# RAMP: Reaching Rural Veterans: Applying Mind-Body Skills for Pain Using a Whole Health Telehealth Intervention

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# Objective

- To test implementation of an evidence-based telehealth intervention to improve chronic pain self-management among rural-dwelling patients in the VA healthcare system

# Study design

- Randomized, multicenter, hybrid type 2 effectiveness-implementation pragmatic clinical trial of the RAMP program vs usual care
- 500 rural patients in the VA healthcare system

# Intervention

- Group-based telehealth program for rural-dwelling VA patients with chronic pain which integrates multiple complementary and integrative Health (CIH) self-management components (pain education, mindfulness, pain-specific exercises, and cognitive behavioral strategies) delivered using expert-led videos, with sessions led by trained facilitators

# Outcomes

- Primary effectiveness outcome: pain interference at 3 and 6 months
- Secondary effectiveness outcomes: opioid use and other outcomes in the NIH HEAL Initiative–recommended domains
- Mixed-methods assessments of research partners' and trial participants' views of implementation-related barriers and facilitators, resource needs, and other domains
- Co-creation of additional plausible strategies for overcoming implementation barriers
- Budget impact analyses using models informed by research partners' views to inform future decision-making