

A Nurse Care Management Model in Rural Primary Care to Manage Chronic Pain: Results from a Pilot Trial

Brennan Keiser, MSW; Kelly Reeves, MSN; Jin Wang, PhD; Elise Hoffman, MPH; Christine O'Neill; Dennis Ang, MD; Laura-Mae Baldwin, MD; Basia Belza, PhD; Hazel Tapp, PhD; Karina Cortez; Sebastian Tong, MD

Disclosures

- The work from this study was supported by the National Institute of Nursing Research of the National Institutes of Health through grant number UG3NR020930. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the NIH.

The Research Question

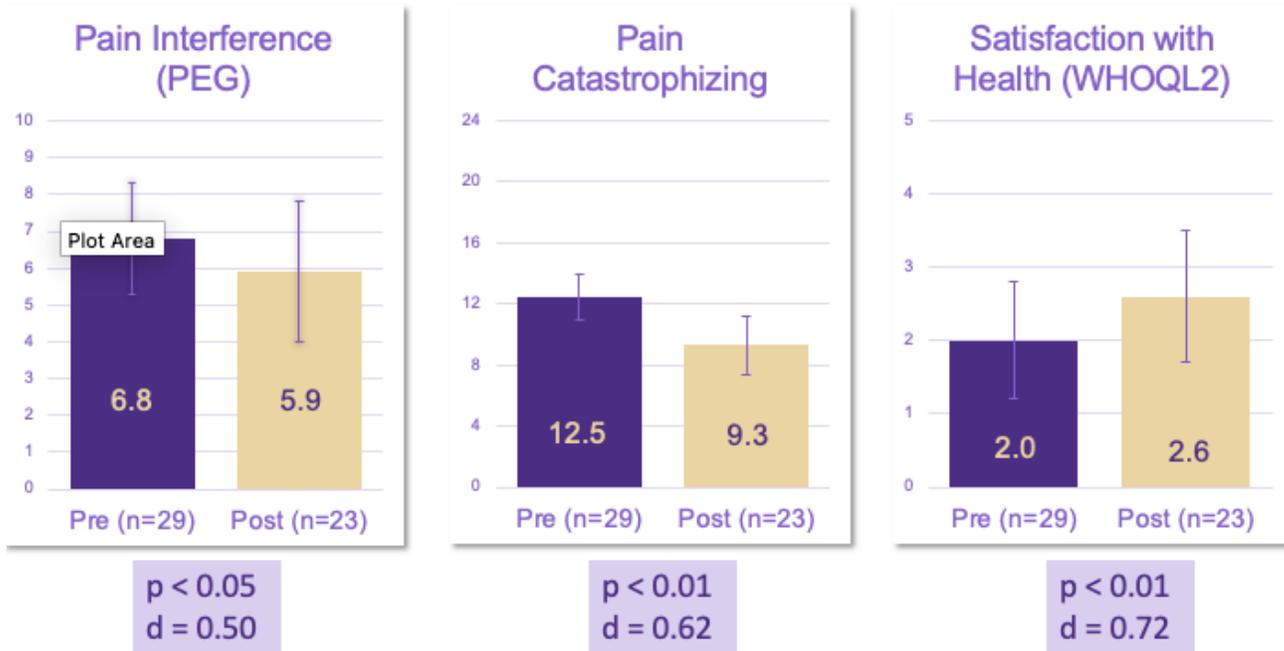
- Chronic pain affects almost 30% of adults in rural America but rural residents often have limited access to non-pharmacologic pain management approaches
- **Research Question:** Can a nurse care management approach that includes care coordination, cognitive behavioral therapy and referrals to an exercise program reduce pain interference in rural patients with chronic pain?

Research Design and Method

- Study Design: Pilot Study (n = 30)
- Setting: 2 health systems in rural Northeast WA and Central NC
- Eligibility: 18+, English- speaking, living in a rural area, non-cancer related chronic pain, PEG ≥ 4
- Intervention: 6 months duration
- Outcomes: Pain interference as measured with PEG (primary), other NIH HEAL Initiative Common Data Elements (secondary)



What the Research Found



- Mean visits: 5.2 (SD 3.3)
- 65% completed at least 4 visits in 6 months

What this means for Clinical Practice

- A nurse care management approach to chronic pain:
 - Can increase access to non-pharmacological, evidence-based treatments for chronic pain AND
 - Has the potential to reduce pain interference in rural residents
- A randomized controlled trial with 450 participants is currently underway
- Further details about our pilot trial can be found here:
<https://doi.org/10.1093/pm/pnag032>