

Equalizing Access to Non-opioid Strategies with Community-embedded Online Pain Management Tools

Project Challenge

Access to effective pain management is a critical problem, exacerbated by the opioid overdose epidemic and treatment inequities. A coalition of researchers, health care providers, and people with pain met to gather information on current treatment priorities and barriers through team meetings, surveys and focus groups. These activities served as a foundation for a proposal to develop online resources and novel methods to maximize access for people with pain.

Challenges identified include the fulfillment of diverse patient, community, and clinical needs, and identification of strategies for long-term maintenance and operation of online resources.

Research Questions

What are the perspectives of people with pain, healthcare providers and community members regarding online E-health resources to improve pain management inequity?

What resources are currently available in the community for pain management? What barriers exist to accessing non-opioid pain management options? What are preferred online pain management resources for stakeholders?

Pilot Vision

- Co-create with civic partners a sustainable, open-sourced, evidence-based online hub for pain resources that can reduce opioid harms while improving pain management for persons with pain.
- Identify best strategies to engage people with pain and health care providers in online resources and solidify strategies for ongoing programming and maintenance.

Pilot Location

Spokane, Washington

NSF Award ID: 2228582

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Civic Partners:

- Spokane Regional Opioid Task Force
- Better Health Together
- MultiCare
- Providence Health
- Rayce Rudeen Foundation
- Northwest Spine & Pain Medicine
- Gianna Bardelli, Yoga LLC
- Janssen Biotech, Inc.
- American Society for Pain Management Nursing [Pacific NW Chapter]
- Washington Patients in Intractable Pain
- CHAS Health
- Performance Physical Therapy

Research Partners:

- Urbanova
- Goalistics, LLC

