

Patient Engagement:

Changing the Conversation: Moving from What's the Matter With You to What Matters to You?



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Patient Engagement

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AACIPM

Pain Policy Congress

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Moving the Conversation

from

What's the *matter with* you?

to

What *matters to* you?

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Current Reality for the Chronic Pain Patient

chronic pain patient

bum liar
quitter coach potato needy
sad frequent flyer addict dramatic
nag slacker depressed malingering wimp druggies lonely
weak difficult complainer defeated annoying whiner exaggerate
pretending broke
drug seeker faker

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PAINS/PROJECT

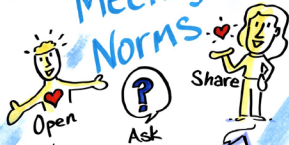
Relieving PAIN in Kansas City ~ 30 Sept. 2015 ~

A Shared Conversation...



Compassion

Meeting Norms



Research Questions:



PCORI
(Patient Centered Outcomes Research Institute)

The What?
No Police

Traditional Care Models

~With Joe LeMaster



- If a doctor doesn't know, just tell us!
- Behavioral Health coverage
- Insurance as a helping Partner
- Talk to your H.R. Person



we're IN INSURANCE

- Relaxation
- Movement
- Meditation
- Breathing



Therapeutic Yoga

~With Yvonne O'Grady



The Patient Must Be in the Picture

Essential Oils

~With Karen Ingram

- Pain Management
- Muscle Release
- Raindrop Technique
- Target to your Needs

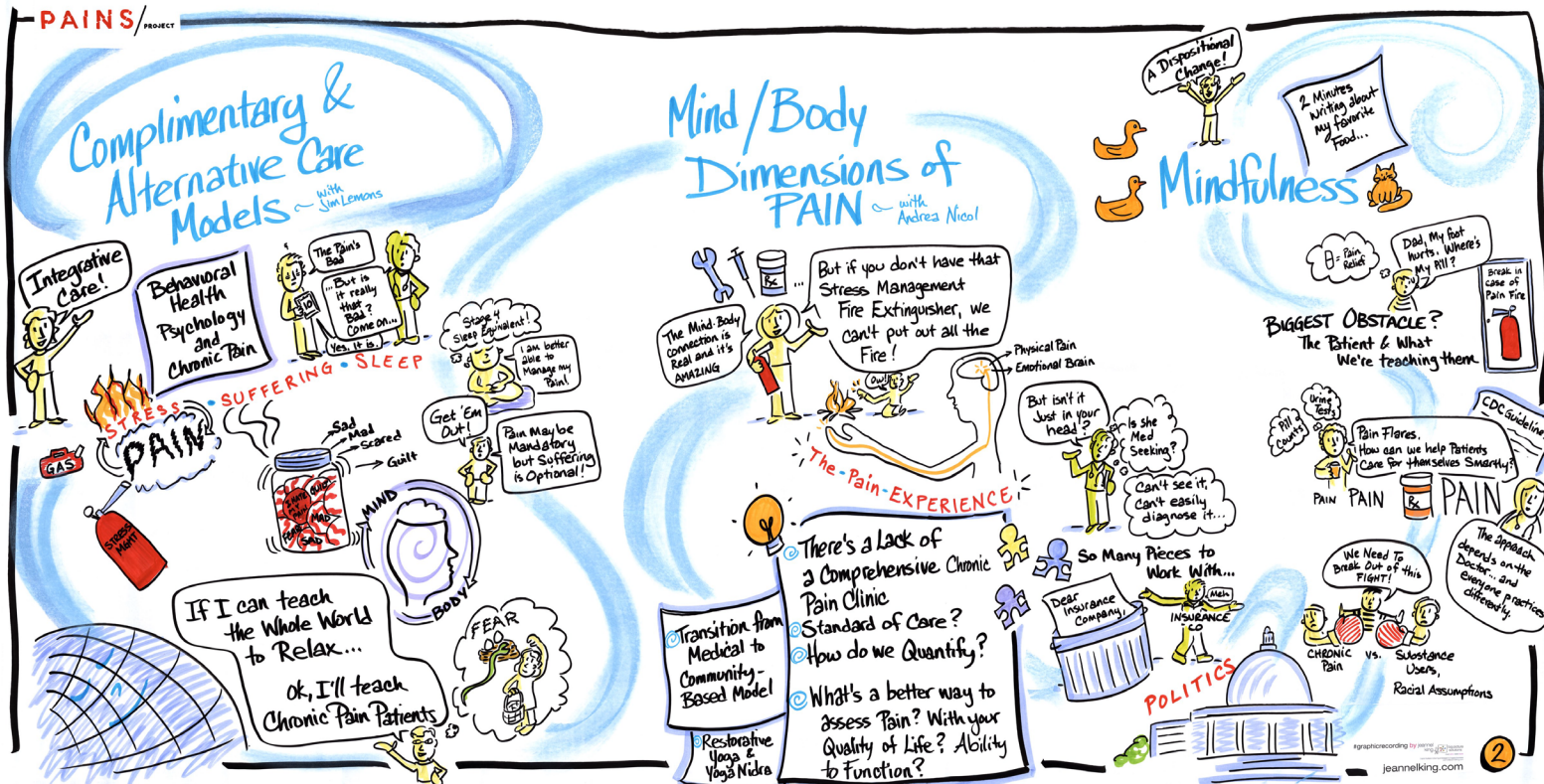


Minerals, too!

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PAINS PROJECT

Chair Exercise / Self Management ~ with Angela Perry

- Easily Done at a Desk!
- Switching Up the Moves Notifies your brain, too!
- Parts Moving
- Blood Flowing
- Brain Working
- Motivating
- Engaging
- Feeling Better!
- Yes, but what if I get a headache?
- Be Mindful "Yes, And!"
- BOOM!
- Change Happens so Grab those Pennies when there aren't any Dollar Bills!
- Mentally Visualize it
- I can Do Anything I Choose to Do!

Chronic Pain & Sleep ~ with Katie Siengsukon

Wake → REM → Non-REM → Awake

This is when Mind & Body Heals!

BUT... Can't Sleep

Brain can't Modulate Pain Well

AND Sleep helps us Learn Think Heal Stay Healthy

Chiropractic Care ~ with Angie Ballow

Wouldn't it be Great if they Could TALK With Each Other?

Increase Mobility & Quality of Life!

I wouldn't do it...

Every Chiropractor is Different... there isn't one Standard Practice...

Sleep Hygiene?

Shift Schedules?

Retrain your Rhythm? We have!

Opioids ~ with Bob Tullman

STRESS oxygen spark

Fuel

R.I.P. Rx Abuse

No Prescription

Not Taking Properly

Taking ds intended

We have "Insufficient Evidence" that this treatment Works...

Maybe We're asking the WRONG QUESTIONS.

LET'S ASK:

- Who gets Good Results?
- Who Develops Adverse Effects?
- How do we combine Pharm. Non Pharm & Opioids for Patient Success?
- WILDA (Wildly Inappropriate)
- Used by 1% for Acute Pain
- Ref. A Ton of Pills

What about for Acute Pain?

20:00 Siestas?

Sleep Better

Brain Modulates Pain Better

Less Pain

SO - When We Can "Manage" our Pain, We can Sleep Better!

Go to Bed at the Same Time

Dark, Cool Bedroom

No Caffeine before Bed

Regular Exercise

Sleep Therapist?

Second Sleep?

Ambien & Sleep Architecture?

Pain Meds & Sleep Architecture?

Melatonin? Can help ↑ Natural Levels

If Depends!

LET'S ASK:

- How much do Patients actually Use?
- What's the Marginal Benefits of PAIN+O?
- What Does your Pain feel Like?
- Do Opioids Cause Pain over Time?
- Tapering?
- Type of Opioid?
- No Cause Effect!

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THE BASICS

Start and end on time

Have an Agenda

Speak loudly and don't interrupt

Trust one another

Maintain our Safe Place

Check-in introductions



What we do

AAFP Vision

- AAFP's vision is to transform healthcare to achieve optimal health for **everyone**.

AAFP Mission

- The mission of the AAFP is to improve the health of **patients, families, and communities** by serving the needs of members with professionalism and creativity.

Evidence-Based Practice

Sackett, D. L., Rosenberg, W. M., Gray, J. A., Haynes, R. B., & Richardson, W. S. (1996). Evidence based medicine: what it is and what it isn't. *BMJ (Clinical research ed.)*, 312(7023), 71–72.
<https://doi.org/10.1136/bmj.312.7023.71>

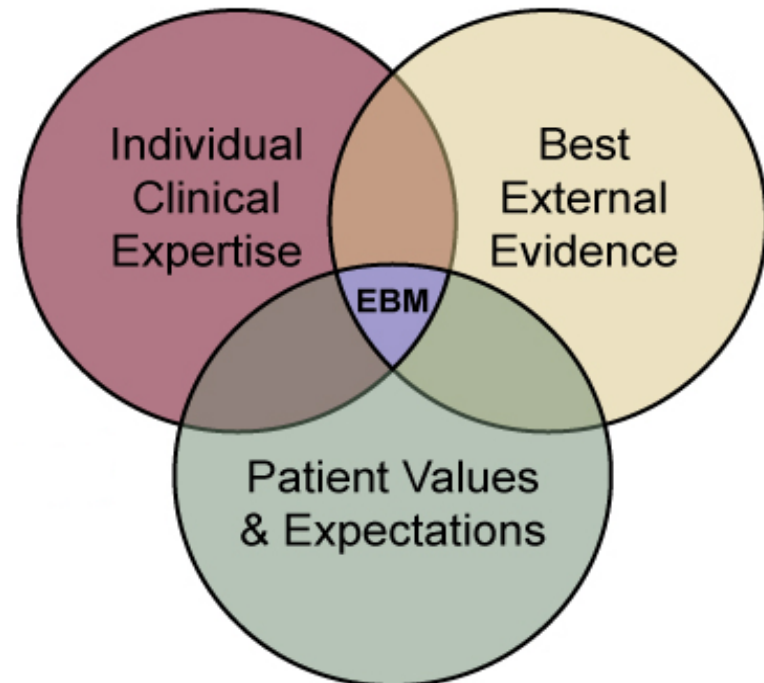




Image by Gerd Altmann <https://pixabay.com>

*Patient-centered
care
begins with
patient-centered
education*

We Believe in Patient Engagement

- All activities – anywhere applicable and possible
- “Patient Engagement Faculty”
- Collaborative problem-solving

Key Pieces





For Patients

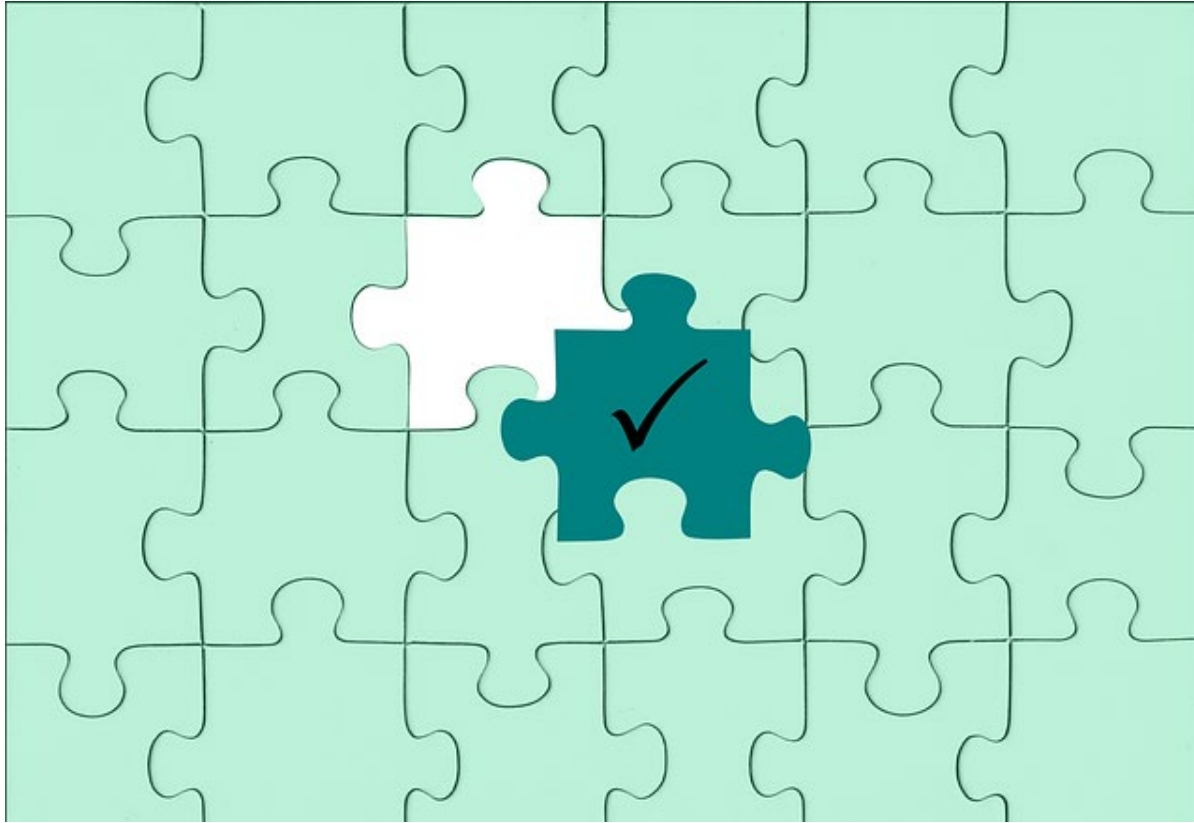
[Pete Linforth](#) from [Pixabay](#)



For Healthcare

[Philip Uglow](#) from [Pixabay](#)

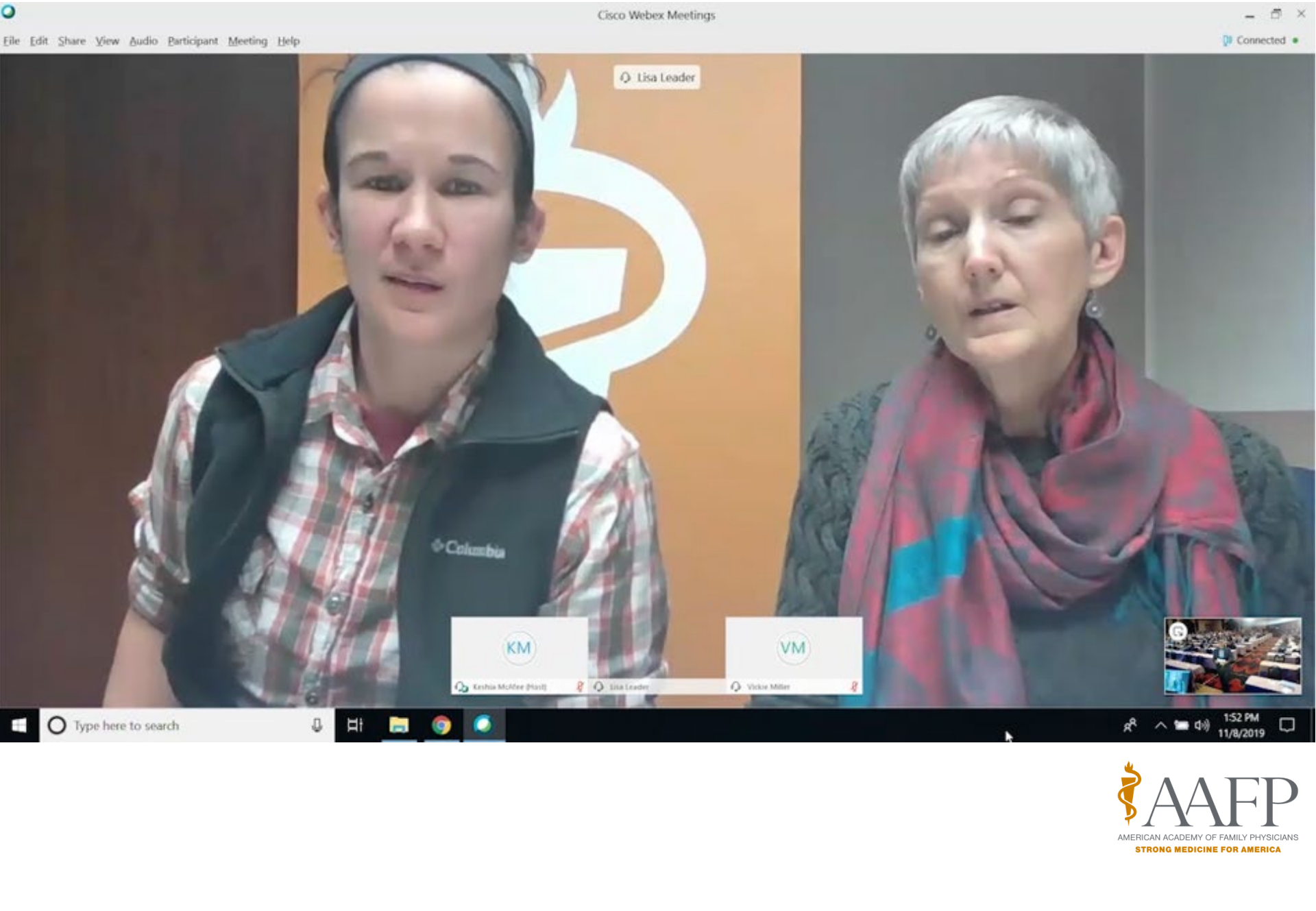




For
Organizations
and Educators

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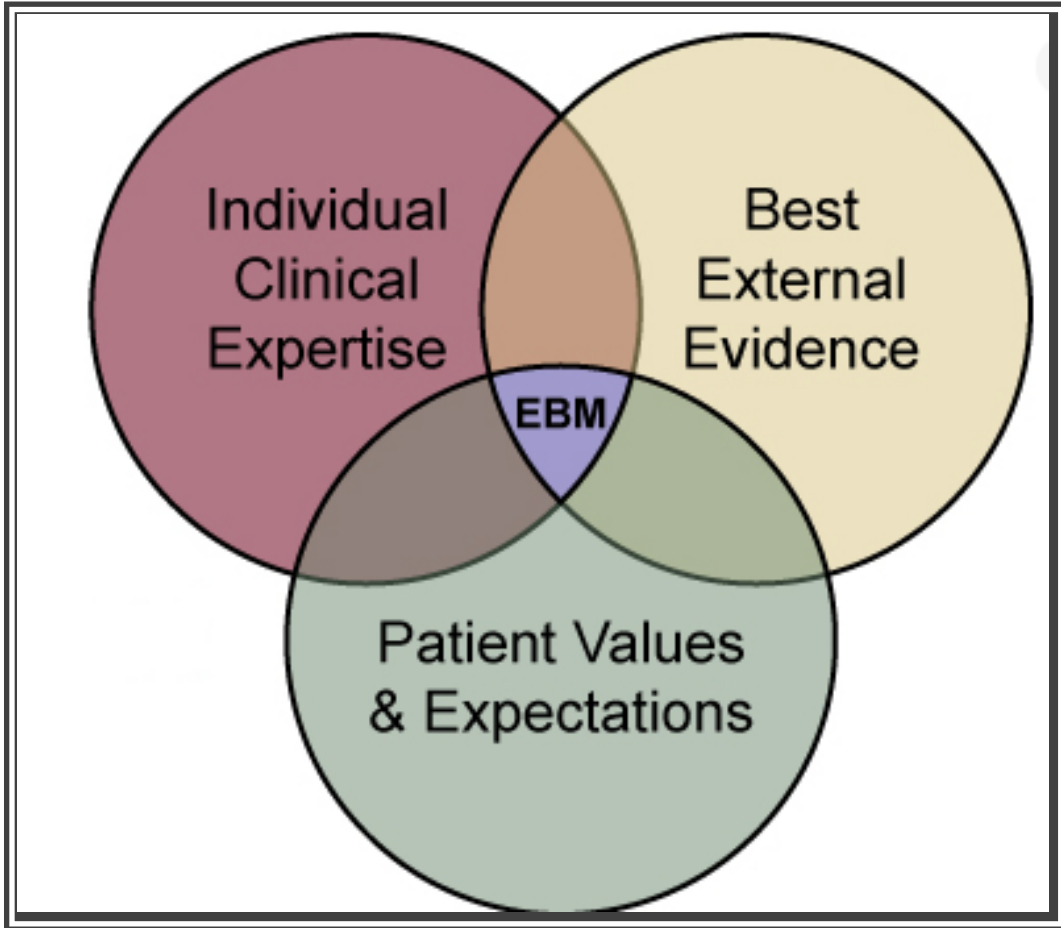






For Learners

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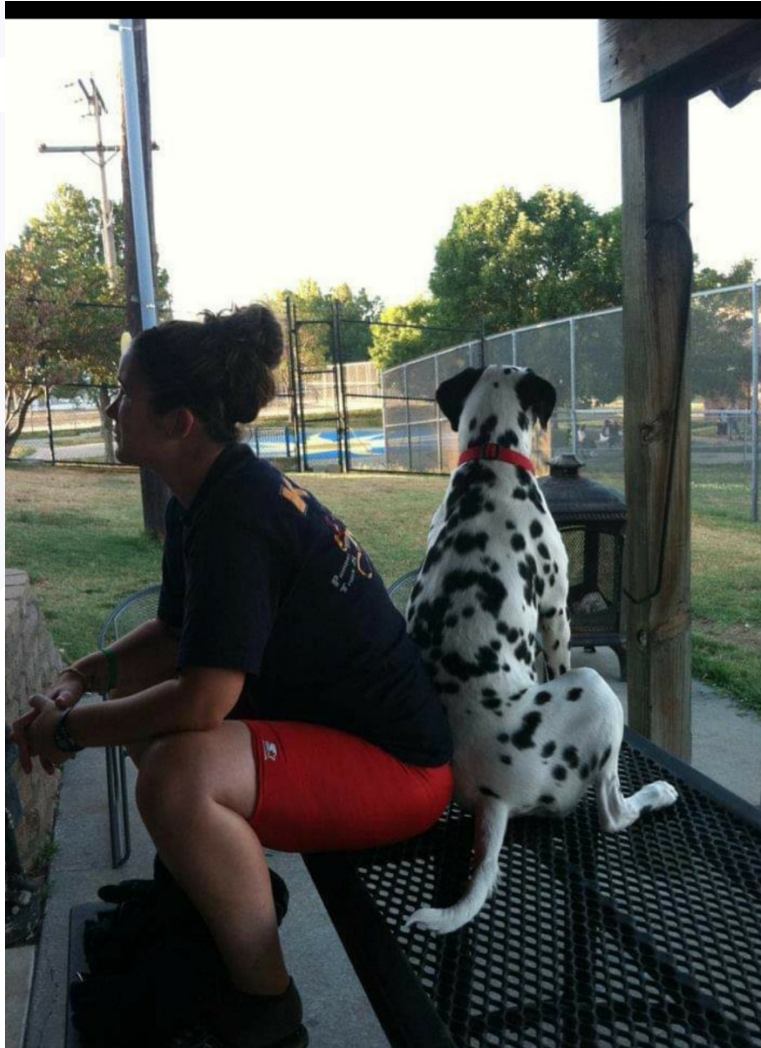


Impact

References

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- Sackett, D. L., Rosenberg, W. M., Gray, J. A., Haynes, R. B., & Richardson, W. S. (1996). Evidence based medicine: what it is and what it isn't. *BMJ (Clinical research ed.)*, 312(7023), 71–72. <https://doi.org/10.1136/bmj.312.7023.71>

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*A girl and
her dog
at the
Fire Station*

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***Cannot stand
the light!***



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BIOFEEDBACK

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Treatment:
WTF
or
WOW

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Comprehensive integrative pain treatment will:

- improve the lives of millions of Americans,
- save billions of dollars, and
- reduce opioid prescribing.

Preferred Reality for the Chronic Pain Patient

A word cloud centered around the phrase "chronic pain patient" in large red letters. The words are arranged in a roughly circular pattern around the center. The words include: unshakeable, strong, patience, tenacious, motivating, hard as nails, inspiring, chronic pain patient, brave, resilient, perseverant, encouraging, courageous, persistent, grit, undaunted, thriving, able, determination, steadfast, tough, stamina, enduring, hopeful, reliable, might, gutsy, and resolute.

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Questions?

Thank you!