

TelePain and the UW Pain and Opioid Consult Hotline

Telehealth Delivered Multidisciplinary Pain Care



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Agenda



- Define the challenges associated with treating chronic pain
- What is UW TelePain and The Pain and Opioid Consult Hotline?
- How can these resources help?

The Challenge(s)



- Pain is Complex
- Symptoms often overlap with other conditions
- Pain is a biopsychosocial phenomenon
- Pain is challenging to treat with limited resources

The Rest of the Story

- Reality of caring for chronic pain falls on primary care providers – FPs, PAs, NPs
- Primary care clinical training in pain mgt often scant
- 15-20 min appts (+ other medical concerns also on the table) don't allow adequate time
- Opioids used to be our go-to for pain, but concerns surrounding the addiction epidemic has made providers fearful
- Pain and other specialty care often unavailable – travel distances can be long
- Uninsured and underinsured
- WA State requires ALL patients on high dose opioid therapy (>120 MED) to have a pain consult per Washington Administrative Code (WAC) 246-919-930

The Rest of the Story Cont'd



- If you weren't already depressed and anxious, you will be if you have chronic pain
- BH provider accessibility is slim in rural and under-resourced areas
- PT/OT provider accessibility also diminished, and they may be swamped with active injury rehab
- Patients are often un- or under-insured for pain treatments that can work
- Not just the pt! When a family member has chronic pain, the family and community are also impacted

WHAT CAN WE DO?



What is UW TelePain- video



<https://youtu.be/yP0BDxme4MQ>

How TelePain Can Help

- Pain and Opioid Consult Hotline
- TelePain videoconference series



Pain and Opioid Management Resources for Healthcare Professionals

Pain management is complex. UW Medicine's team supports you as you work with your patients to improve their pain management, function and quality of life.

UW Medicine TelePain CME Series (all times PST):

Wednesdays 12:00 - 1:00 p.m. Chronic Pain focused didactic with Q&A
1:00 - 1:30 p.m. Community case presentations and informal topic discussions

Didactics are conversational, interactive talks via [Zoom](#). Sessions also offer interactive community case discussions via Zoom with our panel of experts from Pain Medicine, Psychiatry, Rehabilitation Medicine, Family Medicine, Anesthesia and Psychology.

TelePain is free and open to all clinicians, clinical staff and trainees in the Pacific Northwest and beyond.

Email: telepain@uw.edu for more information.



CME credit available.
Scan QR Code with your phone to register.

Pain and Opioid Provider Consult Hotline

844.520.PAIN (7246)

Available Monday - Friday,
8:30 a.m.-4:30 p.m. PST
(excluding holidays)

Free educational advice for all providers caring for patients with chronic pain and/or complex pain medication regimens.

Email painhotline@uw.edu for more information.

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of 72 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each session = 1.5 credits.)

UW TELEPAIN

Complementary virtual service

- High-yield didactics
- Educational consultations with our expert panel

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HOW TO JOIN

Wednesdays from 12:00PM PST-
1:30 PM PST via Zoom

- Didactic Sessions 12-12:30 PST
- Followed by Q&A and educational case presentations

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PAIN + OPIOID HOTLINE



1-844-520-PAIN (7246)

Clinical advice for healthcare providers caring for patients with complex pain medication regimens, particularly high dose opioids

By UW Medicine pain management pharmacists and physicians

Monday through Friday 8:30 AM - 4:30 PM
excluding holidays

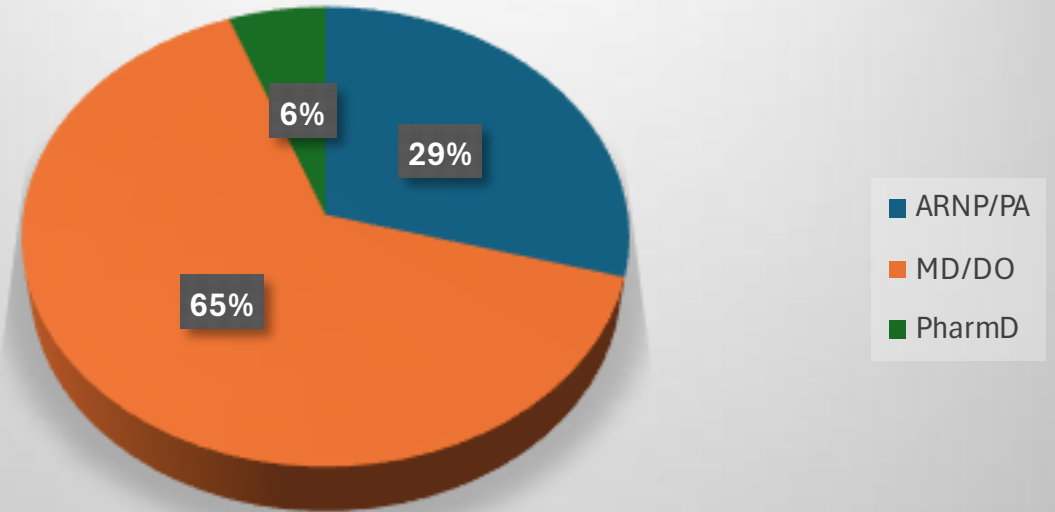
Email: painhotline@uw.edu

Who can call?

Any healthcare Provider!

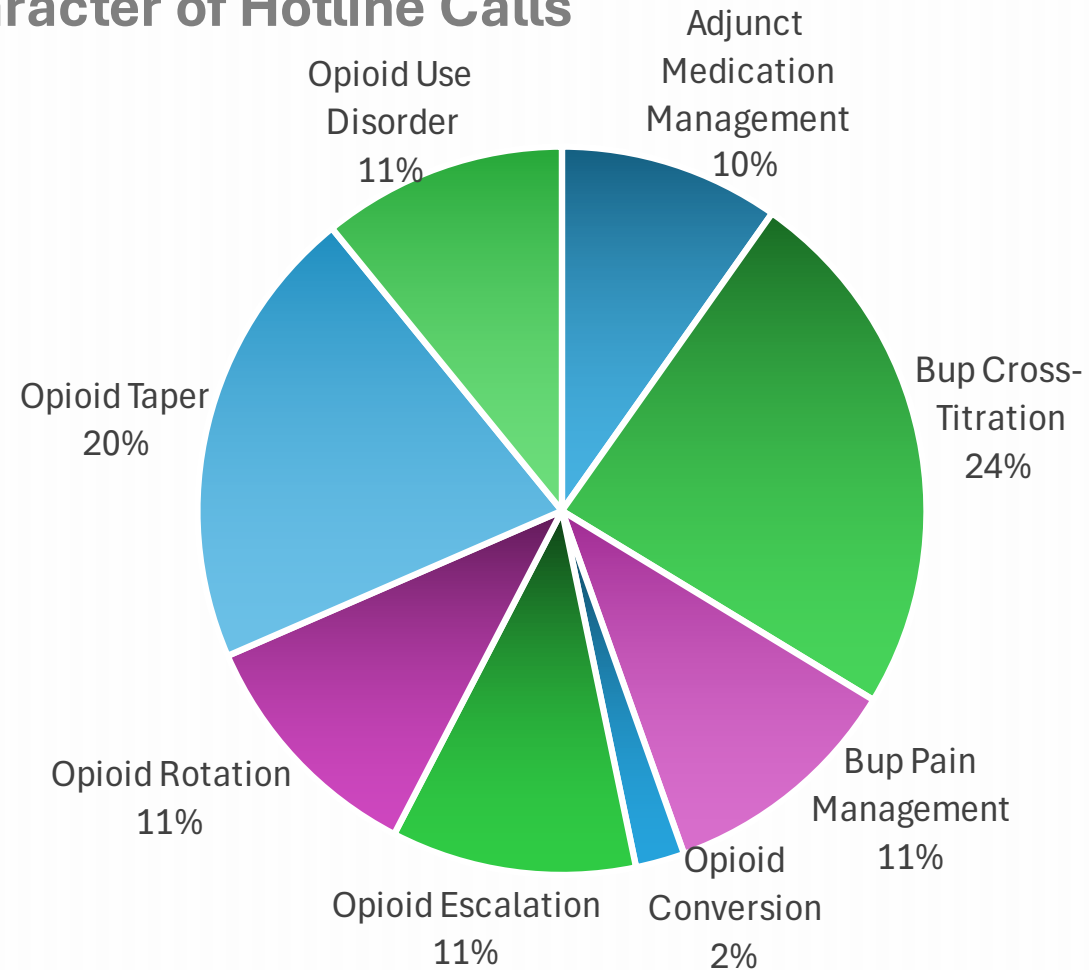
- MD/DO
- APPs
- Pharmacists
- Behavioral health providers
- Students
- Physical therapists

Types of Provider Calling
Pain & Opioid Hotline



- WHAT DO PROVIDERS ASK?

Character of Hotline Calls





QUESTIONS?

How to reach us:



Email: TelePain@uw.edu

Website: <https://anesthesiology.uw.edu/what-we-do/pain-medicine/telepain/>

Recorded lecture vimeo: <https://vimeo.com/telepain>

Contact me: jbgross@uw.edu