BACKINACTION PRAGMATIC TRIAL OF ACUPUNCTURE IN OLDER ADULTS WITH CLBP

UNIQUE CHALLENGES AT A NYC FQHC

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Population: 807 adults 65+ with chronic low back pain
Acupuncture intervention: Needling-only, developed acupuncture tx form
Primary outcome: Back pain-related disability at 6-months
FQHC POPULATION

• Including FQHCs in PCTs is critical to increasing health equity

• IFH population
  • Total N = 807; IFH N = 124 (15.4%)
  • Mean age = 71.6 years
  • 71% female
  • 43.5% High school or less education
  • 74% BIPOC, 33% Hispanic
  • Higher burden of chronic pain & disability

• Acupuncturists in private practice (other sites) vs integrated in primary care medical home (FQHC)
  • Increase continuity of care and access to care
  • Ease participant burden
PRIMARY CARE MEDICAL HOME INTEGRATION

Challenge 1
Acupuncture viewed as inaccessible by patients and PCPs

Recommendation
• Referral from trusted PCP
• Easy referrals process

Challenge 2
Usual care was a barrier to enrollment and retention

Recommendation
• Emphasize importance of usual care
• Consider wait-list control
PRIMARY CARE MEDICAL HOME INTEGRATION

Challenge 3
Lean infrastructure at FQHC impacted all aspects of trial implementation

Recommendation
• Embed research data in EHR
• Bridge research and clinic practice
• Leverage clinic operations

Challenge 4
Variation in implementation across HCSs not well understood in design phase

Recommendation
• Close collaboration with FQHCs in design and implementation of trial
• Identify core and peripheral components
CONCLUSIONS

Inclusion of underserved and minoritized populations in research and integration of acupuncture & other nonpharmacologic tx into the PCMH are critical to advancing health equity and eliminating health disparities.

Research teams, clinicians, and policy makers should consider how:

1. To reduce barriers to patient care for those with historically low access
2. To design usual care to enhance enrollment and retention
3. To overcome/supplement lean clinical and research infrastructure
4. Site variation will impact trial design and implementation
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THANK YOU

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