



A Pragmatic Clinical Trial to Improve Nonpharmacologic Pain Management in Federally-Qualified Health Centers in Utah

Patient with chronic LBP in clinic

E-referral sent from clinic EHR to BEAT PAIN team

E-referral received by BEAT PAIN team

BEAT PAIN team contacts the patient



Enroll in BEAT PAIN

Long-Term Follow-Up
Phone or web-based

Post Phase II Follow-Up
Phone or web-based

Telehealth PT

YES

NO

TREATMENT RESPONDER?

Post Phase I Follow-Up
Phone or web-based

Brief Pain Consult

Brief Pain Consult

Telehealth PT

R

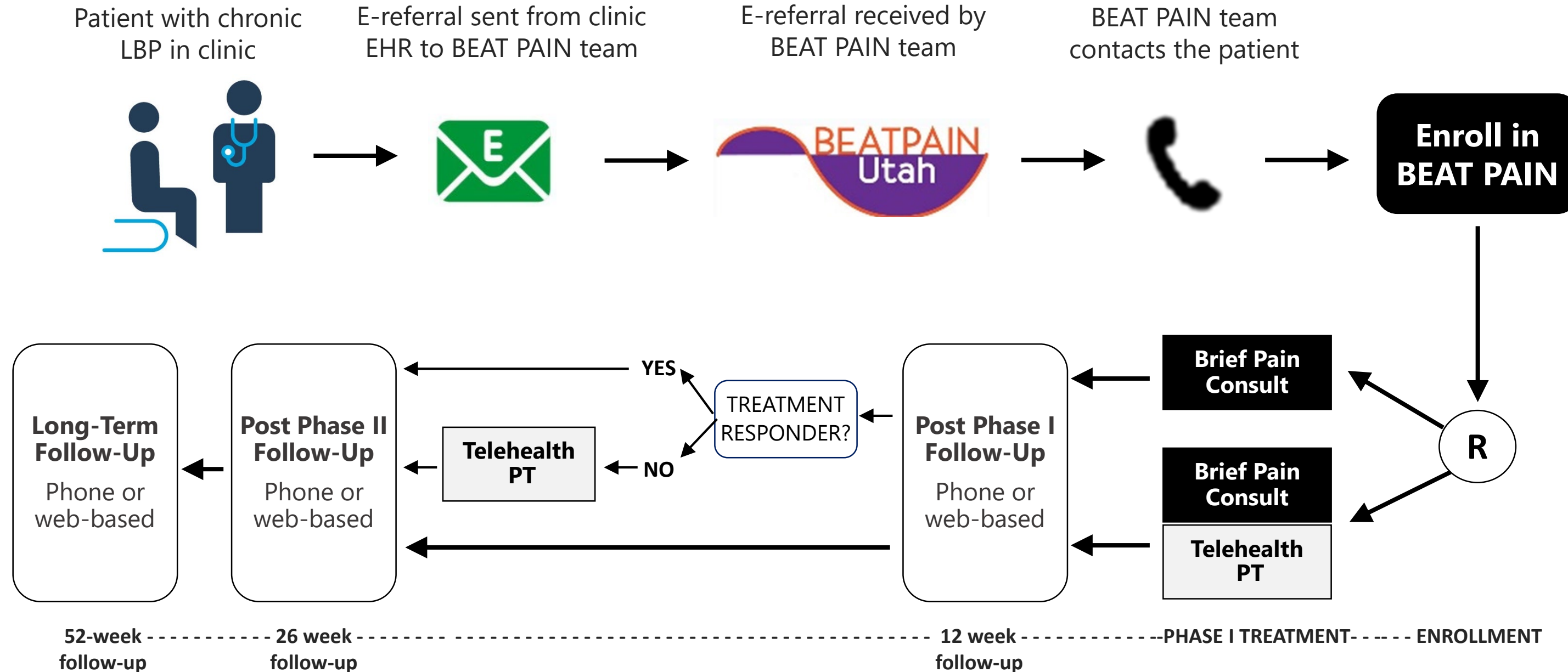
52-week follow-up

26 week follow-up

12 week follow-up

PHASE I TREATMENT

ENROLLMENT





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BARRIERS/CHALLENGES

- Cumulative impact of successive COVID waves
- Staffing challenges for providers and support personnel
- "Research fatigue"
- Restrictions on in-person opportunities for clinic staff training and engagement
- Building trust between the academic medical center and FQHC leadership, staff and communities served.



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SOLUTIONS/LESSONS LEARNED

- Improved coordination and communication among project teams conducting research in Utah FQHCs.
- Greater use of population-based strategies to identify and offer referral to patients with chronic LBP.
- Knowing when to step back.
- Ongoing research staff training on cultural competencies and justice considerations for FQHC clinics and the communities they serve.