



Yamhill Community Care Organization
Your Local Health Partner

Using Software to Track Outcomes of a Pain Management Member Wellness Program

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Wellness Center Behaviorist

- Discussion started in 2013
- Reduce opioids to a safer dose
- Alternative treatments for Persistent Pain



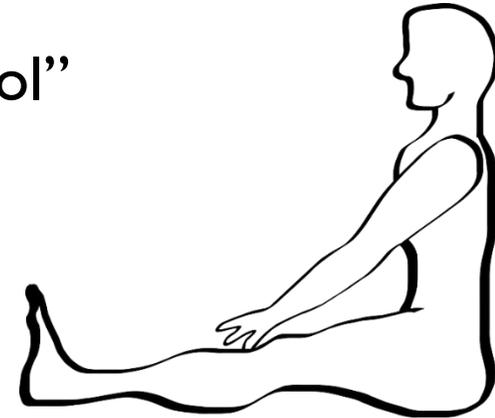
Persistent Pain Program



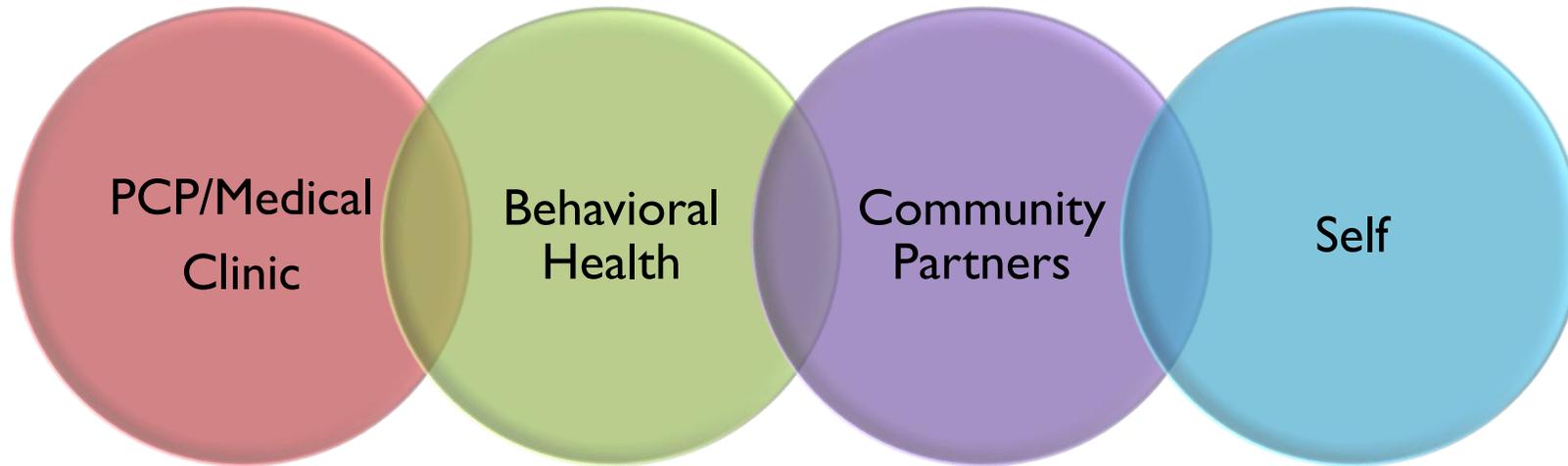
8 week group-based model

Meet once a week

- 1 hour Psychoeducation – “Pain School”
- 1 hour Movement Therapy – Yoga



Referrals



Program Participation



Yamhill Community Care Organization
Your Local Health Partner

1 hour
Orientation

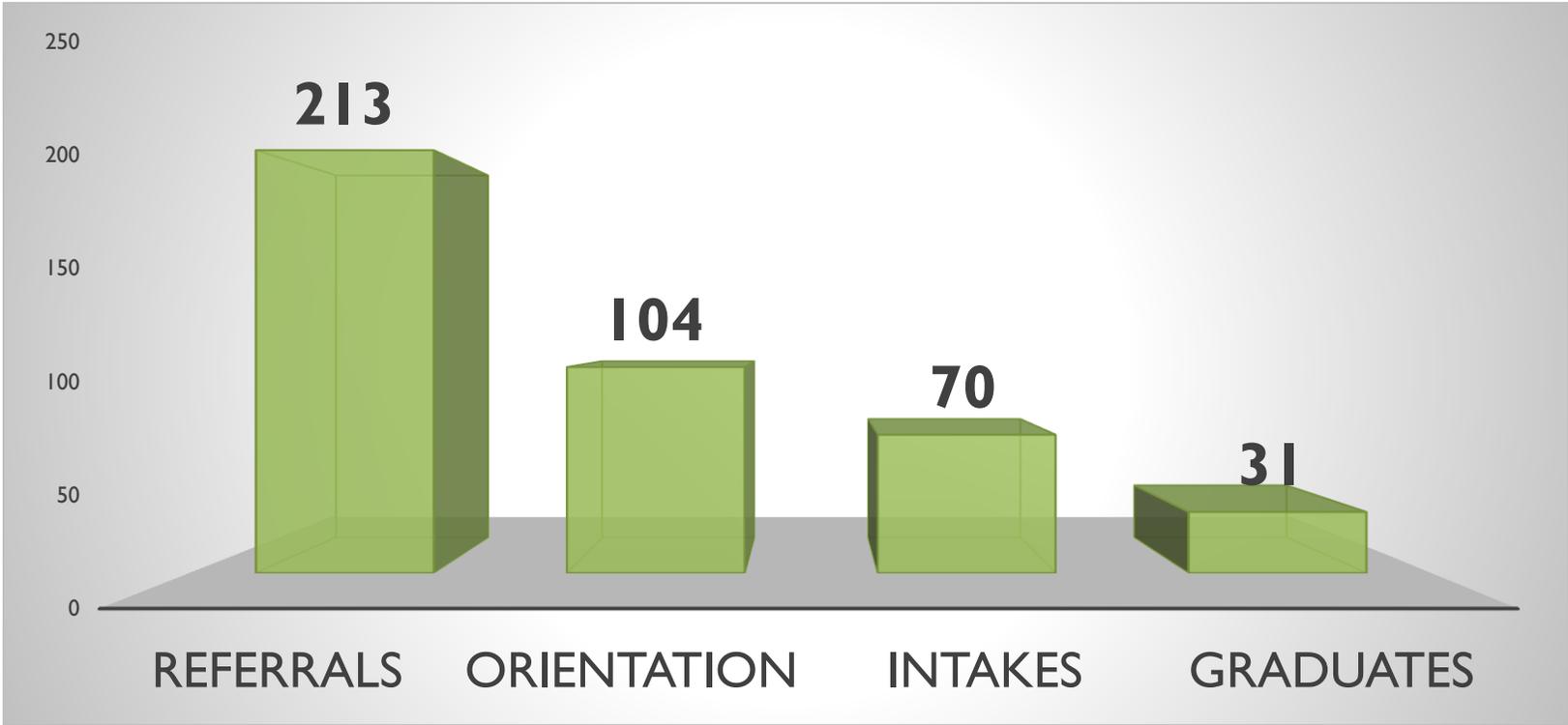
60-90
minute
Intake

8-week
Class

Persistent Pain Program Information Management System (P3IMS)

- Developed by YCCO Business Intelligence Specialist
- Microsoft Access Program
- Data software for Member Engagement information
- Stores program data including outcome measures.

Utilization (Feb – Oct 2015)



Outcome Measures



- Brief Pain Inventory
- Oswestry Low Back Pain Disability Questionnaire
- Fear of Movement
- Patient Health Questionnaire (PHQ-9)
- Duke Health Profile
- Pain Self-Efficacy Questionnaire
- Patient Activation Measure (PAM)

Outcome Measures



Pre- and Post-measure are collected

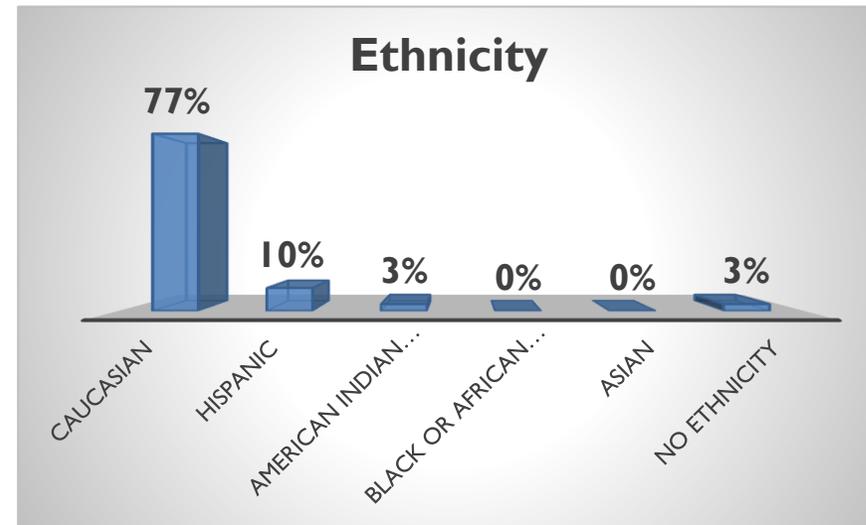
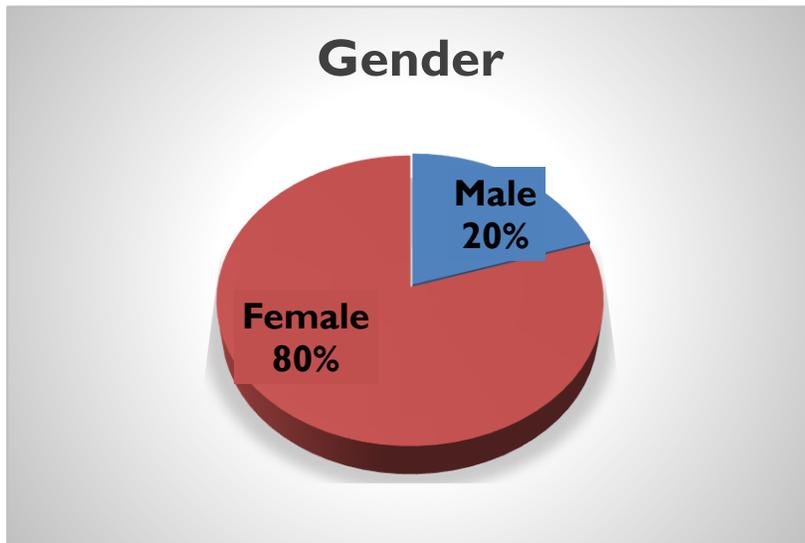
Time 1 = **90-minute Intake**

Time 2 = **Week 8 – Graduation**

Demographics

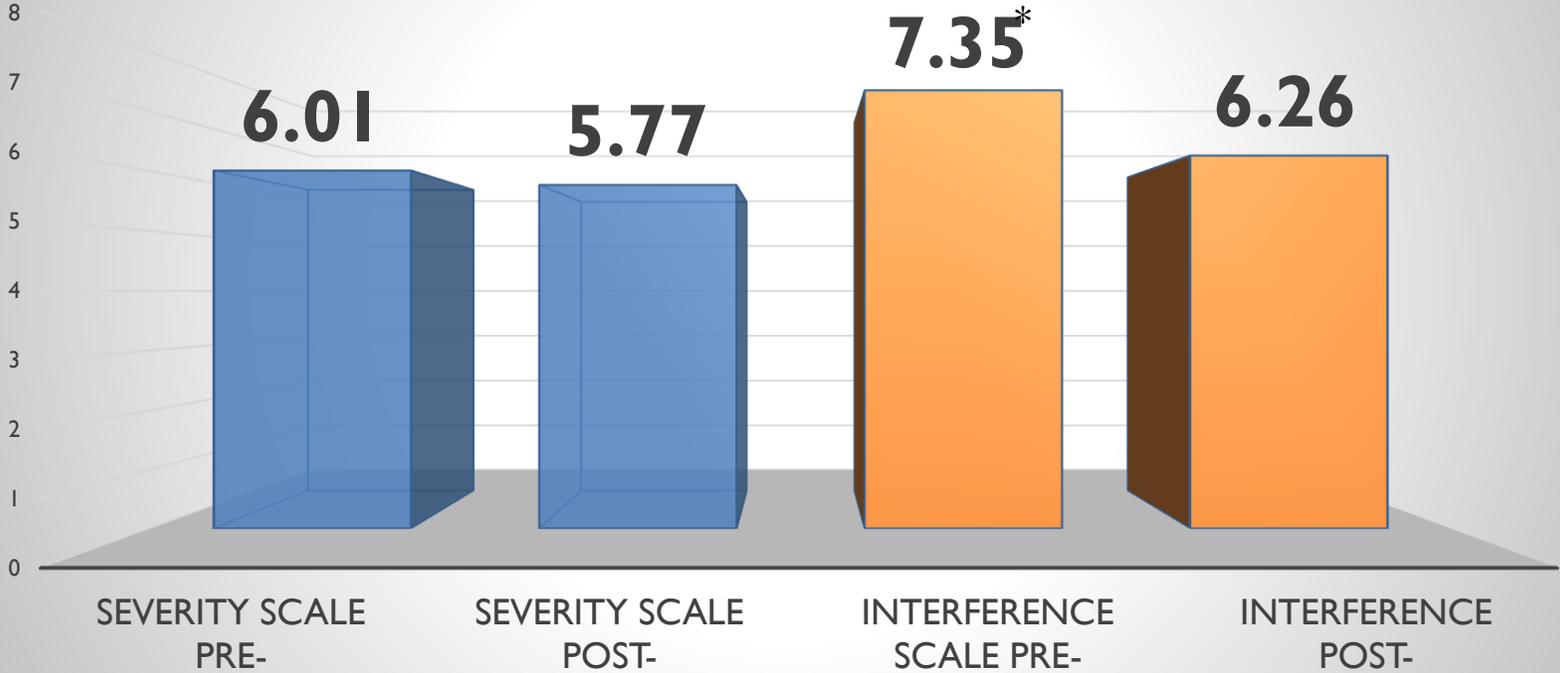


Graduates = 31 Members



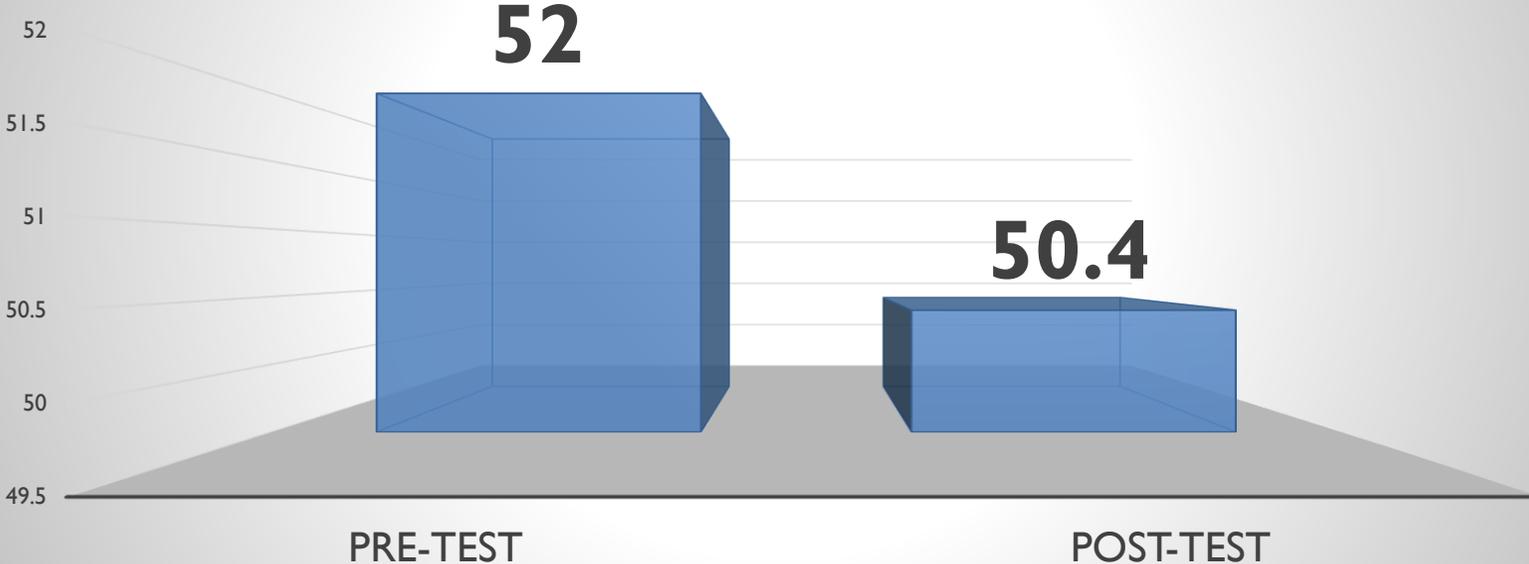
Average Age = 46.6 (Max = 63; Min = 23)

Brief Pain Inventory

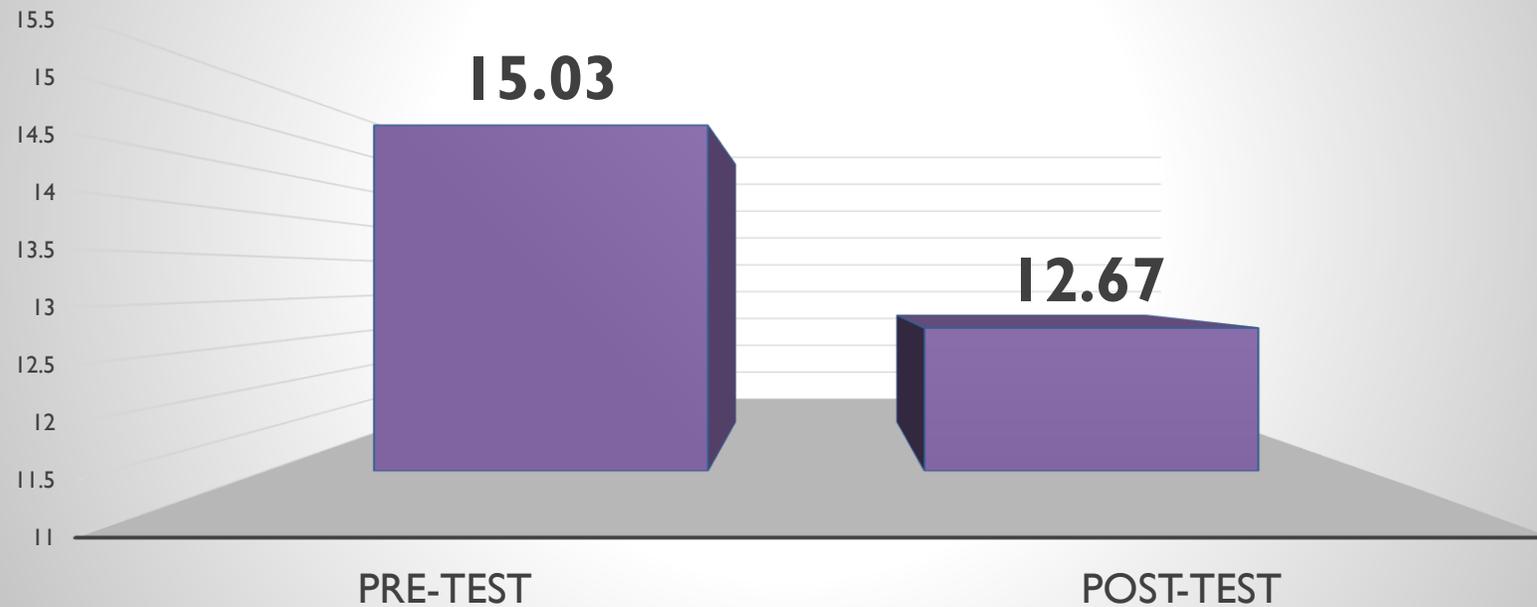


Note. Significance is indicated * = $p < .05$

Oswestry Low Back Pain Disability Questionnaire

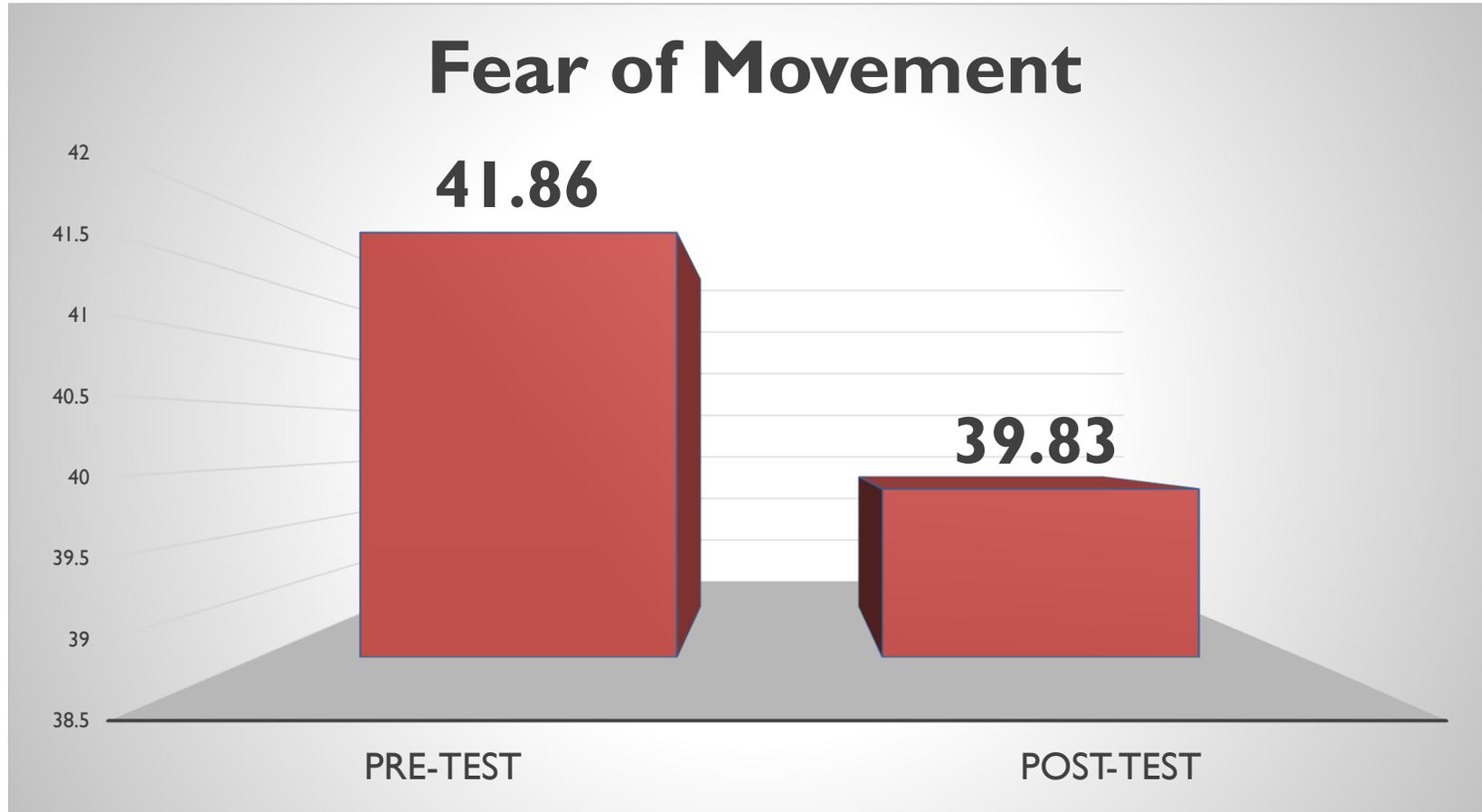


Patient Health Questionnaire (PHQ-9)

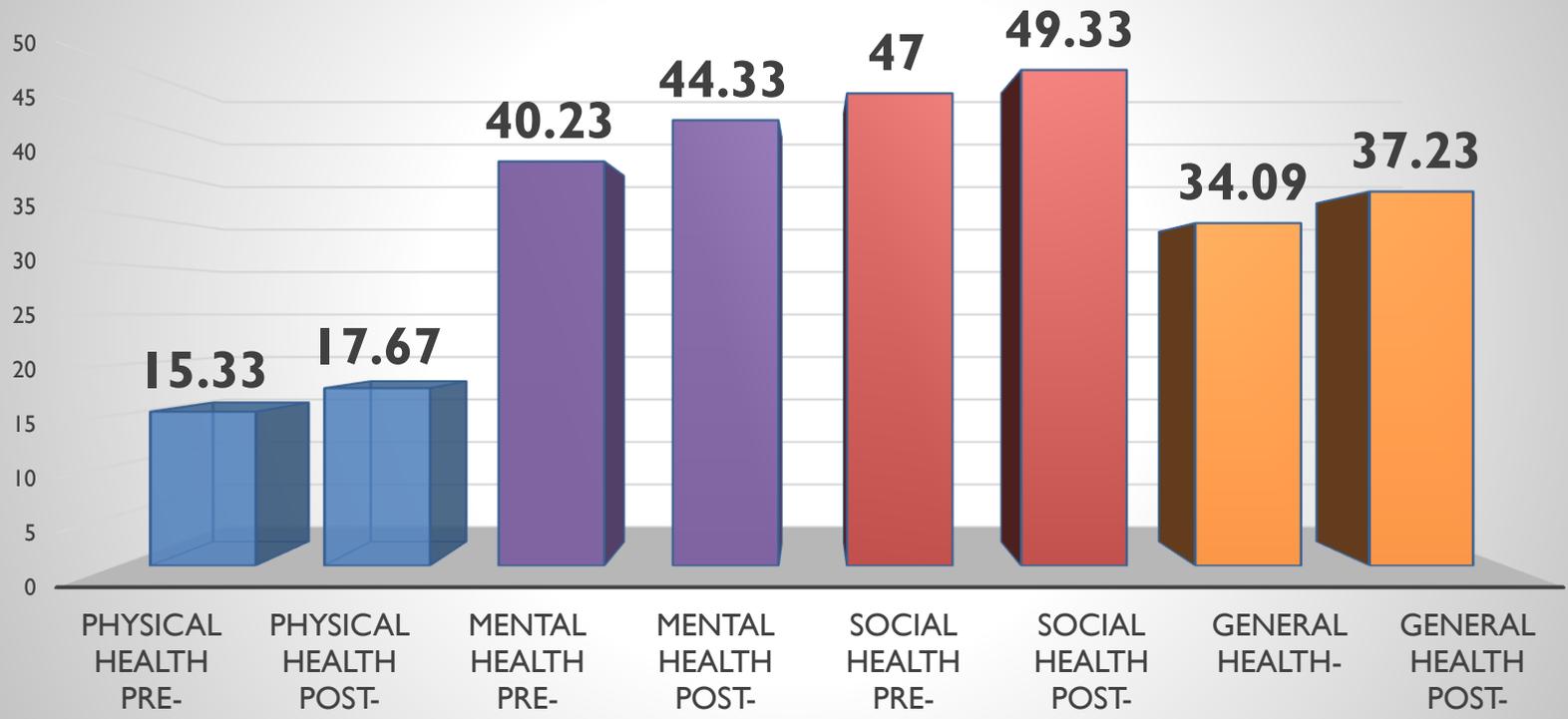


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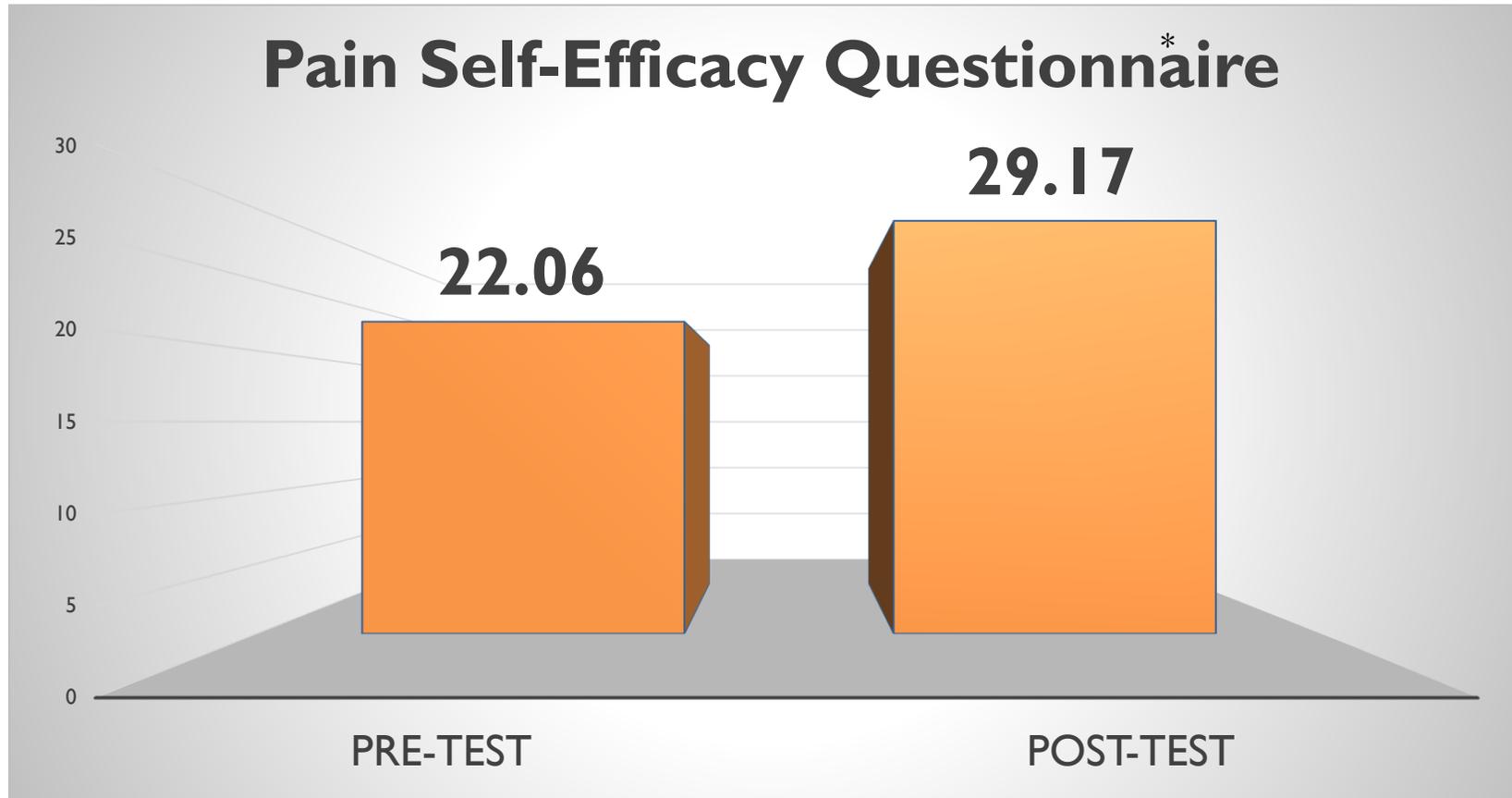
Fear of Movement



DUKE Health Profile

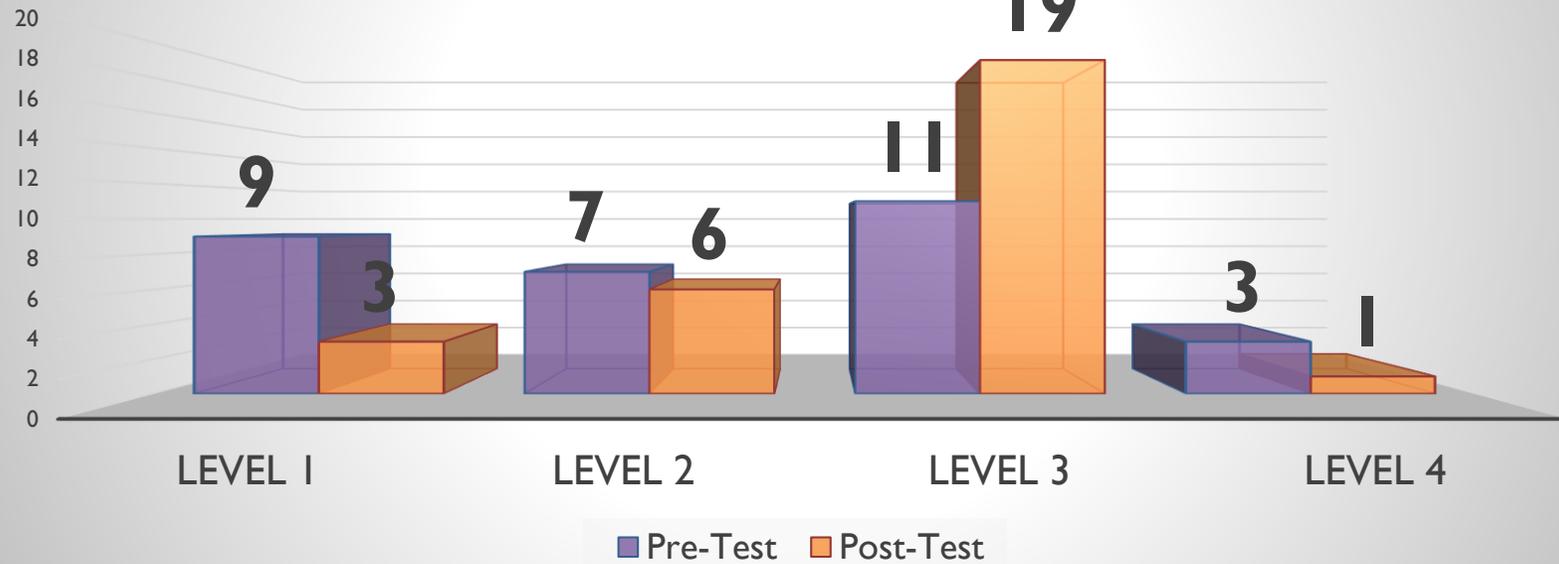


Pain Self-Efficacy Questionnaire*



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Patient Activation Measure (PAM)



Lessons Learned



- Outcomes demonstrate improvement over 8-weeks
- Importance of CCO support for Patient Engagement
- Understand reasons/barriers some referred individuals do not attend orientation/intakes.

What's Next ?



- Continue tracking outcomes (pre/post measures, claims data, etc.)
- Provide additional services (massage therapy, chiropractor, etc.) and group/classes for Health & Wellness
- Budget for ongoing services at the Wellness Center
- Identify ways to connect with members not engaging in services