



# Department of Health Care Policy and Financing Accountable Care Collaborative

## Help with Your Chronic Pain Clients

The Accountable Care Collaborative (ACC) invites you to participate in a new **Chronic Pain Disease Management Program (Program)**. Modeled after the **Project ECHO** (Extension for Community Healthcare Outcomes) program developed in New Mexico, the Chronic Pain Management Program leverages cutting edge telehealth technologies to connect PCMPs to specialists. PCMPs consult directly with specialists regarding client cases and learn best practices for treating clients with a variety of chronic pain conditions.



Panel of Specialists Meeting with Primary Care Team

## Be a Telehealth Pioneer

The Department will sponsor approximately 50 PCMPs to serve as telehealth pioneers for Colorado. Participation in ECHO-like program is easy and the benefits for providers and their clients are significant:

- Gain **EXPERTISE** for treating clients with a variety of chronic pain conditions.
  - The Program is designed to assist with your current clients and there is no expectation for you to take additional pain management clients.
- Keep your clients in your practice and in their communities.
- **NO COST** for participation in the Chronic Disease Management Program.
- *Easy attendance* from anywhere through an online video conference system.
- Earn **CME credit** for attending the ECHO pain management sessions.
- Participation will not change your practice scope or alter your liability with clients you're treating.

## Participating PCMPs Report Increased Confidence & Expertise in Treating Clients

A 2010 survey of New Mexico's Project ECHO participants showed that clinicians clearly benefited from participating in a number of areas:

Question Asked of ECHO Participating Clinicians	Average Rating Score (1 to 5)
I am learning best practices through ECHO clinics.	4.7
I am able to apply knowledge learned in ECHO clinics to patients with similar diseases in my clinic.	4.5
My participation in Project ECHO enhances my ability to offer comprehensive care.	4.5
Compared to traditional consultations, using Project ECHO saves me time.	4.2
Through my participation I have been co-managing patients with ECHO specialists.	4.5
Participating and learning about a complex chronic disease through Project ECHO is an effective way for our clinic to enhance its expertise.	4.6

**\*\*\*NOTE:** The Rating Score above is the average ECHO participant's rating on a scale ranging from 1 = Not At All to 5 = To a Large Degree.

## Learn More & Sign-Up:

- For a quick presentation on how the program will run please visit the [How ECHO Models Work](#) video.
- **To learn more & sign-up for the Pain Management Program please e-mail [jd.belshe@state.co.us](mailto:jd.belshe@state.co.us)**

## Chronic Pain Disease Management Program Components:

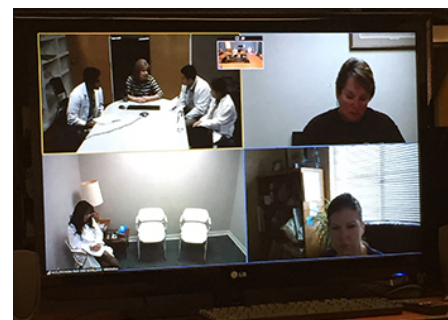
The Department's Chronic Pain Disease Management Program (Program) will consist of three different program options that providers and practices will be able to participate in. Providers and practices may choose to participate in just one or multiple program options outlined below:

### Two Provider Collaborative ECHO-like Options: 1.) Chronic Pain Sessions; and/or 2.) Buprenorphine Sessions:



Provider practices can choose one or both of the planned ECHO programs. The first will be a **Chronic Pain ECHO program** designed to give Colorado primary care providers greater access to pain specialists and improve usage of evidence-based best-practices with pain management clients. The second session will be a **Buprenorphine ECHO program** for licensed providers interested in gaining greater insights and experience treating opioid addiction with Buprenorphine/Suboxone. Both the Chronic Pain and the Buprenorphine ECHO programs will contain the following elements:

- A multi-disciplinary team of pain or addiction specialists will lead videoconference sessions that will include:
  - Short-didactic sessions to provide the latest evidence-based, best practices for treating Clients with chronic pain and/or addiction issues (15-30 minutes).
  - Participant case presentations that will be open to provider discussion and will receive case-based treatment recommendations. These presentations have been described as a video-based version of 'grand rounds' for pain management clients.
- A website forum for providers to view recorded didactic lectures they were unable to attend.
- A searchable website for providers to look for treatment resources and previous case presentation videos on pain management or addiction topics (e.g. Lower-back pain, Fibromyalgia, etc).



*The sessions are "fascinating," with "great didactic" presentations and a "collegial feel" that provides "the opportunity to...inspect my own clinical reflexes."* ---ECHO Participating Medical Provider

### **Practice Transformation Learning Collaborative for Pain Management & Addiction Issues:**

The Program will also include an opportunity for interested teams of providers and clinic administrators from Colorado practices to enroll in a practice transformation program focused on implementing pain management best-practices. Modeled after a nationally-endorsed quality improvement program such as the Institute for Healthcare Improvement's (IHI) Breakthrough Series Collaborative, the program will provide access to a team of quality improvement and practice transformation coaches. **Participating practices will gain experience identifying systems-level gaps in chronic pain treatment and implementing administrative changes that increase practice adherence to evidence-based guidelines for the treatment of chronic pain.**

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*"The key is to focus on small, gradual changes using the Plan-Do-Study-Act model of continuous cycles of improvement. We encourage the teams to start by making one change with one patient and then evaluate what they've learned."*

--- IHI Breakthrough Series Leader

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