

# VA RESEARCHERS PUT EVIDENCE-BASED PAIN CARE INTO THE HANDS OF VETERANS

## Pain Management Collaboratory (PMC)

**6,000+ VETERANS RECEIVED EFFECTIVE NON-DRUG PAIN CARE in PMC research trials**

-  Mindfulness
-  Motivational Interviewing
-  Chiropractic Care
-  Care Management Pathways
-  Health and Wellness Coaching
-  Cognitive Behavioral Therapy (CBT)

Since 2017, the PMC\* network has supported large pragmatic clinical trials embedded across the Veteran health system. The PMC trials use patient resource groups to incorporate Veteran perspectives into trial activities.



## WHAT WE'VE LEARNED FROM THE TRIALS



### How to Improve Access

Telehealth delivery, new care pathways, and self-referral made pain care more convenient and Veterans received care more quickly.



### How To Improve Health Outcomes

Individual trials improved health outcomes, including pain and function and identified new care pathways.



### How to Reach More Veterans

Veterans across demographic backgrounds and geographic areas enrolled, showing broad interest in non-drug pain treatment.

The trials had few exclusion criteria, so participants were similar to Veterans who receive pain care in VA.

## Trial treatments moving into clinical care

Telehealth versions of mindfulness and CBT for chronic pain are being adopted from the trials into clinical care, providing Veterans with more choices.

VA is implementing asynchronous, remotely delivered treatments because they are low burden for Veterans, use fewer system resources, and increase access to pain care.

\*More information about resource groups, trial methods and results can be found at the PMC website. **Funding sources:** National Institutes of Health-Department of Defense-Department of Veterans Affairs