Integrative Management of chronic Pain and OUD for Whole Recovery (IMPOWR)
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Treatment Challenge

- 40-60% of individuals with OUD experience chronic pain (CP), which impacts OUD recovery
- Lack of evidence-based integrated treatments for treating both OUD & CP
- Service provision for patients with both CP and OUD is fragmented
- Limited resources, expertise, and communication leave patients behind

IMPOWR Vision

Generate evidence-based, patient-centered solutions for integrated management of co-occurring CP and OUD and rapidly disseminate knowledge to stakeholders to impact population health.

IMPOWR Goals

1. Maximize generalizability of developed interventions
2. Focus on the Whole Patient (co-occurring conditions, stigma/discrimination)
3. Emphasis on health inequities
4. Public/Private Partner involvement
5. Strengthen the next generation of scientists

Slides provided by Dr. Shelley Su, Program Scientist at NIDA and lead of the IMPOWR program
The need for IMPOWR

Current approaches fail to provide coordinated treatment, holistic focus, and improve lives of those with pain and OUD

- Chronic pain often co-occurs with other disorders, trauma, shame, and experience of stigma
- Provider and healthcare system behavior exacerbates undertreatment of pain, mistrust
- Need for sustainable models of care and integrated, holistic healthcare interventions
Funded Centers

Yale University School of Medicine
Yale University
William Becker, Declan Barry, David Fiellin

University of Pittsburgh
Jessica Merlin and Kevin Kraemer

University of New Mexico
Katie Witkiewitz, Matthew Pearson

Montefiore/Einstein
Joanna Starrels, Julia Arnsten, Vilma Gabbay

Generate evidence-based, patient-centered solutions for integrated management of co-occurring CP and OUD and rapidly disseminate knowledge to stakeholders to impact population health.

- 9 effectiveness/implementation studies
  - Pharmacological dosing
  - Models of Care Delivery
  - MOUD & integrated behavioral pain treatments
- Develop novel screening assessments & educational materials
- Diversity of health care settings
  - Primary Care
  - Hospital
  - Opioid Treatment Programs (OTPs)
- 6 studies targeting under-served populations
- Partner engagement on every study
  - Patients with lived experience
  - Patient advocacy groups
  - Payors
  - Health systems leaders
  - Professional organizations

59 sites across 11 states*
18 sites to be determined post-award (in light blue)
Behavioral Pain Tx

- Primary Care (Bup)
  - Pain self-management & Bup inductions
  - Pittsburgh (Merlin)
- OTP (Bup)
  - Acceptance Commitment Therapy + Mindfulness
  - UNM (Witkiewitz)
- OTP (Methadone)
  - Yoga vs Physical Therapy vs TAU
  - Einstein (Starrels)

Bup Dosing

- Primary Care (Bup)
  - Pain self-management & flexible bup dosing
  - Pittsburgh (Merlin)
- Hospital (Bup)
  - Microdosing vs standard induction
  - Einstein (Starrels)

Models of Care Delivery

- OTP (Both)
  - Multimodal stepped care
  - Yale (Becker)
  - UNM (Witkiewitz)
- Primary Care: VA (Bup)
  - Pharmacist-Physician Collaborative Care
    - Yale (Becker)
- Primary Care: FQHC (Bup)
  - Acceptance Commitment Therapy + Care management
  - Einstein (Starrels)

Coordination & Dissemination Center

- Create composite screening instrument
- Develop educational materials, addressing stigma

= underserved populations

NIH HEAL INITIATIVE

Slides provided by Dr. Shelley Su, Program Scientist at NIDA and lead of the IMPOWR program
Demographics (detailed questions for cost-effectiveness analyses)
- Chronic Pain (pain intensity, interference, catastrophizing, body map)
- Substance Use
- Sleep (sleep duration, sleep disturbance, fatigue)
- Quality of Life (physical, cognitive, and social function)
- Anxiety, Depression, Trauma
- COVID (effects of pandemic on pain and opioid use)
- Social Determinants of Health
- Health Service Utilization
- Stigma/Discrimination
- Health Literacy, Patient Satisfaction, Shared Decision Making
Cross-Cutting Themes

Welcome to the table.

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Principles of the UNM IMPOWR Center

- Harm reduction
- Person and community centered
- Whole-person health
- Implement via CBPR
- Team science & mentoring
Join us at UNM!

Recruiting one T32 postdoc in Fall 2022

Two postdoc slots on our IMPOWR Center

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