

Advancing  
biopsychosocial care  
through policy change

CBHC

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# Agenda

Our Pain Stories

The Numbers

The Brain & Pain

Biopsychosocial Approaches

Policy barriers & Solutions



My Story = Our Story



#chronicpainawarenessmonth  
#RealPainStories

# Acute Pain

- Sign of disease or physical threat
- Short-lived & easily treated
- Dissipates when cause addressed

# Chronic Pain

- Not longer version of acute
- Lasts 3+ months
- Can be its own health condition
- Is always biopsychosocial



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## **By the Numbers: Chronic Pain in the U.S.**

Over 50 million people in the U.S. have chronic pain.

New cases of chronic pain outpace diabetes, depression and high blood pressure.

More prevalent in older adults, women, those with lower SES.

Leading causes include back pain, arthritis, migraines, and fibromyalgia.

# The Impact of Chronic Pain in the U.S.

## Mental Health

- Higher rates of depression & anxiety
- Double the risk of suicide
- Linked to substance use/misuse

## Work & Disability

- Leading cause of disability
- Impact to ability to maintain employment

## Quality of Life

- Reduced mobility & decreased daily activities
- Social isolation

# Disparities in Chronic Pain



- Women experience pain differently from men and are at greater risk of developing chronic pain.
- Gender bias in pain treatment is well documented, creating care barriers.



- African Americans & Hispanics are less likely than whites to receive adequate pain relief.
- African Americans report lower quality pain management & more disabling pain severity.

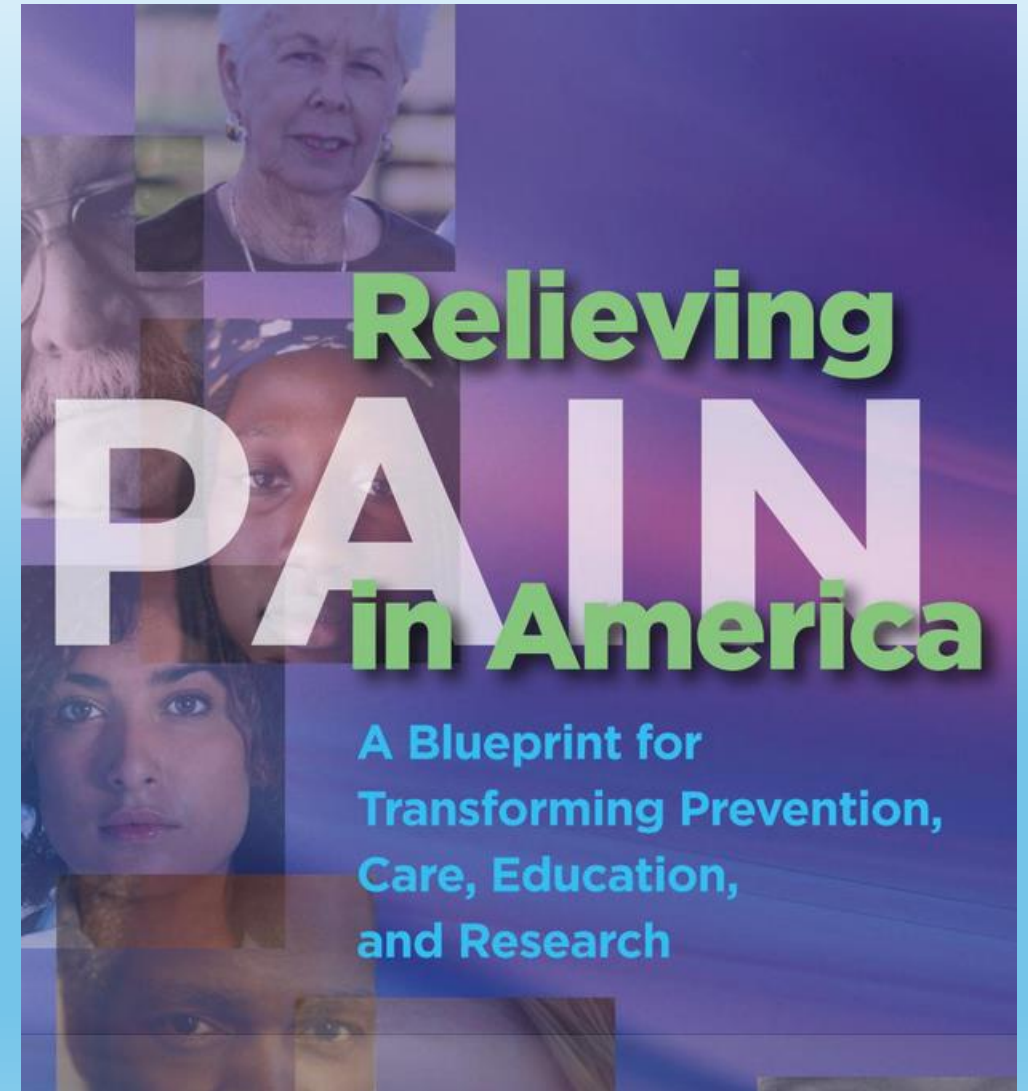
# Cost to the U.S. economy: \$560-\$635B

Health care costs (\$300B)

Days of work missed (\$12B)

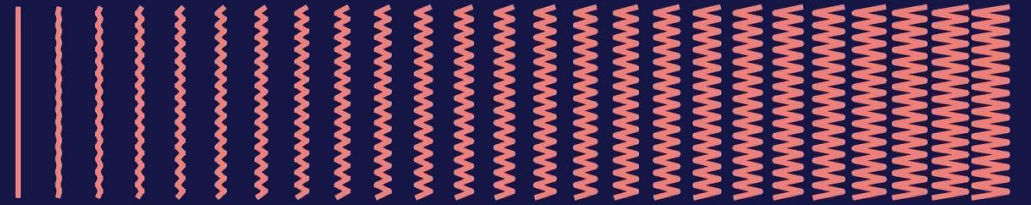
Hours of work missed (\$96B)

Lower wages (\$226B)





**Cost and burden to individuals and families is significant:**



Americans spend **\$87.6 billion** in a single year on lower back and neck pain alone.



# Employers have a pain problem

Employees with chronic pain annually miss on average 10.3 workdays vs 2.8 days for those without pain.

Pain related productivity costs are \$216 billion.

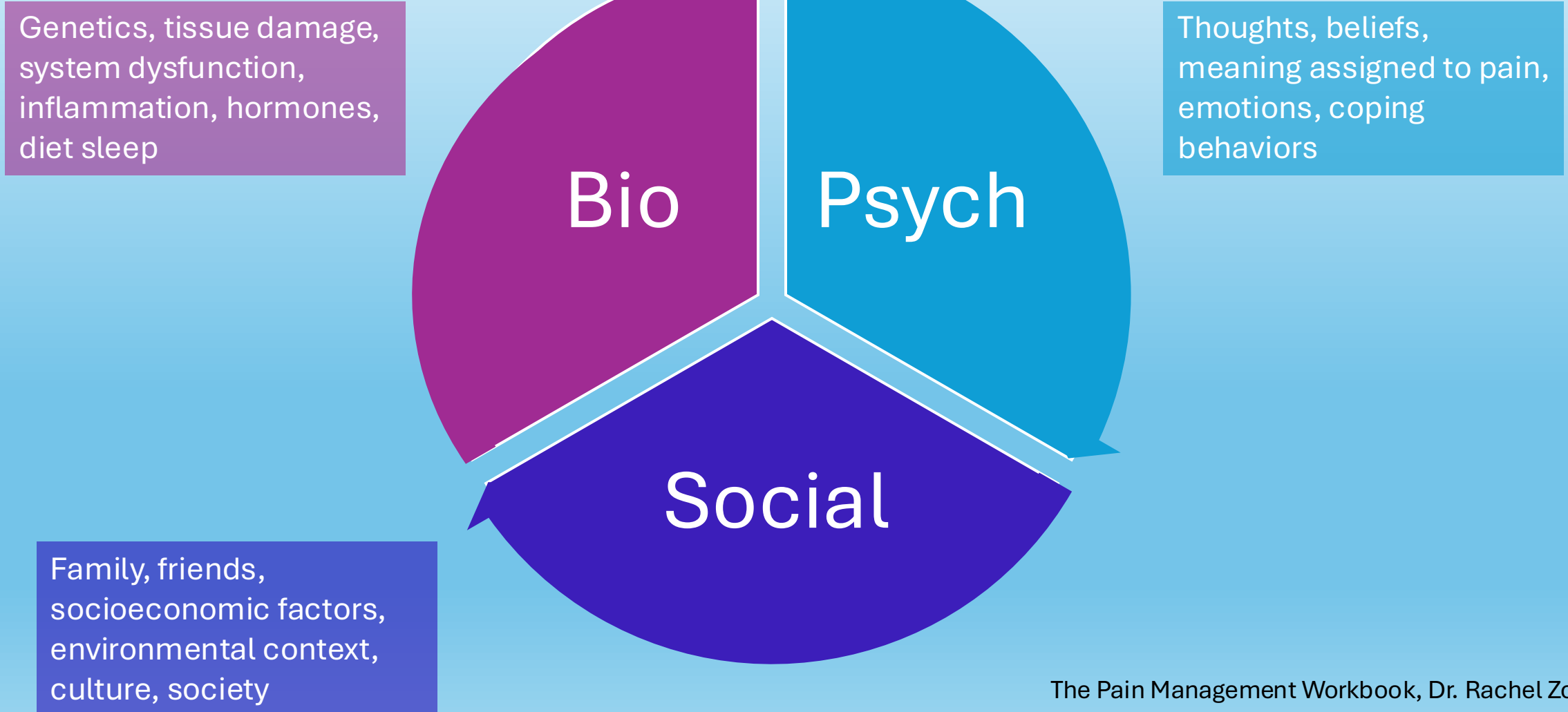
Presenteeism challenges include:

- 42% of workers in pain say they regularly experience loneliness
- 64% are less likely to view their job as rewarding
- 28% are more likely to perceive discrimination at work

These challenges increase work-related stress, impacting performance, productivity, and employee retention.



# All Pain is Biopsychosocial

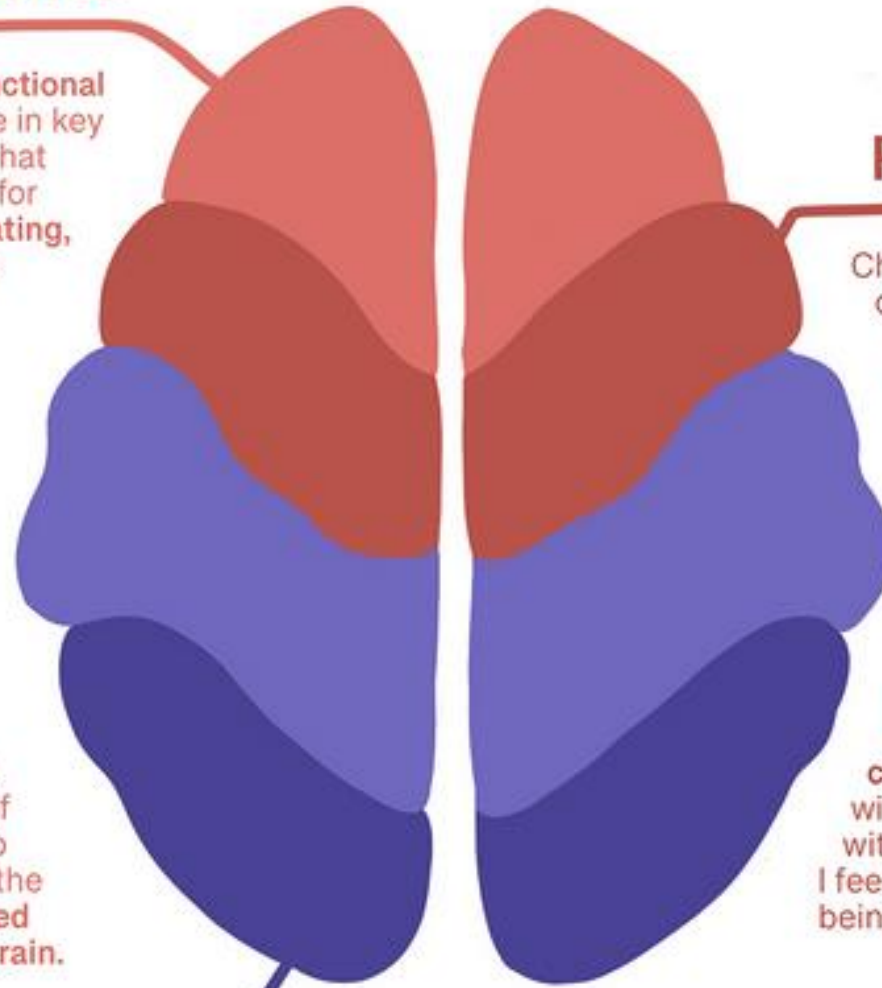


## Brain Response

Structural and functional changes take place in key brain regions that are responsible for processing, regulating, and making sense of pain.<sup>1</sup>

These changes make it easier for the brain to continue the cycle of pain.

Once these changes take place, the primary cause of ongoing pain is no longer an injury in the body, but a learned process in the brain.



## Pain Beliefs

Chronic pain has a strong correlation with the development or worsening of anxiety, leading to patterns of fear, activity avoidance, pain catastrophizing, and hypervigilance.

Fear of undiscovered structural damage is common: 43.9% of people with chronic pain agree with the statement "The pain I feel is a sign that damage is being done."<sup>2</sup>

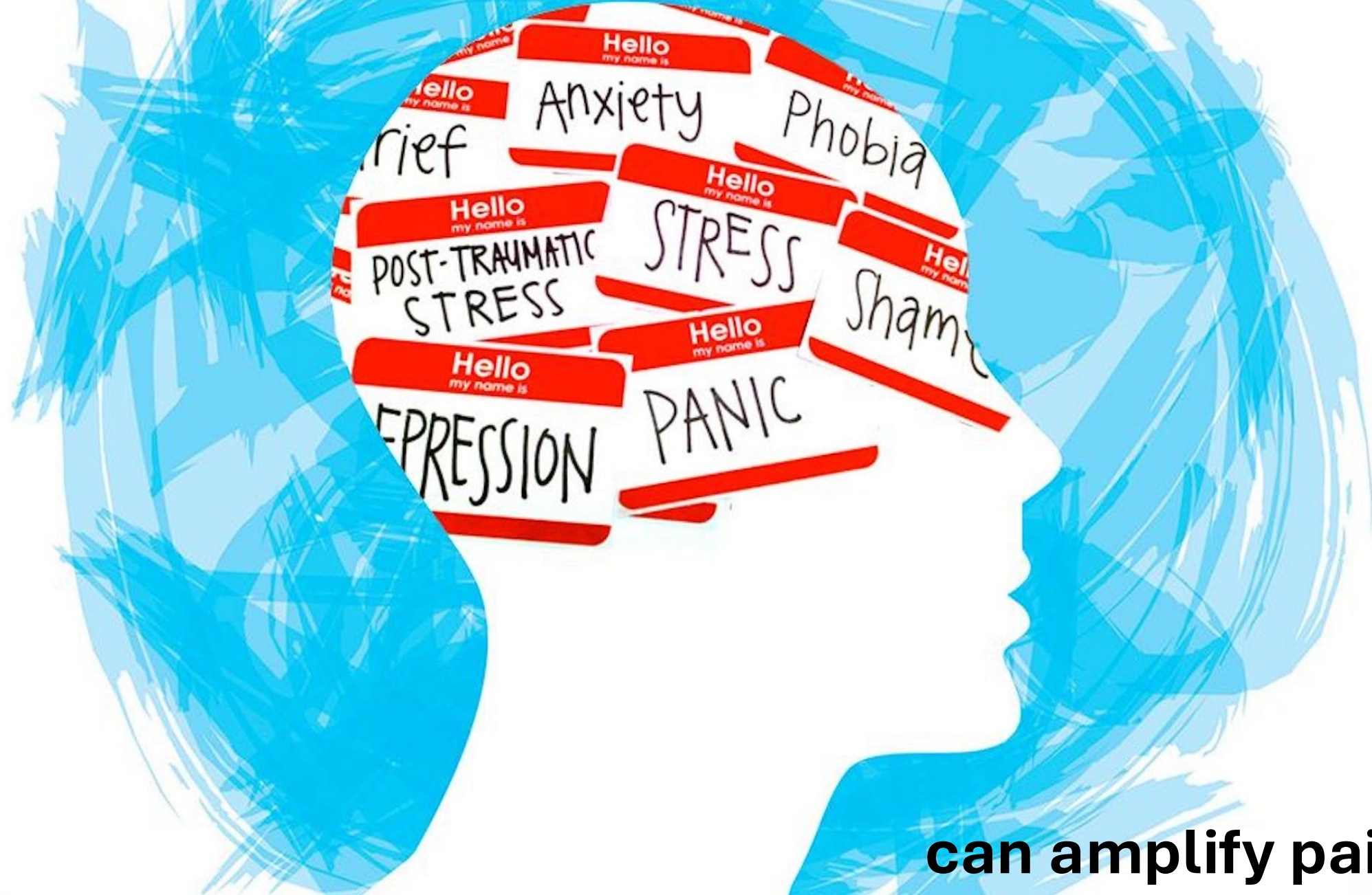
## Pain Experience

As pain becomes chronic, it is common for the pain experience to intensify, with patients reporting increased pain frequency, intensity, duration, and disability.



**Brain Break!**

**Stress, anxiety, isolation, depression, stigma.....**



**can amplify pain.**

Breathe

# Health care falls short in addressing chronic pain



Physician  
training



Perverse  
Incentives



Siloed  
Care





# Frameworks are starting to change (but slowly)

## Fact Sheets

### Calendar Year (CY) 2023 Medicare Physician Fee Schedule Final Rule

Nov 01, 2022 | Medicare Parts A & B, Physicians, Policy



Studies in History and Philosophy of Science

Volume 94, August 2022, Pages 121-132



‘If it can't be coded, it doesn't exist’. A historical-philosophical analysis of the new ICD-11 classification of chronic pain

#### Chronic Pain Management and Treatment Services

We finalized new HCPCS codes, G3002 and G3003, and valuation for chronic pain management and treatment services (CPM) for CY 2023. We believe the CPM HCPCS codes will improve payment accuracy for these services, prompt more practitioners to welcome Medicare beneficiaries with chronic pain into their practices, and encourage practitioners already treating Medicare beneficiaries who have chronic pain to spend the time to help them manage their condition within a trusting, supportive, and ongoing care partnership.

#### **New ICD-11 Chronic Pain Codes (2022)**

- MG30.0 Chronic primary pain
- MG30.1 Chronic cancer related pain
- MG30.2 Chronic postsurgical or posttraumatic pain
- MG30.3 Chronic secondary musculoskeletal pain
- MG30.4 Chronic secondary visceral pain
- MG30.5 Chronic neuropathic pain
- MG30.6 Chronic secondary headache or orofacial pain

# Innovators are trying to tackle the problem

 Menda Health



# VT Chronic Pain Bundled Payment Pilot

- Physician/medical provider services in pain management and general health
- Acupuncture
- Massage therapy includes modalities such as craniosacral therapy.
- Movement classes
- Acceptance and Commitment Therapy (ACT, a form of CBT),
- Hypnotherapy,
- Eye Movement Desensitization and Reprocessing (EMDR),
- Pain Reprocessing Therapy
- Mindfulness
- Nutrition
- Culinary medicine
- Occupational therapy
- Physical therapy
- Reiki
- PATH (Openings) integrated medical group facilitated by a medical provider and an allied health professional who practice in the areas listed above.
- COMPASS Living group therapy is led by a licensed psychologist (ACT) or a licensed counselor.
- Health Coaching
- Art Therapy



# But there is more to do



## Evaluate Systems

- Employers
- Commercial market
- Medicare/Medicaid

## Innovate Payment

- Test BPS models
- Incent best BPS practices
- Change policy

## Build Awareness

- Educate on BPS
- Disseminate best practices
- Build a coalition

**Is clinician empathy the new painkiller for chronic pain patients?**

**Telehealth mindfulness interventions significantly improve chronic pain outcomes for veterans**

Placebos Can Alleviate Chronic Back Pain, Even When Patients Know They're Placebos

Brain Imaging Shows How Mindfulness Reduces Pain

AI May Predict Chronic Pain Risk in Patients With Breast Cancer

[www.chronicpainchats.substack.com](http://www.chronicpainchats.substack.com)

Thank you!  
Questions?



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