



THE NEED

Results from a 2016 National Health Interview Survey (NHIS) revealed that an estimated 20.4% (50 million) of adults living in the United States had chronic pain and that 8% (19.6 million) had high-impact chronic pain (Dahlhamer et al., 2018). Yet nearly 70% of patients with chronic pain report dissatisfaction with their current treatment regimen (Hadi et al., 2019). Furthermore, recent findings also suggest that clinicians may not be adequately educated or trained on how to effectively manage and treat pain. As such, ***“the lack of education and training in the discipline of pain medicine among health professionals has been highlighted as one of the barriers to best-practice pain management. Accordingly, primary care providers have indicated a lack of training regarding pain management and limited confidence in their ability to provide effective pain treatment”*** (Shipton et al., 2018).

To optimize pain management and treatment outcomes, clinicians would benefit from

- Education and training regarding how pain is implicated in various conditions, including diseases and injury, and which treatments are most effective and safe for managing diverse pain-related conditions, including long-term treatment of chronic pain.
- Education regarding how to engage in multidisciplinary care to ensure optimal patient outcomes.
- Education regarding how to properly manage multi-site pain and provide safe and effective care to patients with multiple comorbid conditions.
- Education regarding the impact that pain has on a patient’s overall health and wellbeing, including psychological, emotional, and social functioning, and how comprehensive pain management strategies can be applied to enhance care outcomes (Kawai et al., 2017).
- Education regarding implicit biases and perceptions regarding diverse population subgroups and how such perceptions may influence the delivery of appropriate and timely care.

Dahlhamer, J., Lucas, J., Zelaya, C., et al. (2018). Prevalence of chronic pain and high-impact chronic pain among adults — United States, 2016. *MMWR Morb Mortal Wkly Rep*, 67, 1001–1006. <http://dx.doi.org/10.15585/mmwr.mm6736a2>.

Hadi, M. A., McHugh, G. A., & Closs, S. J. (2019). Impact of chronic pain on patients’ quality of life: A comparative mixed-methods study. *Journal of Patient Experience*, 6(2), 133–141. <https://doi.org/10.1177/2374373518786013>

Kawai, K., Kawai, A. T., Wollan, P., et al. (2017). Adverse impacts of chronic pain on health-related quality of life, work productivity, depression and anxiety in a community-based study. *Family Practice*, 34(6), 656–661. <https://doi.org/10.1093/fampra/cmz034>

Shipton, E. E., Bate, F., Garrick, R., Steketee, C., et al. (2018). Systematic review of pain medicine content, teaching, and assessment in medical school curricula internationally. *Pain and Therapy*, 7(2), 139–161. <https://doi.org/10.1007/s40122-018-0103-z>