

# Interactive Discussion:

## Key Issues that Impact Patient, Clinical and Payor Interests



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Alliance to Advance  
Comprehensive  
Integrative  
Pain Management

**#AACIPM**

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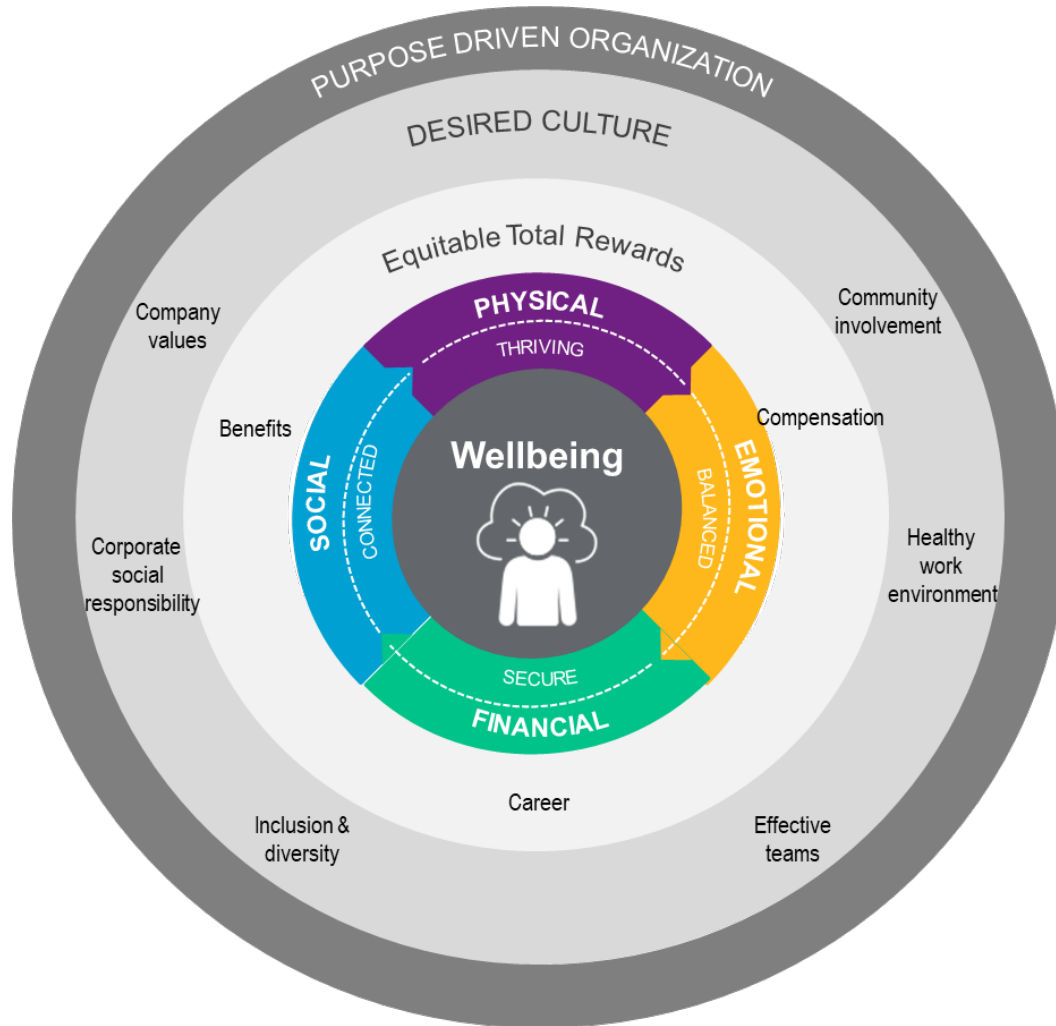
**Willis Towers Watson**



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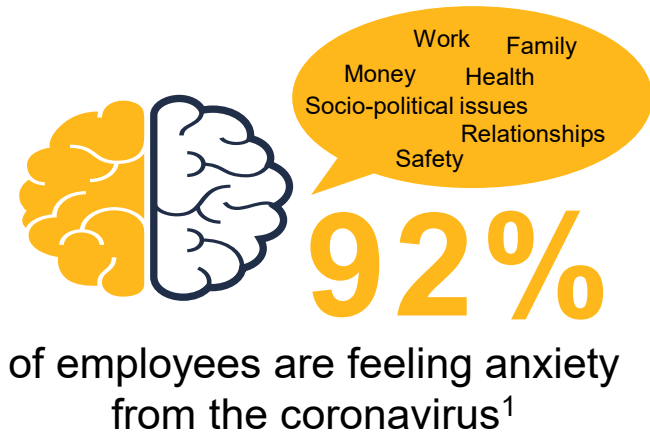
# Employers are putting their employees at the center, looking at them in an integrated fashion



# 2020 has necessitated a shift in focus for employers

Pre 2020 challenges	New reality of challenges
<p><b>Focus on managing condition and preventive care compliance</b></p> <p>Navigating health care system complex diagnosis (i.e. cancer, MSK, diabetes)</p> <p><b>Nutrition and weight management</b></p> <p>Redesigning incentives</p> <p>Retirement savings</p> <p><b>Working for an inclusive organization</b></p> <p><b>Seeking access to care for appropriate behavioral health providers</b></p> <p>Managing sleep, stress and resiliency</p> <p><b>Debt management</b></p> <p><b>Creating an emergency fund</b></p>	<p><b>Dealing with illness or a health problem</b></p> <p>Virtual care navigation</p> <p><b>Worrying about job security</b></p> <p>Facing anxiety or depression</p> <p><b>Managing alcohol use</b></p> <p><b>Domestic violence</b></p> <p>Sense of safety both at work and in every activities</p> <p>Physical safety</p> <p><b>Concerns over social unrest</b></p> <p><b>Supporting virtual learning for children</b></p> <p><b>Losing a loved one</b></p> <p>Striving to be healthy while quarantining</p> <p>Short-term financial security</p> <p><b>Commitment for racial equity and opportunity</b></p> <p><b>Anger</b></p> <p>Managing loss of a job or spouse's job</p> <p>Dealing with lack of childcare</p> <p><b>Feeling lonely or isolated</b></p> <p>Delayed ability to take care of my chronic conditions</p> <p><b>Isolation</b></p> <p>Over productive</p> <p><b>Public transportation challenges</b></p> <p>Staying connected to coworkers, family and your company</p> <p><b>Staying engaged</b></p> <p><b>Taking vacation time</b></p>

# How is this impacting employees?



Employees who self-report as struggling financially are

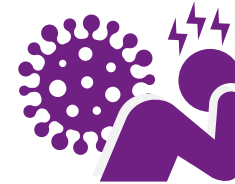
# 3X

as likely to be in poor health as their unworried peers<sup>3</sup>



# 40%

of U.S. adults reported struggling with mental health or substance abuse in June, 2020<sup>2</sup>



While **stress and anxiety** are normal reactions to crisis, the negative impact of COVID-19 may affect the clinical outcomes of patients with conditions like mental illness and pain whose development and management are linked to stress and anxiety.<sup>4</sup>

Sources: 1. [COVID-19 Employee Pulse Survey, 2020](#), 2. Centers for Disease Control and Prevention; [Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020](#); 3. 2017/2018 Global Benefits Attitudes Survey, [United States](#); 4. NCBI Medication Management and Adherence [article](#).

# Employers rely on their vendors to support employees with pain



**No single source for comprehensive employee care or data exists to enable employers to help those with chronic pain today**

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# Behavioral Health Clinicians: Evolution of a sub-specialty

- ▶ How is a specialist defined?
- ▶ Skills extend beyond basic training
- ▶ But what skills are necessary?



# Core Competencies

- ▶ Interprofessional pain core competencies established in 2013 (Fishman)
- ▶ Applied to psychology in 2019 (Wandner, Prasad, Ramezani, Malcore, Kerns)
  - ▶ Multidimensional nature of pain: What is pain?
  - ▶ Pain assessment and measurement
  - ▶ Management of pain: How is pain relieved?
  - ▶ Clinical care: How does context influence pain management?

# Core Competencies

- ▶ Challenges:
  - ▶ Access to training programs
  - ▶ Pervasiveness of pain
- ▶ Solution:
  - ▶ Workforce training
  - ▶ General pain principles for all psychologists

# Behavioral Health Services for Pain: Challenges

- ▶ “Treatment of last resort” phenomenon
- ▶ Reimbursement
- ▶ Access
- ▶ Competencies/training

# Behavioral Health Services for Pain: Treatment Pathways

- ▶ Cognitive-behavioral therapy (CBT)
- ▶ Acceptance and commitment therapy (ACT)
- ▶ Emotional awareness and expression therapy (EAET)
- ▶ Biofeedback training (BFB)
- ▶ Mindfulness based stress reduction (MBSR)

# Behavioral Health Services for Pain: Treatment Outcomes

- ▶ Increased functioning
- ▶ Reduction in affective distress
- ▶ Reduction in medication usage
- ▶ Reduction in disability
- ▶ Reduction in pain intensity

# Behavioral Health Services for Pain: Billing Practices

- ▶ Individual or group format
- ▶ Health Behavior Assessment and Intervention (HBAI) codes

CPT Code	Description
96156	Assessment/reassessment (no time association)
96158	Individual intervention (first 30)
96159	Each additional 15 minutes
96164	Group intervention (first 30)
96164	Each additional 15 minutes

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# Pain As Public Health Issue

- Much work has been done in the last 20+ years to support effective pain management, but the current climate towards improving care for people with chronic pain in the U.S. continues to be complicated.



# Challenges

- Care is fragmented.
- Access to care is reduced.
- Training is inconsistent.
  - IASP Curricula  
<https://www.iasp-pain.org/Education/CurriculaList.aspx?navItemNumber=647>
- Teletherapy is regulated.

# Challenges

- Outside of health care practice settings, DSM-5 diagnoses are required for clinical social work services.

# Evidence-Based Behavioral Health Interventions

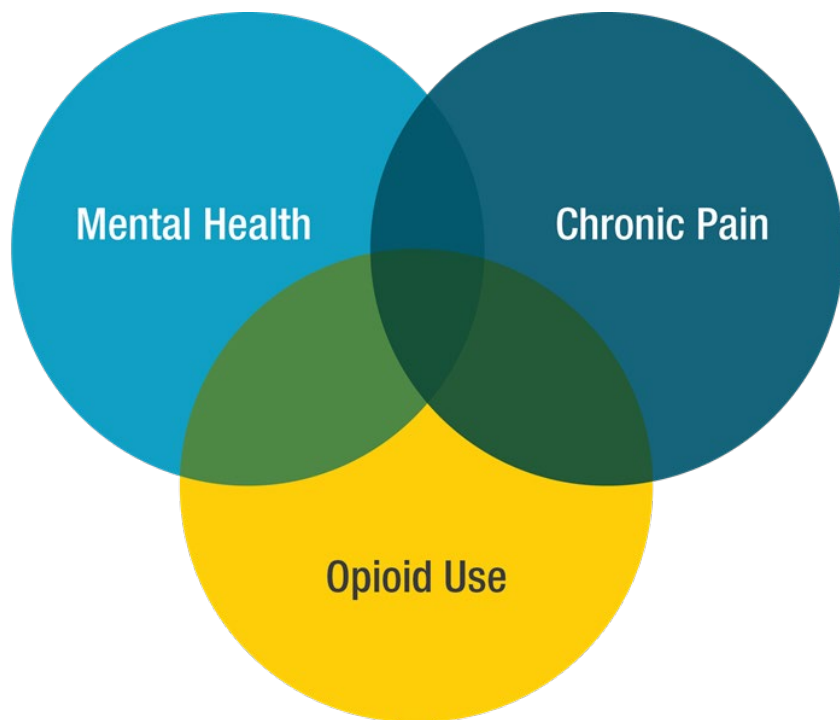
- Eye Movement Desensitization & Reprocessing (EMDR)
- Cognitive-Behavioral Therapy
- Medical Hypnotherapy
- Acceptance & Commitment Therapy

# Evidence-Based Behavioral Health Interventions

- Mindfulness practice/mindfulness-based stress reduction
- Psychoeducation
- Family therapy
- Support groups/group therapy

# Mental Health, Chronic Pain, Opioid Use

Commonalities & Differences = Requires Individualized Care



## Commonalities

- Patients are stigmatized, misunderstood
- Requires Whole Person, biopsychosocial + spiritual approach; thorough assessment and integration of care
- Complexities, comorbidities, and overlapping conditions
- Value-based care is key but needs refinement for models and cultural shift
- Fragmentation in care = poor outcomes

## Despite some intersections,

- Pain  $\neq$  Opioid Misuse
- Opioid Use  $\neq$  SUD
- Mental Health Disorder  $\neq$  Pain & SUD