areas through Tele-Exercise



# Engaging rural-serving PCPs and practices to support patients with physical activity

- Providers *recognize the importance of exercise*
- Providers felt they *lacked training and resources for discussing physical activity* with patients
- Providers *recognized the strengths and limitations of counseling their patients* on exercise
- Providers were very interested in referring patients to remotely delivered exercise programs as *patients often have inadequate access, support, and resources*

Screen for physical inactivity

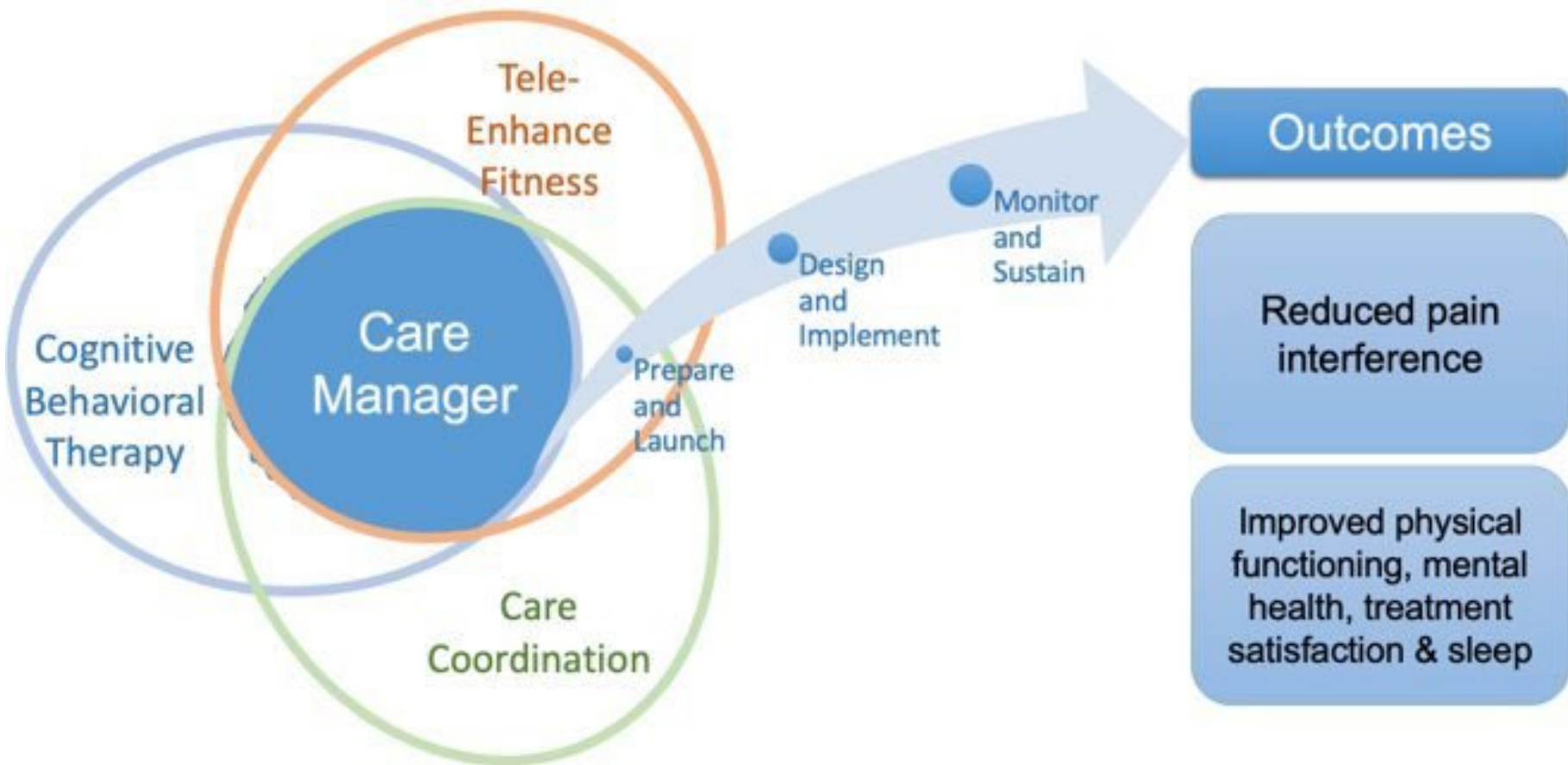


Counsel on physical activity



Refer to Tele-EF

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# PICOT for AIM-CP

## Population

- Chronic pain diagnosis
- Rural dwelling adults

## Intervention

- Care coordination
- CBT for pain management
- Physical activity counseling referral to Tele-EF

## Compare

- Usual care

## Outcome

- Pain interference measured by PEG

## Time

- 6-month intervention
- Outcomes assessed at 0, 6, and 12 months
- Primary endpoint at 6 months

# THANK YOU!

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