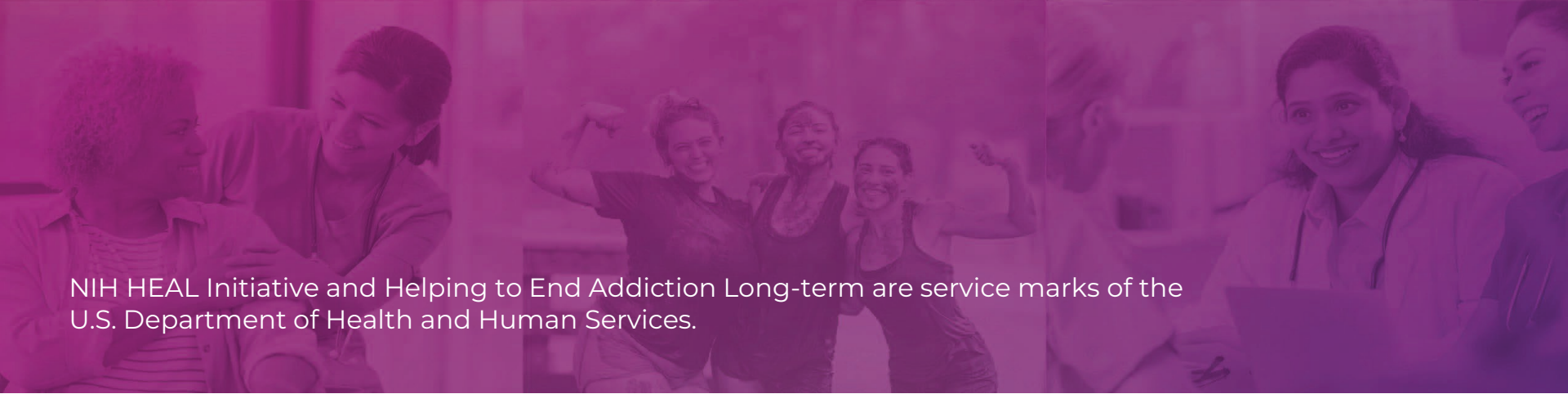
NIH HEAL INITIATIVE

BACPAC Back Pain Consortium

Nonpharmacologic Pain Management for Lumbar Surgery

UH3AT009763-01



Nonpharmacologic Pain Management for Lumbar Surgery

- Individuals undergoing lumbar surgery are more likely to be persistent opioid users before and after surgery.
- The critical role of psychological factors has not been adequately applied to surgical pathways using strategies that are potentially scalable.

Nonpharmacologic Pain Management for Lumbar Surgery

- Post-surgical management hasn't focused on factors that perpetuate persistent opioid use
  - Hypervigilance
  - Catastrophizing
  - Preference for passive coping
- Both physical therapy and mindfulness interventions address these factors

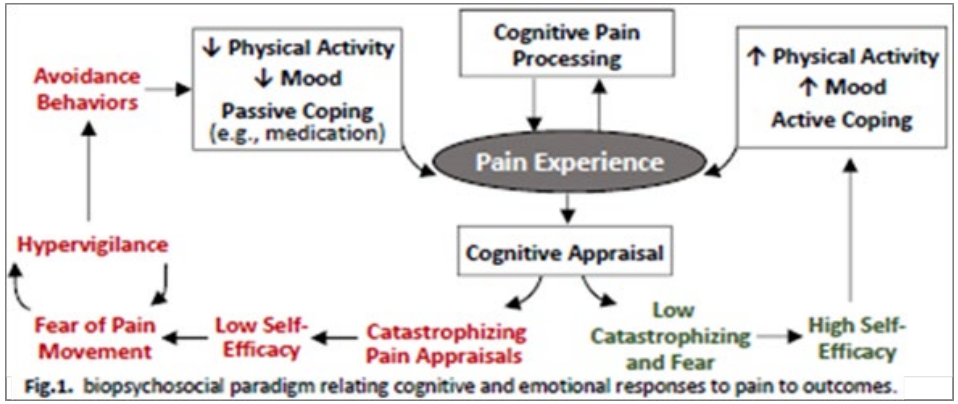


Fig.1. biopsychosocial paradigm relating cognitive and emotional responses to pain to outcomes.

The Military Health System (MHS)

Military Health

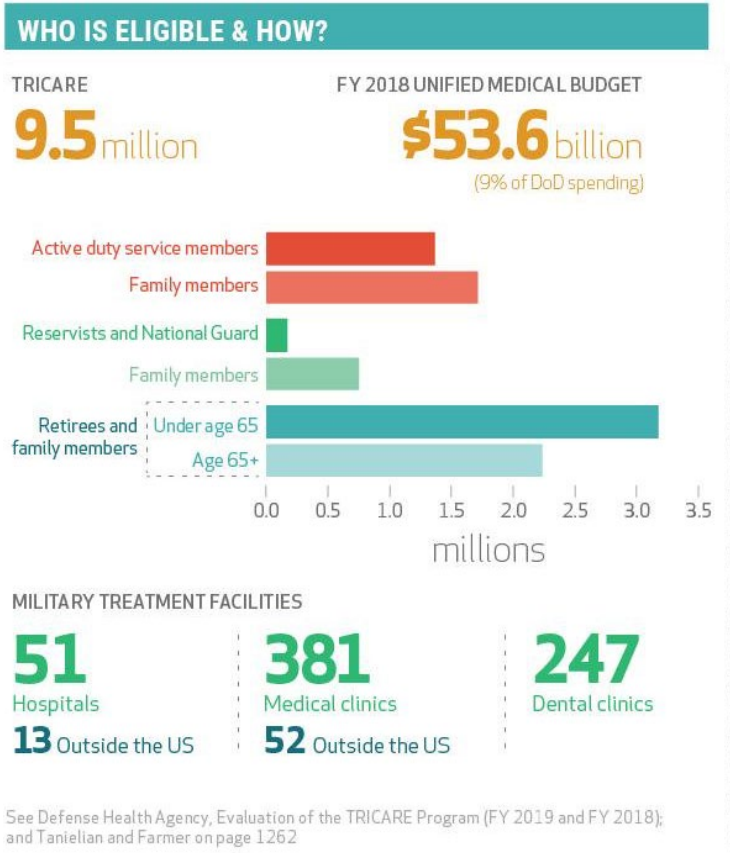
The US Military Health System (MHS) has a dual mission of maintaining a ready medical force to support active duty service members around the world and delivering insurance benefits to the service members, reservists, retirees, and family members—9.5 million individuals. The TRICARE insurance program delivers both direct care (delivered in military treatment facilities) and purchased care (delivered by contracted network providers in nonmilitary settings). The MHS is in the midst of a major transformation in efforts to improve quality, better integrate care, and reduce costs.

A Year in the Life of the MHS

128 Million Prescriptions Filled

70.5 Million Outpatient Visits

1 Million Inpatient Admissions



Primary Objective

Compare the effectiveness of two pain management pathways (standard vs. enriched) for patients undergoing lumbar spine surgery in the MHS. Effectiveness will be based on post-surgery patient-centered outcomes and opioid use. We hypothesize the enriched pathway will provide superior outcomes vs. the standard pathway.

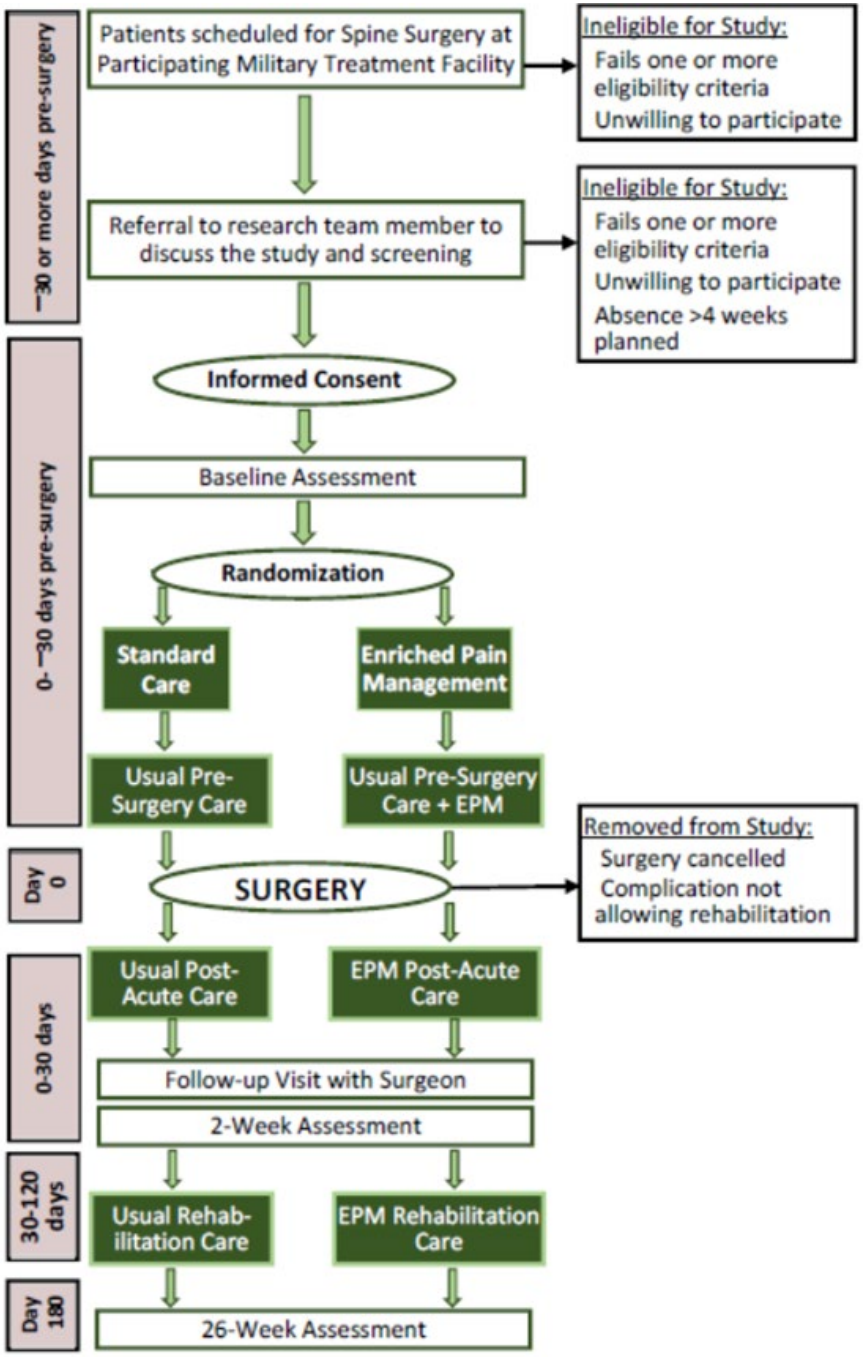
Eligibility Criteria

Adults age 18-75

Fusion (up to 4 levels) or non-fusion lumbar procedures

Elective procedure

No medical reasons preventing post-surgical exercise



COVID-RELATED CHALLENGES

- Restrictions on in-person care and elective procedures
- Priority populations to receive in-person physical therapy
- Safety protocols for in-person research personnel
- Re-deployment of clinical personnel
- Changes in clinical leadership