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ASSOCIATION FOR UTAH COMMUNITY HEALTH



**HEALTH**

UNIVERSITY OF UTAH

# **BeatPain Utah**

## **Nonpharmacologic Pain Management in FQHC Primary Care Clinics**

**NIH Pragmatic Trials Collaboratory**

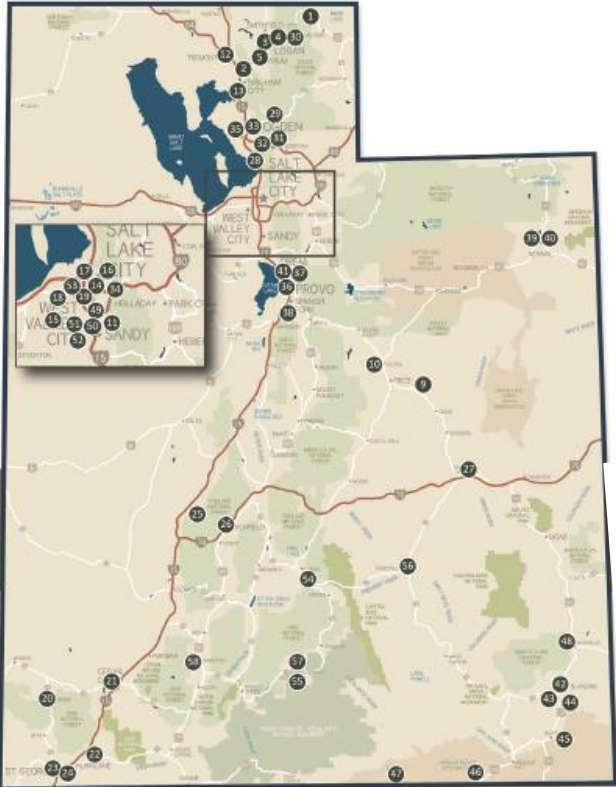
**May 16-17, 2023**

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# AUCH

ASSOCIATION FOR UTAH COMMUNITY HEALTH



14 member organizations

60 primary care clinics

165,000 unique patients

- 66% below federal poverty level
- 45% uninsured
- 47% Hispanic/Latino ethnicity
- 37% communicate in language other than English
- Half of clinics in rural/frontier counties

Center for Clinical And Translational Sciences



Center for Clinical Translational Science

College of Health

- Department of Physical Therapy

School of Medicine

- Department of Biomedical Informatics
- Department of Population Health Sciences

Center for Health Outcomes and Population Equity



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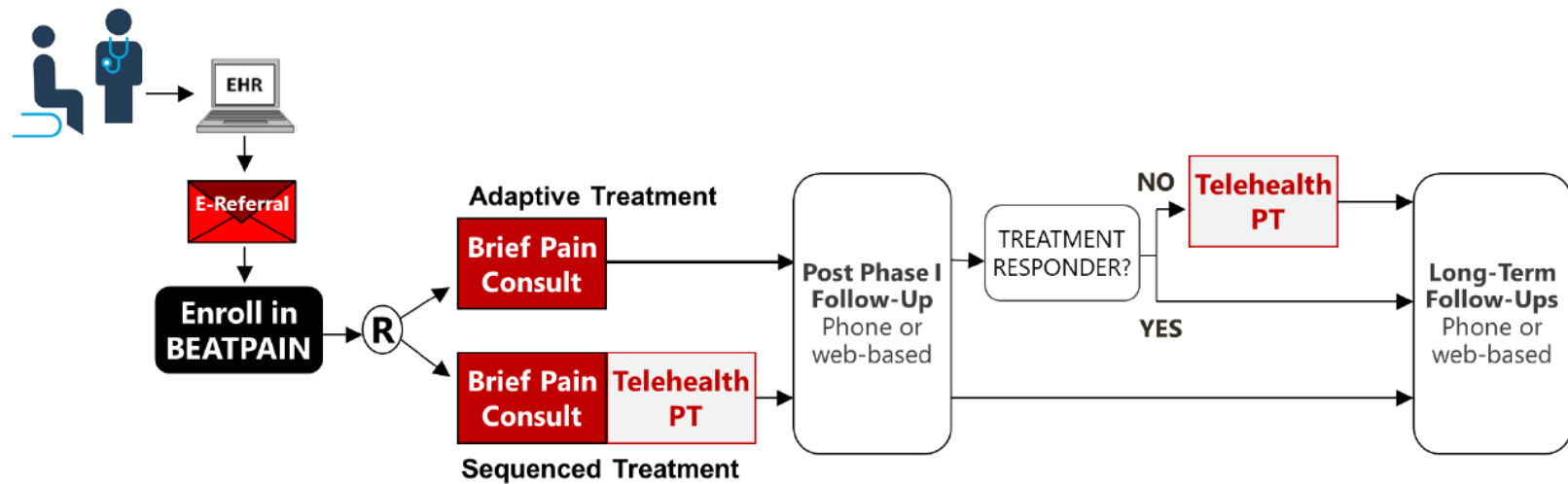
# BeatPain Utah

**Goal:** Improve pain management and reduce reliance on opioids for patients with chronic back pain in FQHCs in Utah.

**Strategy:** Hybrid I effectiveness-implementation trial.

Compare effectiveness of first-line nonpharmacologic telehealth treatments on patient-centered outcomes and opioid use.

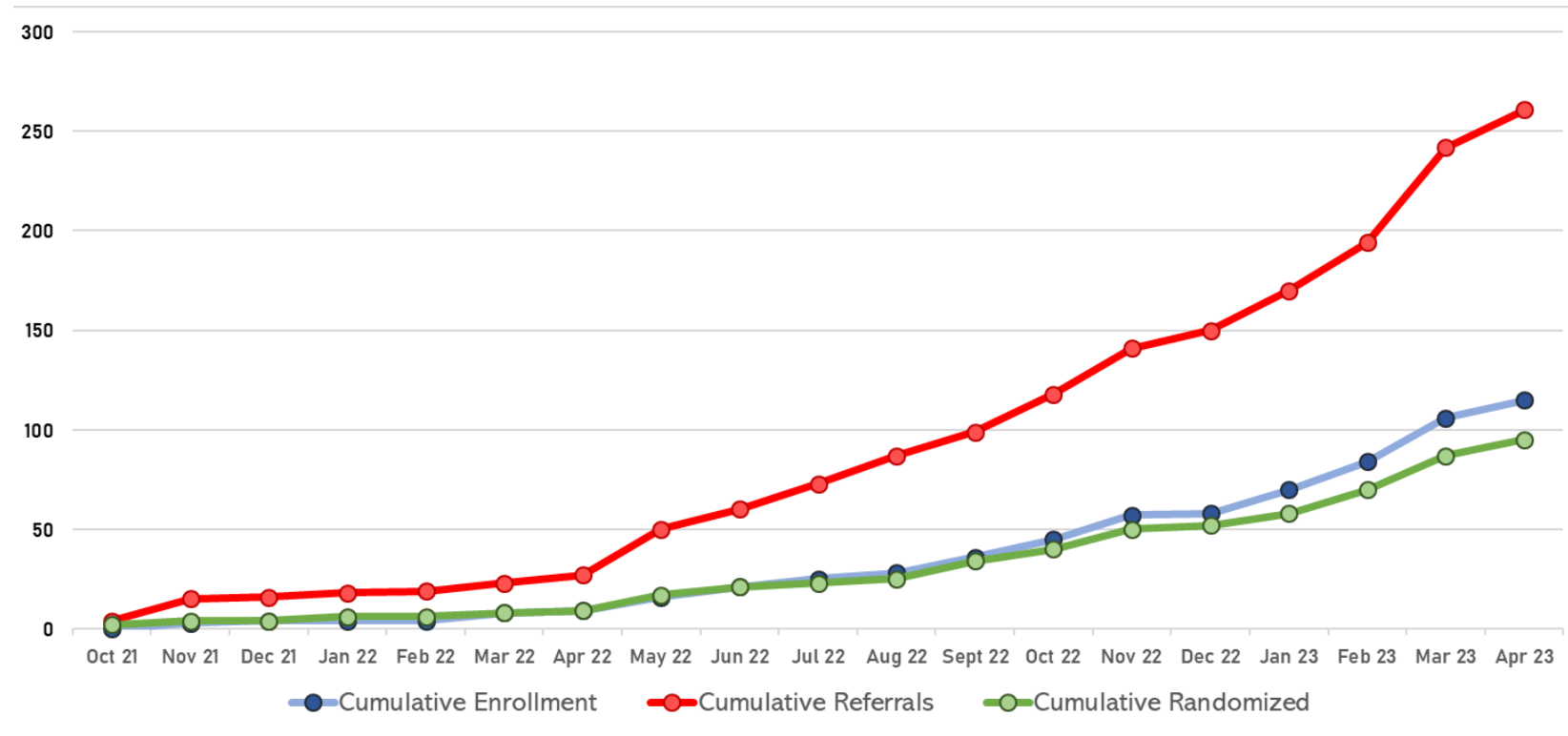
Collect implementation outcomes for e-referral process and telehealth care.



**TIMELINE:** Baseline.....Randomization.....12-Week Follow-Up.....26-Week.....52-Week F/U  
PHASE I TREATMENT PHASE II TREATMENT

# Current Status

- Referrals and enrollments have increased in 2023
- Text messaging recruitment strategy has been initiated at three FQHC organizations
- Two additional FQHC organizations were on-boarded in April, 2023
- Retention rates are ahead of projections at 12- and 26 weeks (90% and 83% respectively)
- Enrollment is meeting expectations for ethnicity and language spoken (46% Latinx, 36% Spanish-speaking)



# Barriers Scorecard

Barrier	Level of Difficulty*				
	1	2	3	4	5
Enrollment and engagement of patients/subjects		X			
Engagement of clinicians and health systems			X		
Data collection and merging datasets	X				
Regulatory issues (IRBs and consent)	X				
Stability of control intervention		X			
Implementing/delivering intervention across healthcare organizations			X		

\*Your best guess! 1 = little difficulty 5 = extreme difficulty

# Top Challenges

- Continuing engagement with providers and clinics to increase referrals and enrollment.
- Enhance proportion of referred individuals who are successfully contacted by BeatPain team.
- Examine strategies to increase the reach of text messaging recruitment strategy.

# Recent Generalizable Lessons Learned

- Improved our messaging of the project to clinical sites, emphasizing participant narratives and the potential long-term benefits of behavior change strategies.
- Suitability of motivation and problem-solving strategy for telehealth delivery and participants from diverse communities.

# Current Data Sharing Plan & Obstacles

- Study is registered with HEAL Data Platform
- Currently no data sets available to share



# Data We're Planning to Share

- Plan to share participant demographic and outcomes data, data on treatment group assignment and dose received.



Thank you