

Pain Coping Skills Training (PCST) Workshops for Advanced Practice Nurses

Joan E. Broderick, Ph.D.

*Stony Brook University
University of Southern California*

Background

- * Millions of Americans suffer from persistent chronic pain despite medical intervention. It is currently estimated that 2-40% of U.S. adults have chronic pain, with a median of 15% (i.e. >34M people).
- * As much as 3-4% of the adult US population has been prescribed long-term opioid therapy.
- * There are nearly 19,000 prescription opioid poisoning deaths annually (one death every 29 minutes).
- * Non-pharmaceutical interventions for chronic pain can be utilized to reduce suffering and fatal treatment outcomes.

Project Goals

- * Parlay recent evidence that nurse practitioners can improve outcomes of patients with chronic pain by introducing PCST during clinical encounters.
- * NPs working in primary care and pain centers in the United States will receive training in how to provide PCST.
- * Quantitatively evaluate the effectiveness of NP training on (1) knowledge of PCST skills, (2) confidence to deliver the skills, (3) competence in delivering the skills, (4) clinical decision making re: delivery of skills to their patients.

Initial Project Outcomes

- * Developed curriculum for 2.5-day PCST workshop at Stony Brook School of Nursing and outcome evaluations
- * Trained 38 NPs from across the US
- * Achieved outstanding NP ratings of satisfaction/value of workshops
- * Achieved high level of implementation of PCST in clinical encounters with patients ($N=509$) in 3 mos following workshop

PCST Dissemination in Los Angeles

- * Residual project funds partially supported 2 PCST workshops in 2016-2017 for 79 healthcare providers involved in LA County initiative to reduce prescribing of opioids
- * Physicians, physician assistants, occupational therapists, physical therapists, social workers, nurses, and peer counselors received the training
- * Comparable successful outcomes to those observed in NY were achieved in these health care providers re: satisfaction with training, utilization of PCST with patients ($N= 900+$).