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