

# Group-Based Mindfulness for Patients With Chronic Low Back Pain in the Primary Care Setting (OPTIMUM)

## Top-Level Results



- Primary outcome: PEG significantly improved as compared to usual care control at Week 8, Month 6, and Month 12, ITT approach.
- Secondary/exploratory outcomes:
  - PROMIS-29 Pain Interference, Pain Intensity, Sleep Disturbance significantly improved as compared to control but not Physical Function, Social Roles, Fatigue.
  - Global Impression of Change: As compared to control, participants in the intervention group were significantly more likely to state improvement.

## Lessons Learned



- Embedding into primary care through telehealth caused minimal disruption to the participating clinics.
- It was necessary to collect outcomes from participants and not the electronic health record.
- Telehealth requires significant onboarding for persons not familiar with technology.

## Future Plans



- Publication of primary and secondary outcomes. Presentations at national meetings. Share with participating healthcare systems.
- Funding to address further uptake and integration into primary care.