

# National Pain Strategy & Healthy People 2020

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IPRCC Meeting  
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# Institute of Medicine: Relieving Pain in America

*A Blueprint for Transforming Prevention, Care,  
Education, and Research*

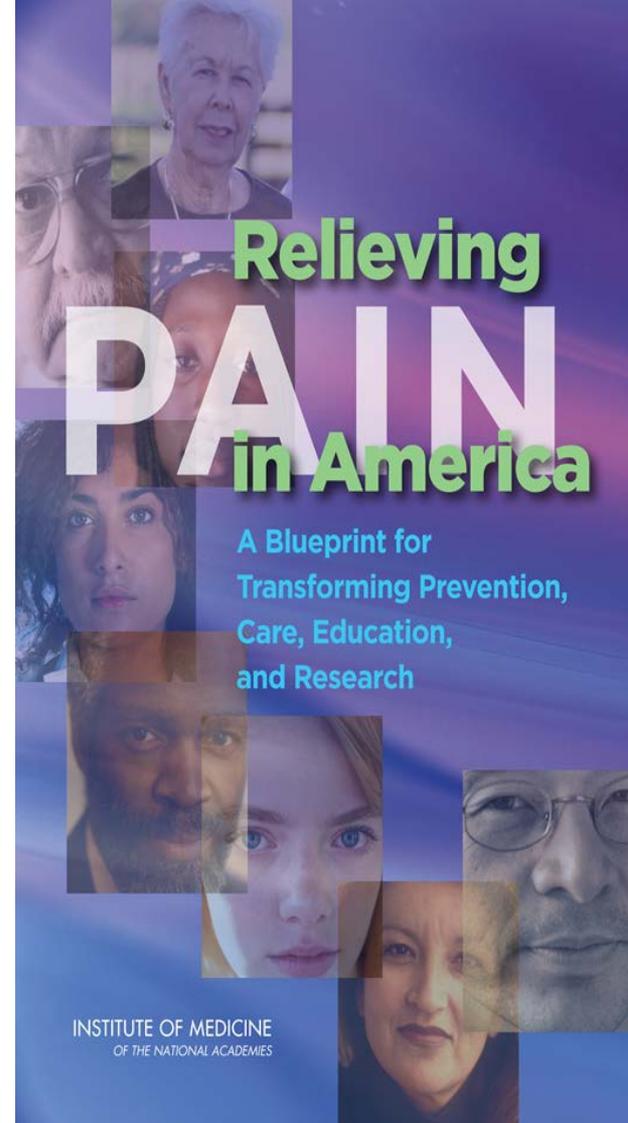
- IOM Committee on Advancing Pain Research, Care, and Education
- Board on Health Sciences Policy

• <http://www.iom.edu/Reports/2011/Relieving-Pain-in-America-A-Blueprint-for-transforming-Prevention-Care-Education-Research.aspx>



**INSTITUTE OF MEDICINE**  
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**Advising the nation/Improving health**



# Charge to the Interagency Pain Research Coordinating Committee

- *October of 2012, Assistant Secretary for Health, Dr. Howard Koh, charged IPROC*
  - *to create a National Pain Strategy (IOM Recommendation 2-2)*
  - *include chronic pain objectives in Healthy People 2020*

[http://iprcc.nih.gov/National\\_Pain\\_Strategy/NPS\\_Main.htm](http://iprcc.nih.gov/National_Pain_Strategy/NPS_Main.htm)



# National Pain Strategy

A Comprehensive Population Health Level Strategy for Pain



## DHHS health objectives for the nation

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death
- Achieve health equity, eliminate disparities, and improve the health of all groups
- Create social and physical environments that promote good health for all
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

# Outline for update

- ❑ Reminder from September 24, 2014 IPRCC meeting
- ❑ Activities since then
- ❑ Focus on survey questions for high impact chronic pain

# Status of HP2020 Efforts from April through September, 2014

- HP2020 Chronic Pain Workgroup created, met twice
- DHHS/NIH/NINDS committed to supporting NHIS chronic pain questions in 2016 and 2017
- DHHS/Acting ASH recommitted to getting chronic pain objectives in HP2020
- 4 objectives approved on Sept 17, 2014
- Arthritis, Osteoporosis, Chronic Back Conditions, and Pain (AOCBCP) topic area

# HP2020 Chronic Pain Workgroup

Linda Porter, DHHS/NIH/NINDS, co-workgroup coord.

Chad Helmick, DHHS/CDC, co-workgroup coordinator

Michael Von Korff, GHRI

Ann Scher, DOD/USUHS

Olivia Carter-Pokras, U. Maryland

Christin Veasley, CPRA

Penney Cowan, ACPA

Dan Carr, Tufts U

Sean Mackey, Stanford U.

Mark Wallace, UC San Diego

Others...

Roger Chou, OHSU

Josie Briggs, NCCAM

Judith Paice, Northwestern U.

Steven Stanos, Northwestern

Dennis Turk, UWash

David Tauben, U. Washington

Robert Kerns, Yale U./VA

# Four HP2020 *Developmental* Objectives for Pain

- Decrease the prevalence of adults having high impact chronic pain
- Increase public awareness/knowledge of high impact chronic pain
- Increase self-management of high impact chronic pain
- Reduce impact of high impact chronic pain on family/significant others



# Healthy People 2020 Activities

## Since September 22, 2014

Continue discussions with NCHS on adding pain questions to 2016 NHIS

Define questions to be used for all objectives

Funding for questions (NIH/NINDS)

[Plan for Healthy People 2030]

# Pain question(s) for 2016 NHIS

- Need new question(s) for high impact chronic pain
  - NHIS process requires cognitive testing
  - Scheduled for June 2015
  - \$ through IAA between NINDS and NCHS
- New questions
  - PROMIS
  - Profile of Chronic Pain
  - NPS Pilot Test

# NPS Pilot Test Pain Questions

- ❑ Supplemental award from NIH/NINDS and NIH/NIA
- ❑ Group Health Research Institute, Michael Von Korff, PI
- ❑ NPS high impact chronic pain = persistent pain with enduring participation restrictions in work, social and/or self-care activities
- ❑ Aims
  - Performance of only three survey research Qs in estimating prevalence of low, moderate, and high impact chronic pain in an adult population
  - Assess measurement properties of Qs

# NPS Pilot Test Pain Questions

- Stratified random sample
- 770 completed interviews
  - 365 for frequent users of chronic pain services
  - 405 for others
- Algorithm for chronic pain
  - Low impact
  - Moderate impact
  - High impact

# NPS Pilot Test Pain Questions

- ❑ Over the past six months, have you had pain on at least half the days?
  - Yes/no
- ❑ Over the past six months, how much has pain interfered with our life activities?
  - No/mild/moderate/**severe** interference
- ❑ Over the past six months, how often did pain limit your life or work activities, including household chores?
  - Never/ Rarely/ Sometimes/ **Usually/ Always**

# NPS Pilot Test Questions: Performance

## □ Algorithm for

- Low impact pain
- Moderate impact pain 18.9% prevalence
- High impact pain 13.7% prevalence

## □ Consistent with prior population surveys estimating

- severe, disabling chronic pain 6-14%
- moderate to severe chronic pain 25-30%

# NPS Pilot Test Pain Questions: Measurement properties

- **Persons with high impact chronic pain** (cf. low impact chronic pain) had:
  - Substantially higher average pain intensity, interference with activities, and interference with enjoyment of life activities (0-10 scales)
  - Substantially more likely to report pain at large numbers of anatomical locations and to report daily pain and daily pain without a break
- **Persons with moderate impact chronic pain**
  - Had intermediate findings

# NPS Pilot Test Pain Questions: Conclusions

- It is feasible to assess low, moderate and high impact chronic pain in population surveys
  - Using a limited number of simple questions asking about pain in general
  - Without prior questions asking about pain at specific anatomical sites

# Other questions for 2016 NHIS

- ❑ Need new question(s) for other 3 HP2020 objectives?
  - Increase public awareness/knowledge
  - Increase self-management
  - Reduce impact of chronic pain on family/significant others
  
- ❑ **Mark Pitcher (NINDS):** analyzing existing questions and data from the NHIS2012 on:
  - pain and disability
  - pain and co-morbid symptoms (depression, anxiety, fatigue etc.)
  - existing questions that might address these there concepts

# Questions or Comments?

For more information please contact Centers for Disease Control and Prevention

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