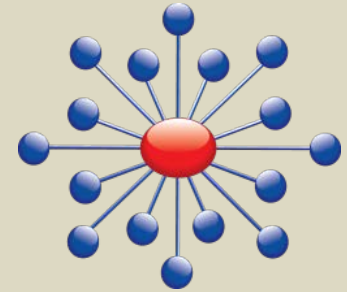


National Drug Abuse Treatment

*Clinical Trials Network*

*Forging partnerships to improve the  
quality of drug abuse treatment  
throughout the nation.*



# Prescription Opioid Management in Chronic Pain Patients: A Patient-Centered Activation Intervention

Cynthia Campbell, Ph.D., M.P.H.



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Rockville, MD



# Prescription Opioid Management in Chronic Pain Patients: A Patient-Centered Activation Intervention

Cynthia Campbell, PhD

Kaiser Permanente, Division of Research

*NIDA CTN Technical Assistance Workshop*

*Developing PCORI Applications for Patient-Centered SUD Treatment Research*

January 8, 2015

# Study Background

- Grew out of previous work in prescription opioid use
  - Patient surveys with prescription opioid patients
  - Clinical trial in substance use treatment on patient activation (Weisner, PI)
- Submitted in January 2014; funded in Summer 2014
  - Improving Health Systems

# Study Background

- Patient concerns
  - Under-treatment of pain
  - Difficulties in obtaining medication
  - Stigma
  - How to communicate with their doctor
  - Addiction
  - Opioid induced hyperalgesia
- Communicating about opioids can be very sensitive
  - Patients and clinicians can lack the skills and knowledge about how to talk about it
- A more restrictive prescribing environment is emerging
  - Overprescribing
  - Important that patients develop the skills to be partners in this shift

# Study Design

- Clinical trial of behavioral intervention
  - Patient Activation versus to Usual Care
  - Four group session curriculum
  - Set in primary care
  - Focus is upstream
    - Sample is patients starting long-term use
    - Not long-term already
  - 6 and 12 month follow-up interviews

# Two Main Study Questions

- Can patients' increased activation improve their quality of life?
- Can it reduce long-term opioid use?
- Other outcomes:
  - patient-reported activation
  - pain severity and function
  - patient-provider communication
  - patient satisfaction with care
  - knowledge of opioid use risks and benefits
  - self-care, including use of health information technology
  - use of health services

# Stakeholders

- Stakeholders include:
  - Patients from KP (4)
  - Patient from public system (2)
  - Patient advocacy (Penny Cowan, American Chronic Pain Association)
  - Clinicians from KP (chronic pain, primary care, emergency medicine, substance use)
  - Clinicians from public system (chronic pain, substance use)

# Application Process: Differences from NIH

- Technical/Administrative
- Patient and Stakeholder Engagement
- Writing

# Technical/Administrative

- Changing format
  - Different standards and considerations
  - Really used examples
- Online system
  - Leave time for it
- What funding opportunity?

# Patient and Stakeholder Engagement

- How to identify patients early in the process?
  - Clinicians may be protective of patients
  - Especially vulnerable ones
- Studying a stigmatized population, can be difficult more up front when you don't have the relationship yet
  - Helped to be embedded in the health plan
- IRB issues
- How much to involve at the beginning without burdening them?
  - Previous studies
  - Focus group
  - Reviewing aims and questions

# Patient and Stakeholder Engagement

- How to compensate them on budget?
  - e.g. disability
- Other components
  - Patients don't have a biosketch
- Are we getting the right patients? How to get the “unsuccessful” ones?
- Work to line up the stakeholders
  - Account for that in timeline
  - No funding for the pre-work at the time
  - What is too little/too many

# Writing Application

- Tried to keep it more broadly informative, not assume expertise
- Patient comments
  - Kept it focused
- The different stakeholders have different ideas of what is important
  - How to incorporate and honor the patient voices when there's conflicting viewpoints
- How much to have already done/decided or do later with input?

# Study Start-up

- How to incorporate the different voices
  - Meet altogether? Separate?
- Not burden, but involve
- Compensation
- Time involved getting feedback
  - Tight study timeframe
- Some of the decisions made for application, but may need to revisit as study is implemented

# Study Team

## Division of Research

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## Patient, Clinical, Operational Stakeholders

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Thelma Cox, Patient Partner  
Tom McFall, Patient Partner

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