

AIM-CP: Adapting and Implementing a Nurse Care Management Model to Care for Rural Patients With Chronic Pain

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**NIH PRAGMATIC TRIALS
COLLABORATORY**

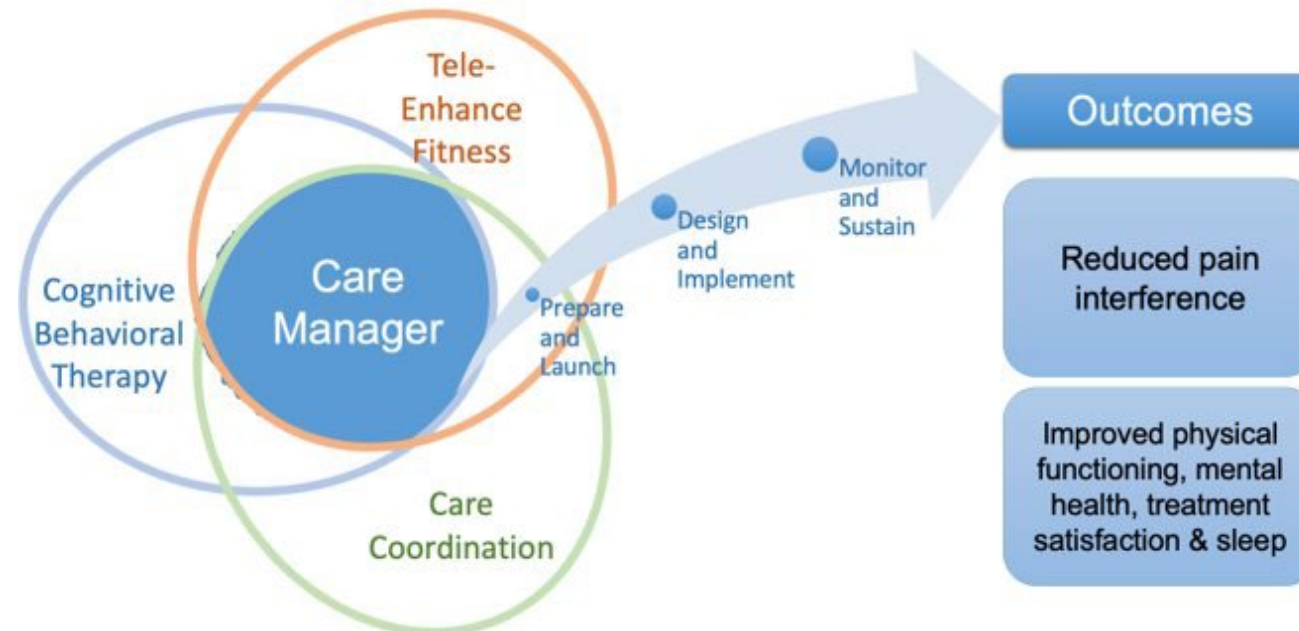
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Objective

- To adapt and test a nurse care management model to provide comprehensive coordinated care for patients with chronic pain in rural communities
- Long-term: Reduce geographic disparities in pain-related outcomes through dissemination of this comprehensive approach to chronic pain management

Care management model

- Care coordination
- Cognitive behavioral therapy
- Remotely delivered Enhance Fitness exercise program



Study population and setting

- Study population
 - Rural-dwelling adults with chronic pain
- Study settings
 - WWAMI (Washington, Wyoming, Alaska, Montana, and Idaho) region Practice and Research Network
 - Mecklenburg Area Partnership for Primary Care Research (North Carolina)

Study design

- Individually randomized controlled trial (N = 450)
- Eligibility: Adults living or working in a rural area; chronic pain diagnosis; PEG score 4+
- Intervention for 6 months
- Care manager from each healthcare system provided with training to provide intervention
- Healthcare systems paid for care manager time, part of administrative support staff's time and other study activities

Outcomes

Outcome	Measure	Data Source
Pain interference	PEG	Patient report
Pain intensity	PEG	Patient report
Physical function	PROMIS Physical Functioning Short Form 6b	Patient report
Sleep	PROMIS Sleep Disturbance	Patient report
Pain catastrophizing	Pain Catastrophizing Scale	Patient report
Depression	PHQ-9	Patient report
Anxiety	GAD-7	Patient report
Global satisfaction with treatment	Patients' Global Impression of Change scale	Patient report
Substance use disorder	TAPS-1	Patient report
Pharmacologic treatments	Medication name, dose and, if opioid, morphine milligram equivalent	EHR and/or patient report
Healthcare utilization	Hospital admissions; ED, urgent care, primary care visits	EHR and/or patient report