

Personalized Feedback Interventions : Implications for Comorbid Pain and Substance Use

Presenter: Jafar Bakhshaie, MD PhD

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Overview

- ❑ **What Are PFIs?** Brief, tailored interventions delivering feedback on individual behaviors.
- ❑ Grounded in motivational interviewing and cognitive-behavioral principles.
- ❑ PFIs integrate insights from health behavior change theories such as the Transtheoretical Model and Health Belief Model to strengthen motivation.
- ❑ Effective for promoting behavior change across various health domains.

How PFIs Work

Key Components:

- ❑ Personalization: Tailored health behavior profiles.
- ❑ Normative Feedback: Comparing behaviors to peer or population benchmarks.
- ❑ Psychoeducation: Informing patients about risks and benefits of behavior change.
- ❑ *Address specific misconceptions about pain and substance use, such as the belief that smoking helps with pain relief, and provide corrective feedback.*

Evidence-Based Mechanisms:

- ❑ Use of discrepancy to enhance motivation for change.
- ❑ Employing self-efficacy principles for sustainable action.

Applications of PFIs for Comorbid Pain and Substance Use

Domains:

- ❑ Smoking cessation motivational enhancement in underserved populations, such as individuals living with HIV and smoking and chronic pain/opioid misuse.
- ❑ Tobacco use post-orthopedic trauma/surgery to reduce complications and improve recovery.
- ❑ Targeting pain-related anxiety for adults reporting hazardous drinking and chronic pain

Integration of Psychosocial Skill Elements:

- ❑ Address coping strategies for pain and stress.
- ❑ Comorbid conditions: Anxiety and depression.

Advantages of Web-Based PFIs

Why Digital Platforms?

- ❑ Overcomes barriers like provider availability, stigma.
- ❑ Cost-effective and scalable.
- ❑ Immediate intervention (e.g., post-surgery/trauma).
- ❑ Anonymity enhances patient comfort.
- ❑ Standardized, replicable delivery of care.

Scalability:

- ❑ Addresses both individual and public health needs.
- ❑ Suitable for integration into clinical settings with minimal disruption.

Evidence and Impact in Comorbid Pain and Substance Use

Clinical Outcomes:

- ❑ Enhance knowledge of the interrelations between pain and substance use, such as smoking's impact on pain intensity and opioid efficacy.
- ❑ Improve pain outcomes and decrease problematic alcohol consumption.
- ❑ PFIs increase confidence and readiness/intention to quit smoking.

Broader Impacts:

- ❑ Reduction in healthcare costs.
- ❑ Improved quality of life and functionality for patients with pain and substance use comorbidities.

Research Gaps

Unanswered Questions:

- ❑ How do PFIs impact longer-term outcomes in pain populations?
- ❑ What adaptations are needed for diverse demographic groups?

Future Directions:

- ❑ Combining PFIs with other interventions (e.g., physical therapy, mind-body treatments).
- ❑ Leveraging AI and data analytics for improved personalization.
- ❑ Investigating optimal timing and delivery formats for PFIs to maximize their impact on dual diagnoses.

Conclusion

Why PFIs Matter:

- ❑ Effective, scalable, and accessible intervention for pain and substance use.

Call to Action:

- ❑ Emphasize integration into standard care models for pain and substance use treatment.
- ❑ Advocate for the inclusion of PFI components addressing substance use-pain dynamics in multidisciplinary care teams.

Thank You!

Contact Information:

- ▶ Jafar Bakhshaie, MD PhD
- ▶ jbakhshaie@mgh.harvard.edu
- ▶ Massachusetts General Hospital-Harvard Medical School