



Clinical Champion Update

Date: 8/23/22

Subject: Persistent Pain

As we know chronic/persistent pain is very difficult to treat. There is a lot of stigma for patients with chronic pain. There are different challenges for providers treating chronic pain, and even a lot of miscommunication (perceived or real) between providers and patients. Often times, patients and providers have different goals in mind and that can lead to some difficult conversations. The persistent pain committee wants to applaud everyone’s ongoing efforts in helping safely manage our patients with persistent pain.

As you can see, we have continued at decreasing our overall number of patients on > 200 morphine equivalents. We have decreased patients on very high doses of opioids a total of 70 patients across all of the health centers. This has taken a lot of hard work negotiating and involving other disciplines. When you look at the number of patients between 90 and 200 morphine equivalents there are a few more fluctuations in the numbers. It appears that these are patients who have been decreased on their doses and that we have not been doing dose increases to cause change into that category. 1 year ago, we starting monitoring the patients on low dose < 90 morphine equivalents. Again, some of the fluctuations are patients decreasing their doses and moving categories. This number has continued to trend down when looking at all 4 health centers in total.

Less than 90 morphine equivalents

	AMC	EHC	GHC	NHC	Total	
Q2 2019						Q2 2019
Q3 2019						Q3 2019
Q4 2019						Q4 2019
Q1 2020						Q1 2020
Q3 2020						Q3 2020
Q4 2020						Q4 2020
Q1 2021						Q1 2021
Q2 2021						Q2 2021
Q3 2021	88	162	197	164	611	Q3 2021
Q4 2021	91	166	193	161	611	Q4 2021
Q1 2022	90	175	186	158	609	Q1 2022
Q2 2022	86	171	188	154	599	Q2 2022

Between 90 and 200 morphine equivalents

	AMC	EHC	GHC	NHC	Total
Q2 2019	18	61	84	57	220
Q3 2019	18	61	80	56	215
Q4 2019	11	59	54	38	162
Q1 2020	16	75	59	54	204
Q3 2020	17	67	64	49	197
Q4 2020	14	69	59	45	187
Q1 2021	13	69	60	43	185
Q2 2021	12	65	59	49	185
Q3 2021	13	61	53	44	171
Q4 2021	13	60	55	43	171
Q1 2022	12	60	53	41	166
Q2 2022	11	63	53	40	167

Over 200 morphine equivalents

	AMC	EHC	GHC	NHC	Total
Q2 2019	7	34	62	20	123
Q3 2019	5	30	57	22	114
Q4 2019	5	22	28	19	74
Q1 2020	5	23	26	20	74
Q3 2020	3	23	26	19	71
Q4 2020	3	22	24	18	67
Q1 2021	2	22	23	19	66
Q2 2021	2	22	24	19	67
Q3 2021	2	20	24	17	63
Q4 2021	2	20	21	16	59
Q1 2022	2	21	18	14	55
Q2 2022	2	21	16	14	53

Stanford University in Washington State is a large center for pain research. They recently put on a program for any provider who manages patients with chronic pain, called Empowered Relief. The emphasis is on turning down the sensitivity of the sympathetic nervous system through breathing exercises and meditation to teach patients to activate their parasympathetic nervous system. Three providers from different specialties attended this program and confirmed what we are doing in our Persistent Pain SMA.

Thank you,

Laura Duffy and Trish Rogers, Persistent Pain Clinical Champions