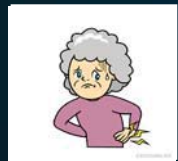


Optimum

Optimizing Pain Treatment
in Medical Settings
Using Mindfulness



Participant has
chronic low back
pain

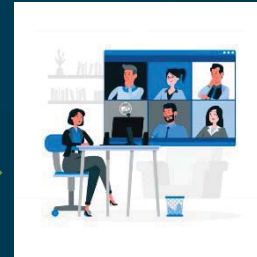


Participant is
interested, eligible, and
consents to take part in
the study



Participant
completes baseline
surveys

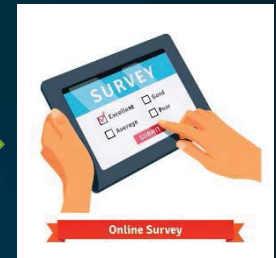
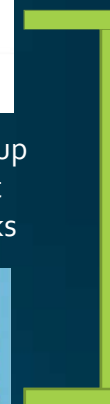
By chance



Participant gets group
pain management
program for 8 weeks



Participant gets usual
primary care by
provider



Participant completes
surveys monthly, after 8
weeks, 6 months and 12
months. Also gets
compensated for their
time

Barriers and Challenges

- Participants not familiar with technology/Zoom
- Intervention requires technology support
- Participant recruitment takes significant and ongoing effort
- Providers not familiar with mindfulness as a pain treatment
- A telehealth-delivered intervention is less visible to providers, nurses, and staff

Solutions

- Participant technology orientation
- 1-2 staff persons available at each mindfulness session or technology support
- Each healthcare system (Boston, Pittsburgh, UNC-Chapel Hill) uses opt out, provider referral, flyers, to recruit. Relationship with clinic staff critical
- Providers educated with examples of what occurs during a mindfulness session
- Providers messaged in the electronic health record of their patient participation in the study. The mindfulness visit note is forwarded to the provider