

# Findings from National Governors Association Report:

*“Expanding Access to Non-Opioid Management of Chronic Pain: Considerations for Governors”*



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# Expanding Access to Non-Opioid Management of Chronic Pain Considerations for Governors

Kirk Williamson, MPH  
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Conference of Governors at the White House, 1908

*Who We Are*

## Over **100** years of serving our nation's governors



Founded in 1908, the National Governors Association (NGA) is the nonpartisan organization of the nation's 55 governors. Through NGA, governors share best practices, address issues of national and state interest and share innovative solutions that improve state government and support the principles of federalism.

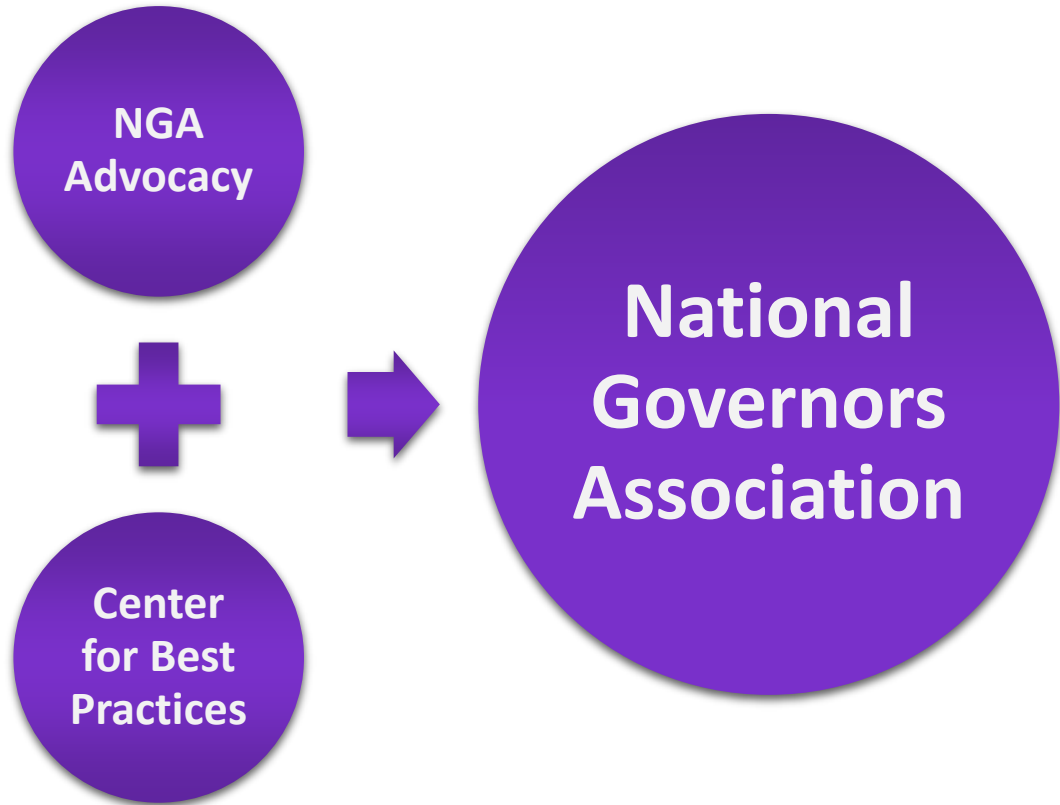


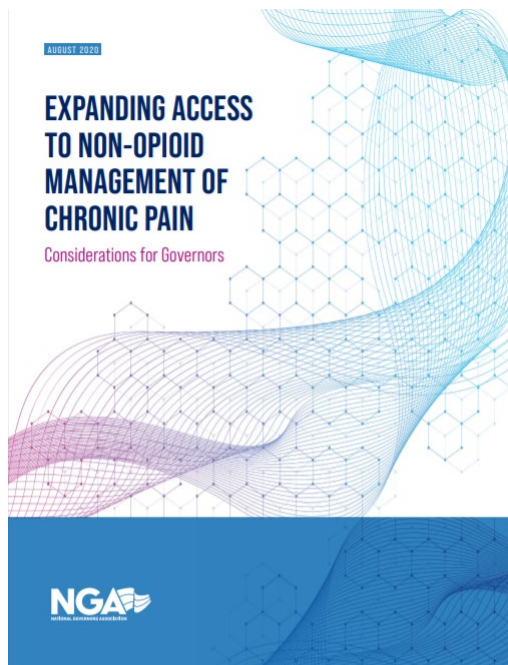
*Who We Are*

## Organization



The NGA Center for Best Practices is a 501(c)(3) and part of our larger organization.





[https://www.nga.org/wp-content/uploads/2020/08/NGA\\_PainManagement.pdf](https://www.nga.org/wp-content/uploads/2020/08/NGA_PainManagement.pdf)

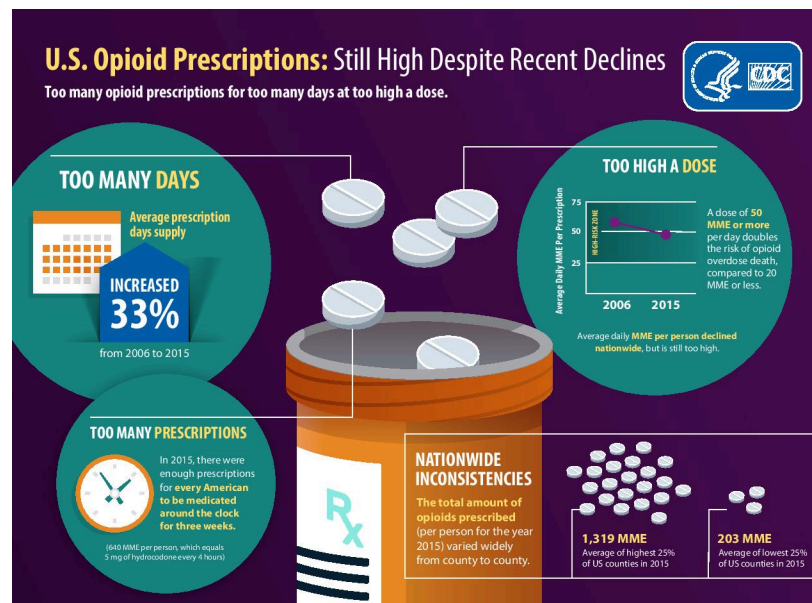
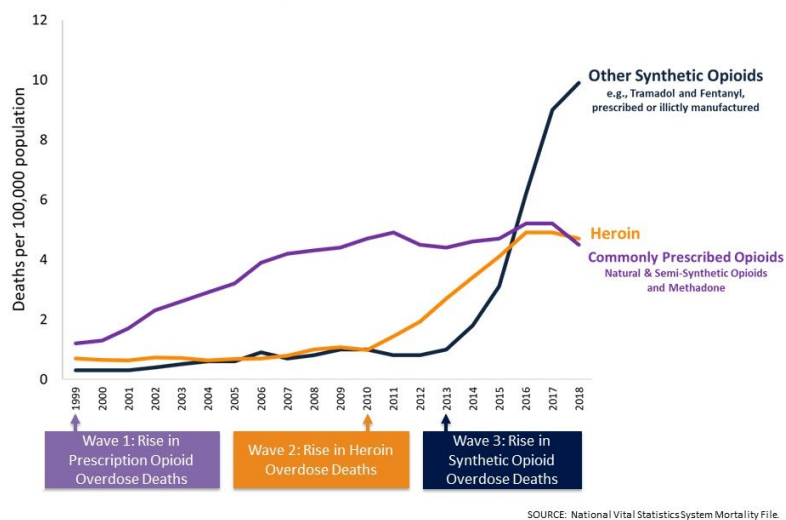
# Expanding Access to Non-Opioid Management of Chronic Pain

## THINGS TO COVER

- Level-Setting and Context
- Evidence of Non-Opioid Therapies
- Best Practices of Integrated Pain Management
- Medicaid Levers

# Level-Setting and Context



## 3 Waves of the Rise in Opioid Overdose Deaths



# Evidence

Intervention	Short-term function	Long-term function	Short-term pain	Long-term pain
Exercise	Slight	None	Slight	Moderate
Cognitive behavioral therapy (CBT)	Slight	Slight	Slight	Slight
Chiropractic services	Slight	No evidence	None	No evidence
Massage	Slight	No evidence	Slight	No evidence
Mindfulness-based stress relief	None	None	Slight	None
Yoga	Slight	No evidence	Moderate	No evidence
Acupuncture	Slight	None	Slight	Slight
Multidisciplinary rehabilitation	Slight	None	Slight	None

# Best Practices of Integrated Pain Management

-  Emphasize function
-  Multidisciplinary, physician-led care team
-  Comprehensive pain assessment and coordination of services
-  Multiple modalities (e.g., manual therapies, exercise, cognitive behavioral therapy)



# Common Challenges



LACK OF ONGOING  
PROVIDER EDUCATION

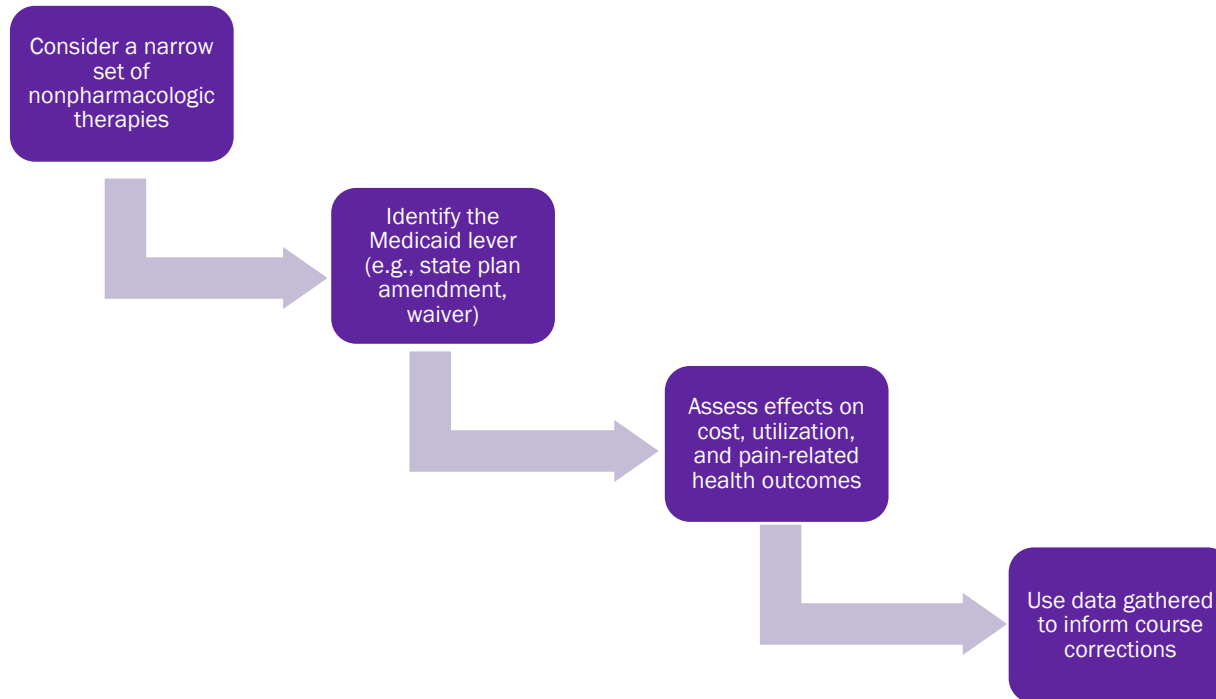


SHORTAGE OF SKILLED  
WORKERS



SUBSTANTIAL  
GEOGRAPHIC  
VARIATION

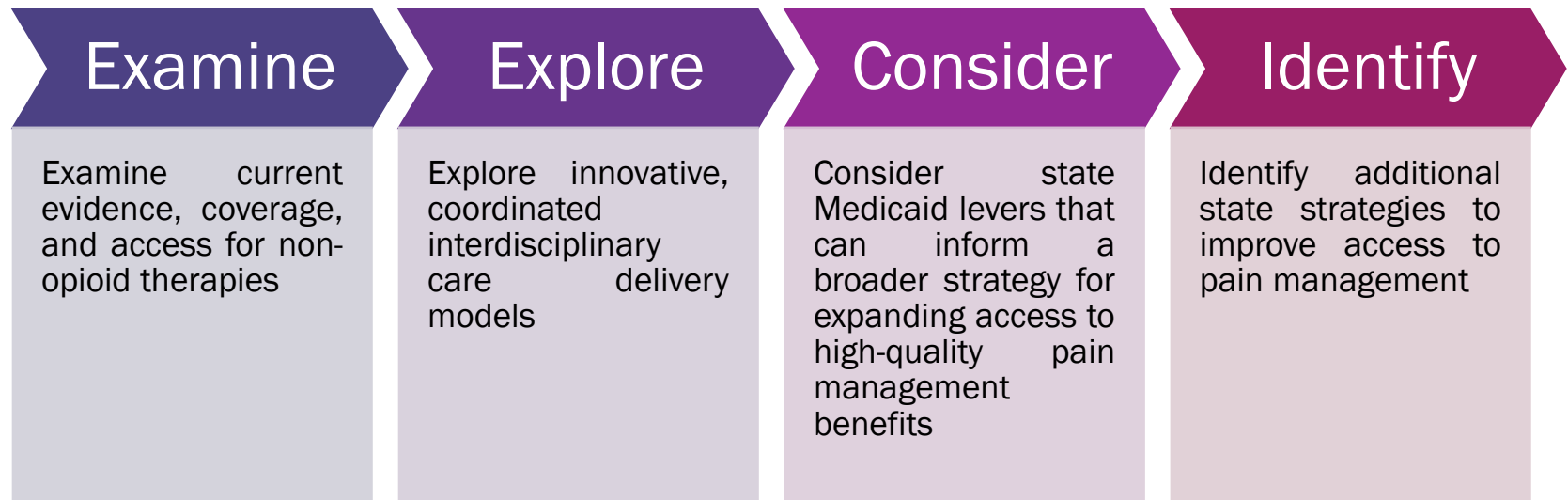
# Policy Development – Staged Approach



# Medicaid Levers

- **State plan amendments**
  - e.g., Rehabilitation Services benefit, Physical Therapy and Related Services benefit, Health Homes
- **Waivers**
  - e.g., 1915(c) Home & community-Based Services waiver, 1115 demonstration
- **Medicaid Managed Care partnerships**
  - e.g., “in lieu of” services, uniform formularies

# Considerations for Governors



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