

VA



U.S. Department
of Veterans Affairs

Health Coaching for Complex Chronic Pain

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Disclaimer

The views expressed in this presentation are those of the presenters and do not necessarily reflect the position or policy of the Department of Veterans Affairs or the United States government.

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Outline

- Chronic Pain and CMI
- Development of Health Coaching for CMI
- Pilot Study of Health Coaching for Veterans with chronic pain.
- Next steps



Chronic Pain is the largest source of long-term disability in the US





CMI- Key Concepts

- Chronic (>6 months)
- Multiple symptom domains
- Etiology may be unclear or contested
- Examples: Fibromyalgia, Gulf War Illness, Chronic Fatigue Syndrome

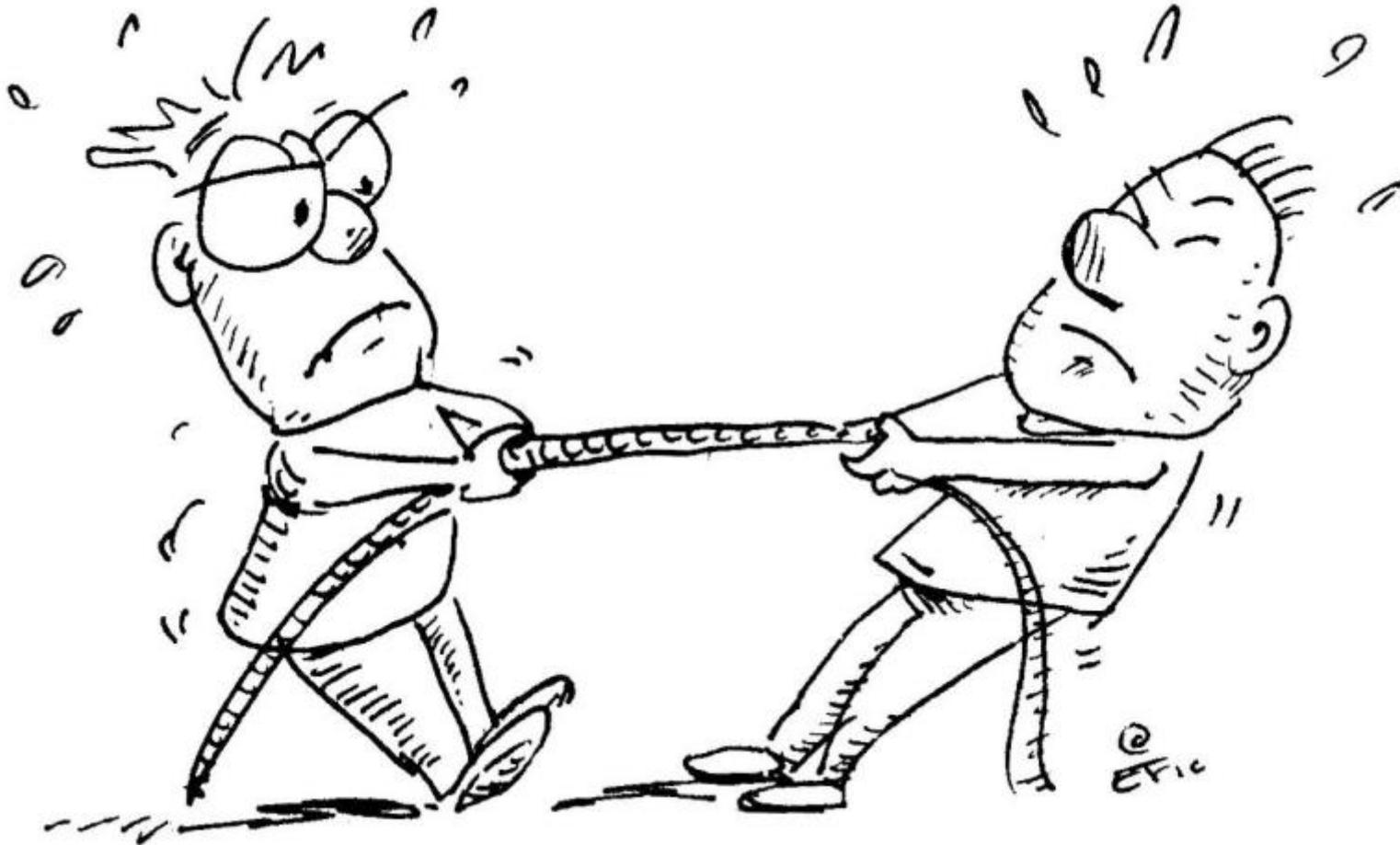


CMI is a presumptive illness



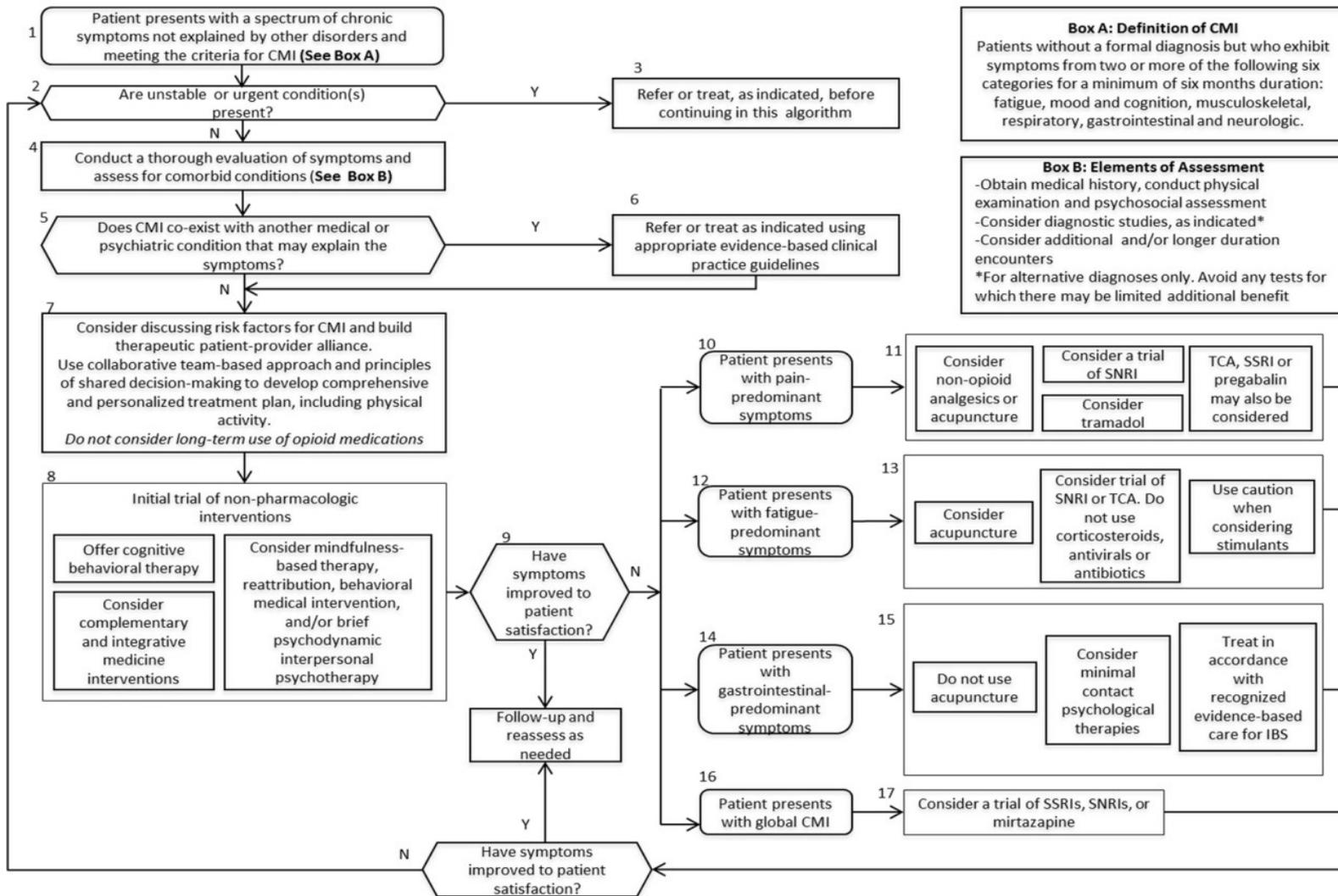


CMI causes disagreement





VA/DoD Clinical Practice Guidelines



Box A: Definition of CMI
 Patients without a formal diagnosis but who exhibit symptoms from two or more of the following six categories for a minimum of six months duration: fatigue, mood and cognition, musculoskeletal, respiratory, gastrointestinal and neurologic.

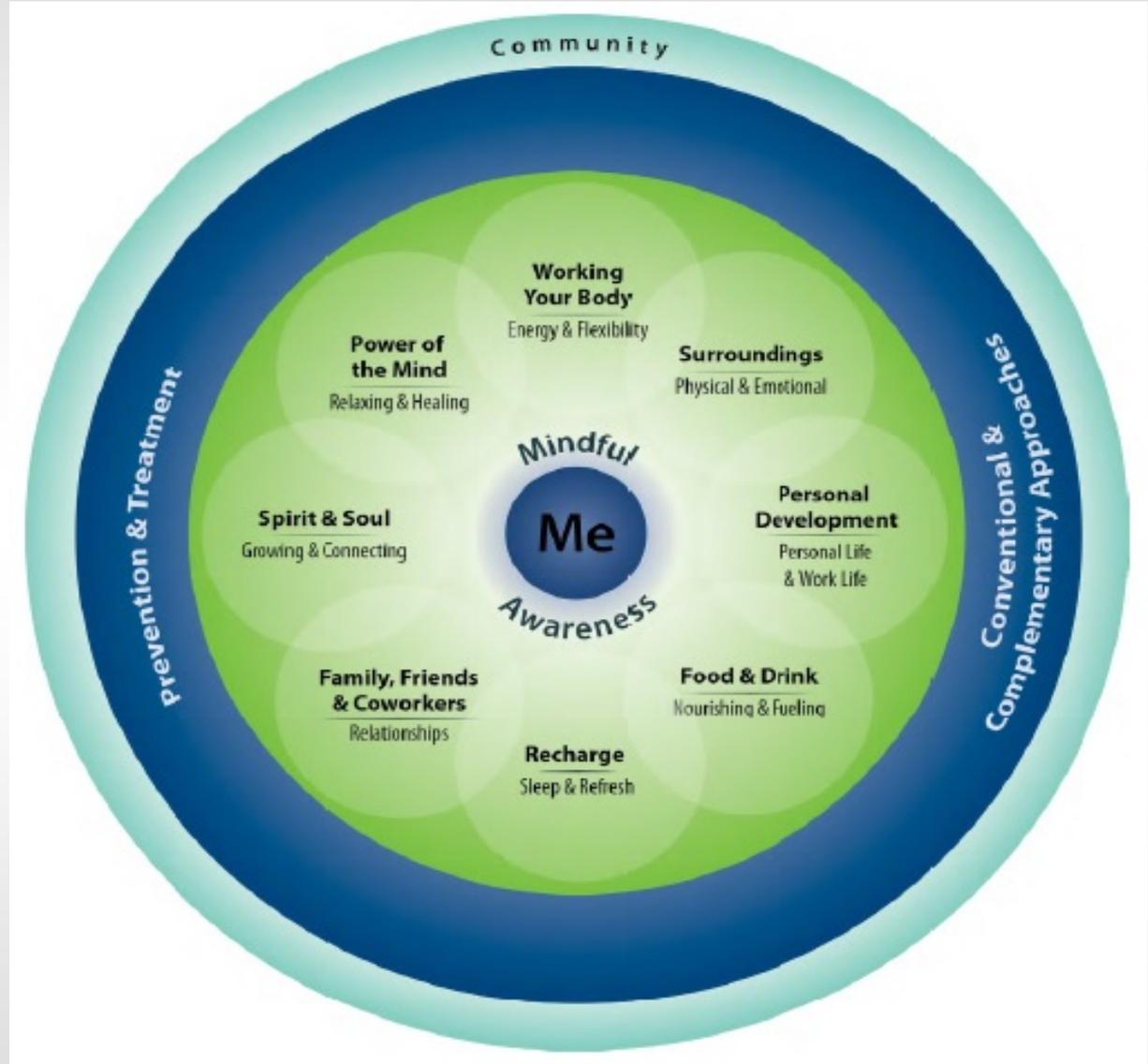
Box B: Elements of Assessment
 -Obtain medical history, conduct physical examination and psychosocial assessment
 -Consider diagnostic studies, as indicated*
 -Consider additional and/or longer duration encounters
 *For alternative diagnoses only. Avoid any tests for which there may be limited additional benefit



Buffet of Treatments for Chronic Pain



Health Coaching





**1. My Pain-CMI was caused by military vaccinations (beliefs)
2. I want my life to be like it was before Pain-CMI (goals)**

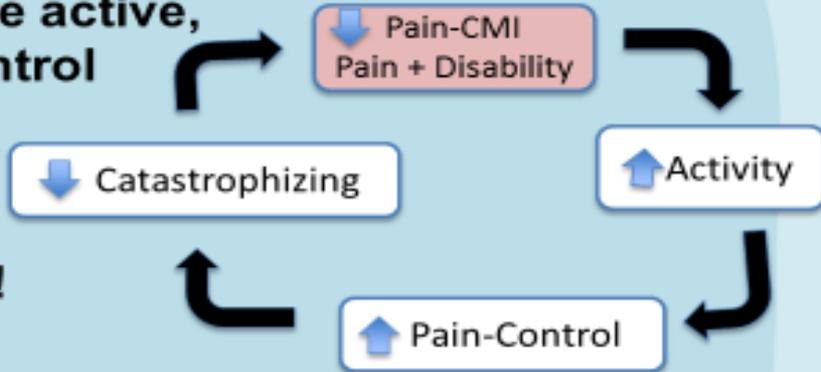
**1. Yes! Military exposures can cause Pain-CMI. One reason is because they increase inflammation (Pain-CMI beliefs).
2. Yes! working to get your life where you want it, such as improving relationships, eating healthier, will decrease inflammation and improve your Pain-CMI (goals).**

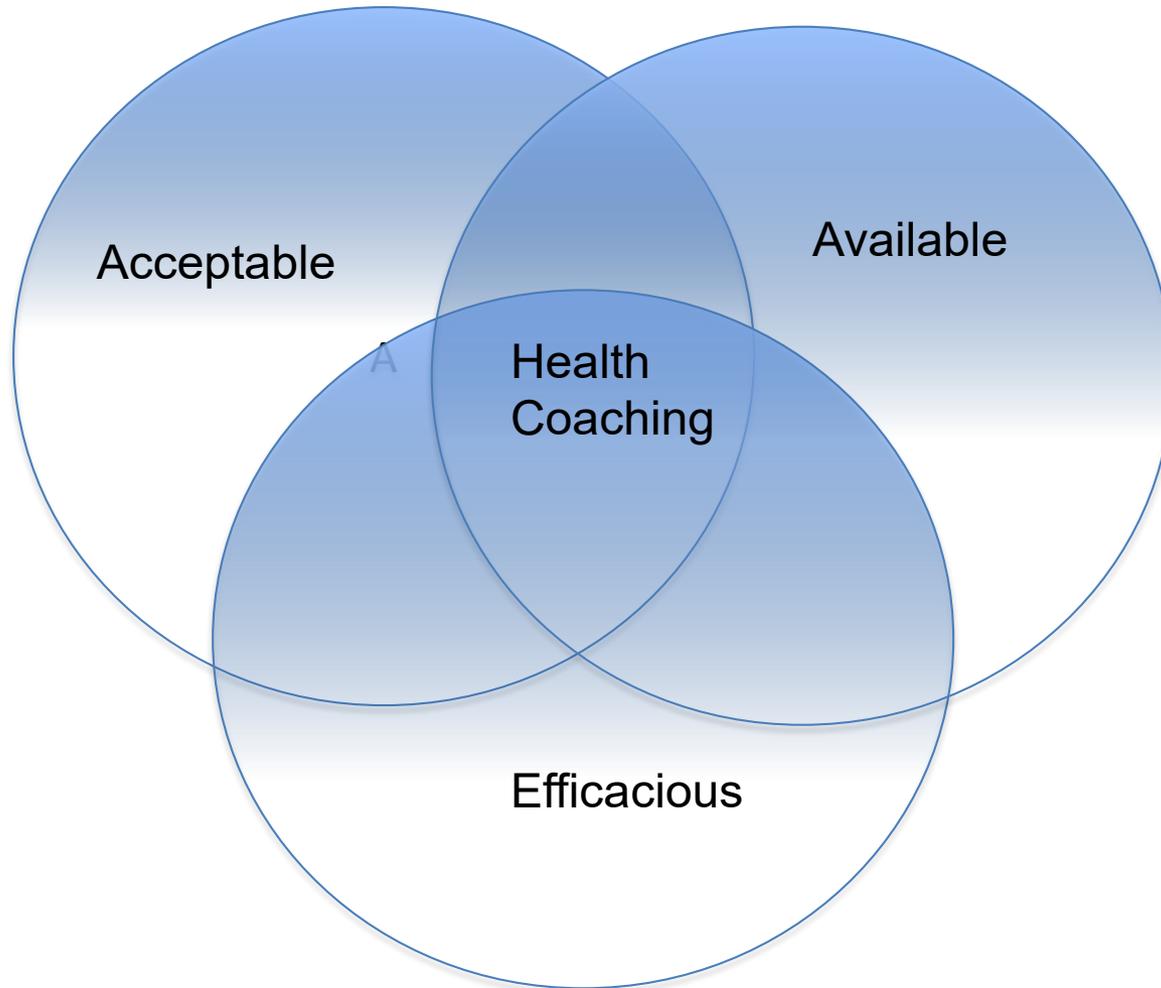




Later...

I've improved my relationship with my children and am eating more fruits and vegetables! Spending time with my children helps me be more active, I feel more in control of my pain & my pain is more bearable (less catastrophizing)!



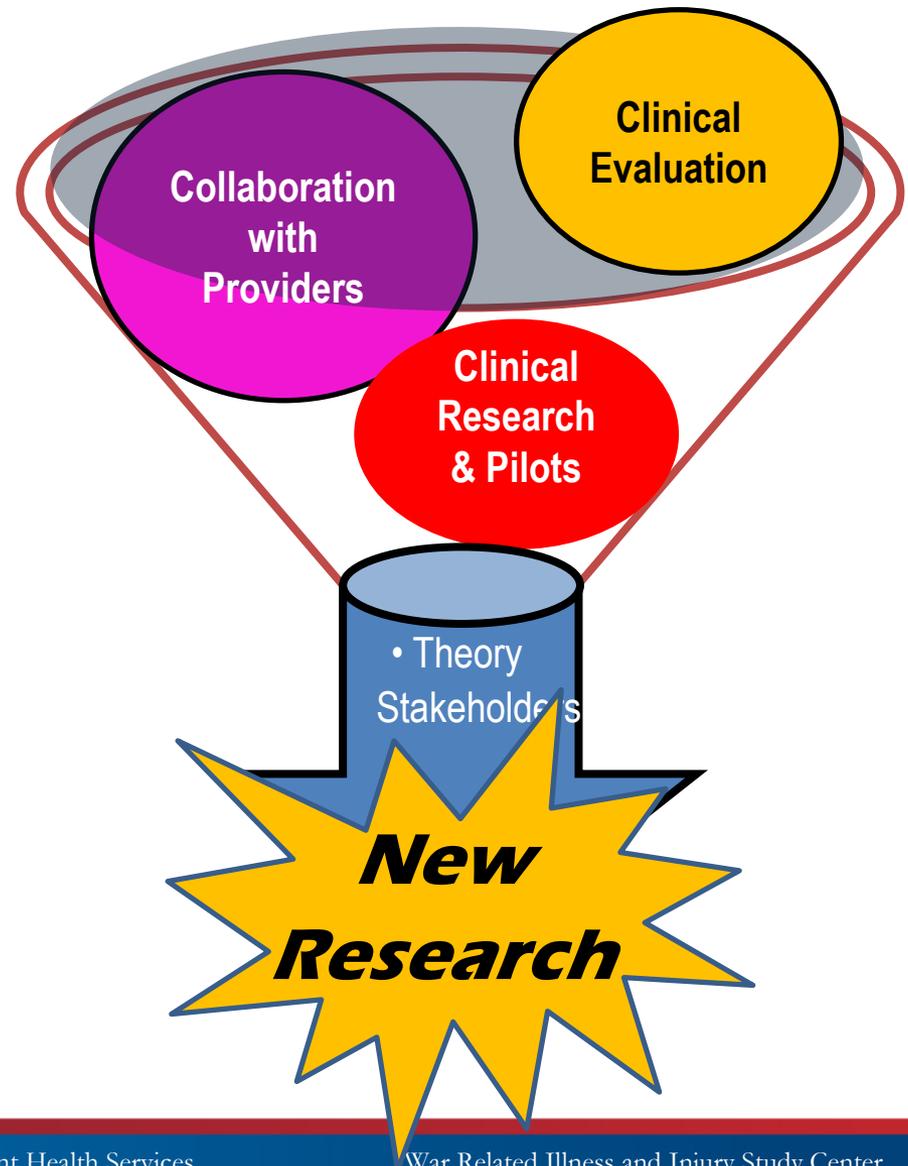




War Related Illness & Injury Study Center



Reverse Translation





**A Whole Health Approach To
Increase Functioning**

Health Coaching for Veterans
with Chronic Pain





Main Treatment Components

1. Validation and Concordance
2. Education
3. Behavioral Change
4. Veteran-Centered



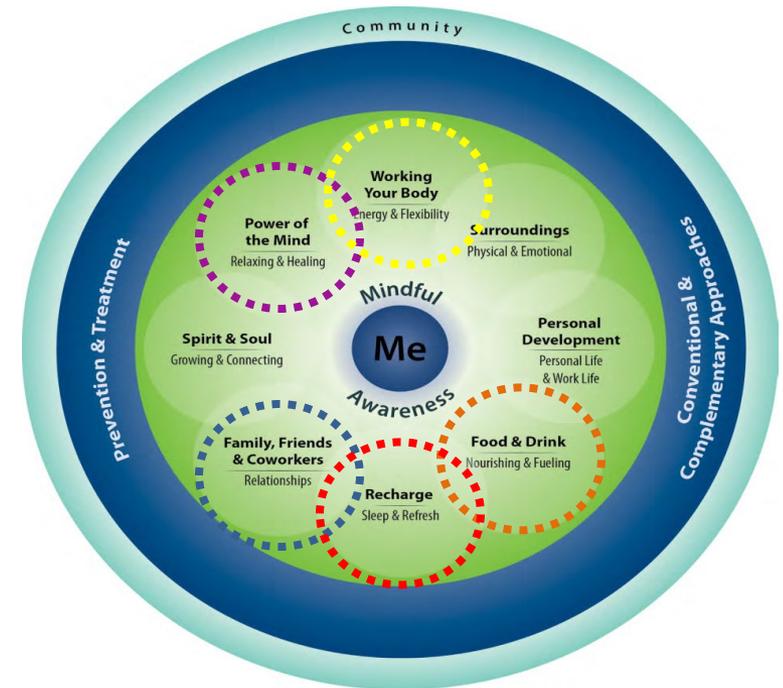
Validation and Concordance

- The health coach validates:
 - The Veteran's symptoms are real
 - The Veteran's symptoms are serious
 - The Veteran's symptoms could be caused by environmental triggers
- The health coach explains the connection between triggers, chronic inflammation, and Pain-CMI



Education

- Focused on 5 lifestyle areas
 - Anti-inflammatory diet
 - Graded exercise
 - Sleep
 - Stress Management
 - Social Relationships





Behavior Change Skills

- SMART Goal Setting
- Habit Formation
- Behavior Monitoring
 - Food logs
 - Behavior logs
- Problem-solving obstacles



Veteran-Centered

- Veterans identify their motivations for change
- Veterans identify the areas where they are in the most need of change
- Veterans set their own goals each week



Study Aims

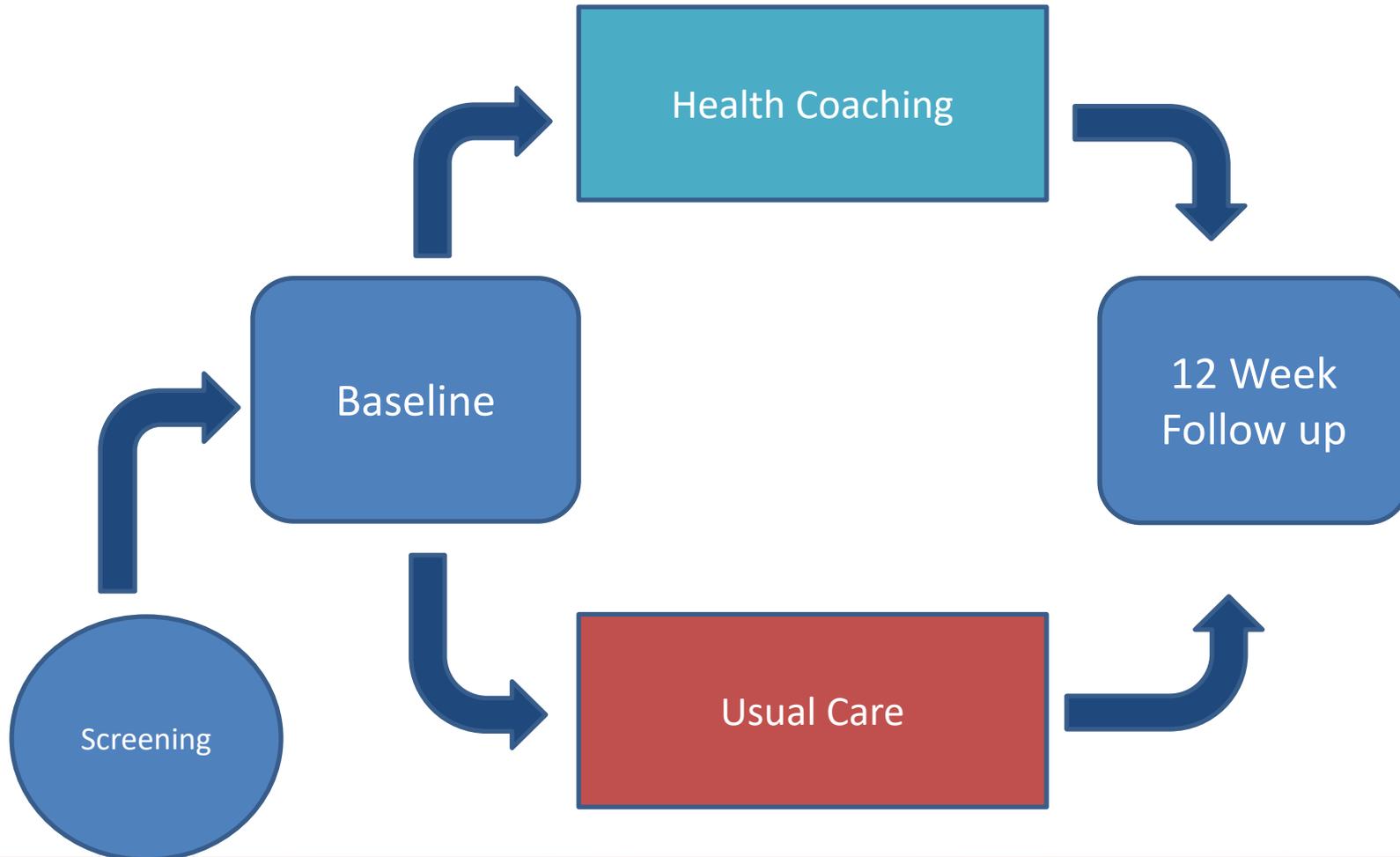
Aim 1: Determine the acceptability of a telephone health coaching intervention for Veterans with chronic pain.

H1: Veterans randomized to the health coaching will report greater satisfaction to treatment as compared to those randomized to the usual care.

H2: At least 85% of Veterans randomized to health coaching will attend >9 sessions.

Aim 2: Estimate the effect size of telephone health coaching as compared to usual care on pain and disability.

H3: Veterans randomized to health coaching will have greater reductions in pain and disability as compared to Veterans randomized to usual care.





Inclusion criteria: (a) VA primary care provider; (b) pain that is musculoskeletal, defined as regional (joints, limbs, back, neck) or more generalized (fibromyalgia or chronic widespread pain); moderately severe and persistent ≥ 3 months.

Exclusion criteria (a) degenerative brain disorder, psychiatric or medical illness which may limit generalizability of the findings or indicate that the study may be unsafe (b) suicidal plan or intent.



**A Whole Health Approach To
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Usual Care-Control Arm: Veterans will not receive any treatment from study providers. They will be allowed to continue with their existing care and make changes as necessary.



Measures

- **Brief Pain Inventory (BPI).**
 - Pain Severity & interference
- **Disability: World Health Organization Disability Assessment Schedule 2.0**
 - Cognition – understanding & communicating
 - Mobility– moving & getting around
 - Self-care– hygiene, dressing, eating & staying alone
 - Getting along– interacting with other people
 - Life activities– domestic responsibilities, leisure, work & school
 - Participation– joining in community activities

Screened
53

Randomized
40

Outcome
Completers
33

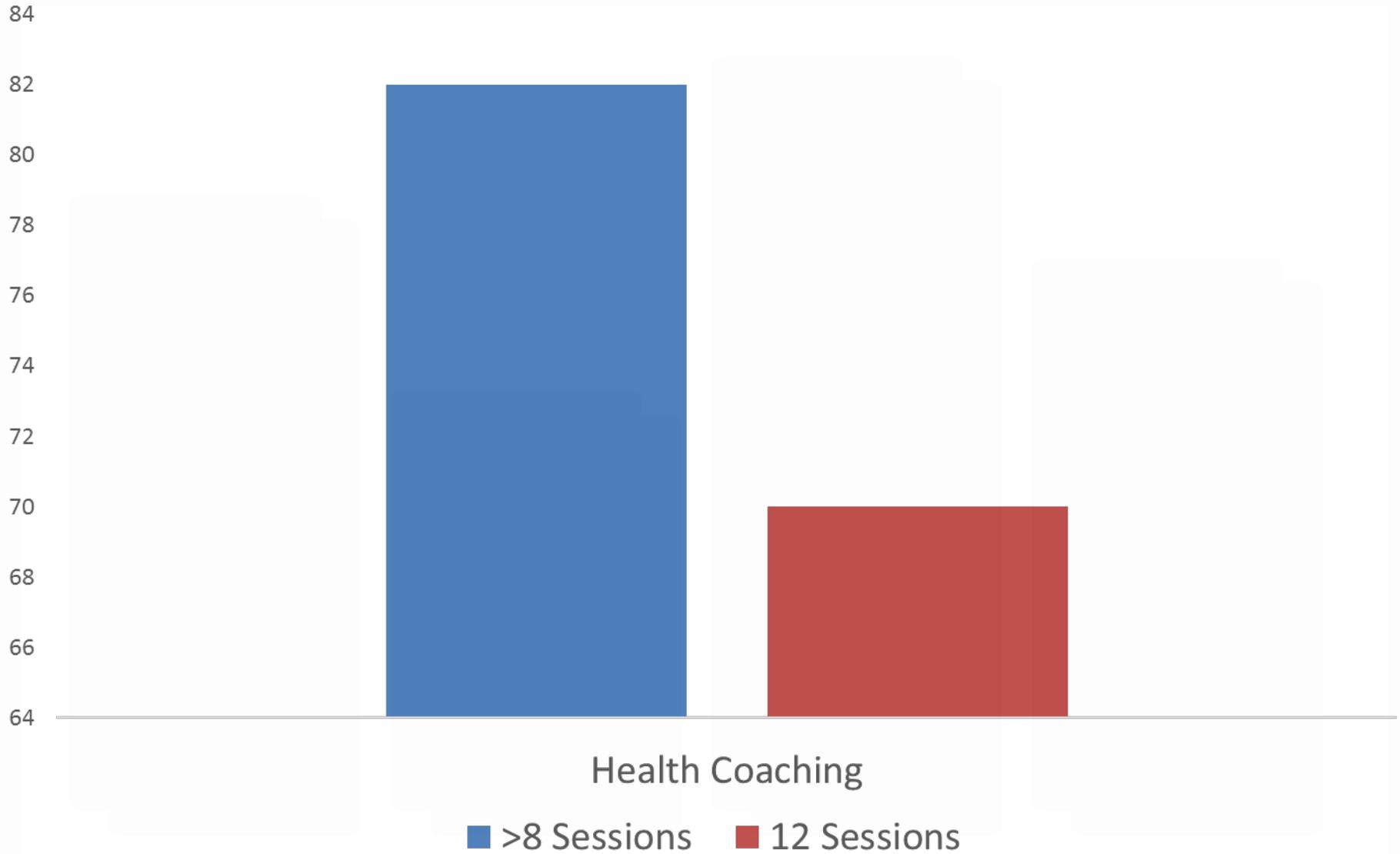


Baseline Characteristics

- Age $M=53.10$, $SD=12.66$
- Male (90%)
- Employed full-time (38%)
- White (55%)
- Black or African American (30%)
- Hispanic or Latino/Latina (13%)

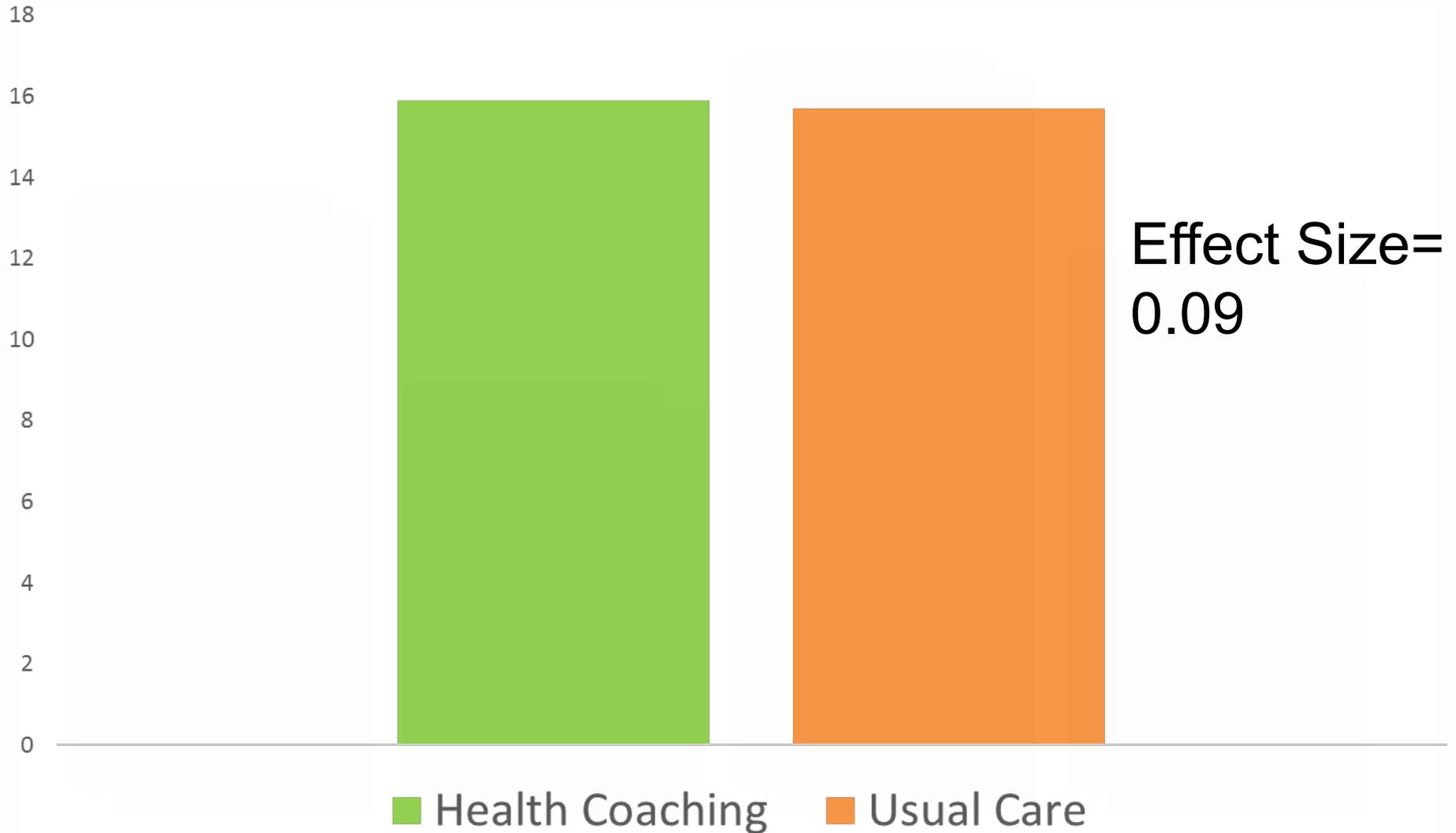


Acceptability



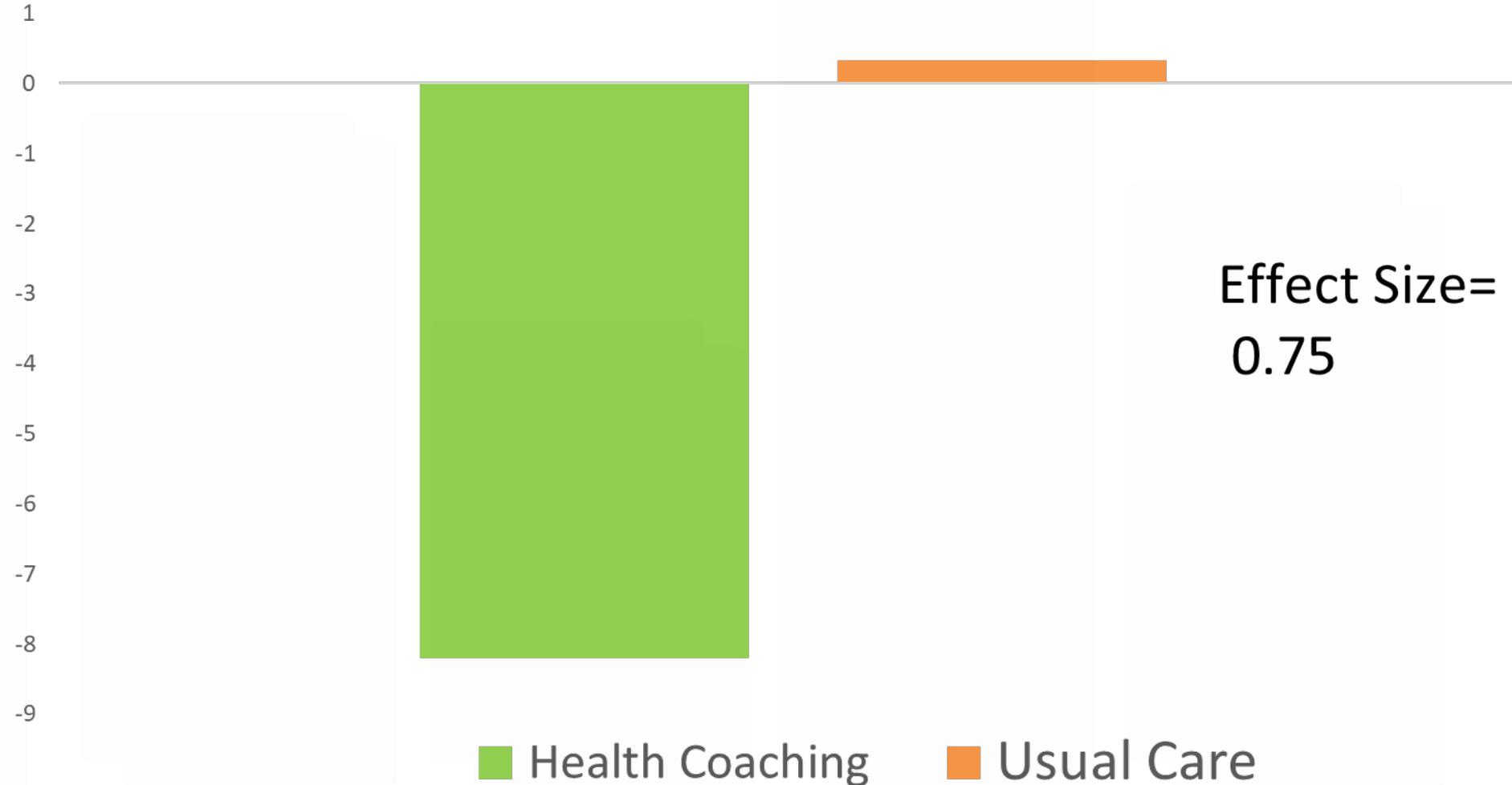


Satisfaction



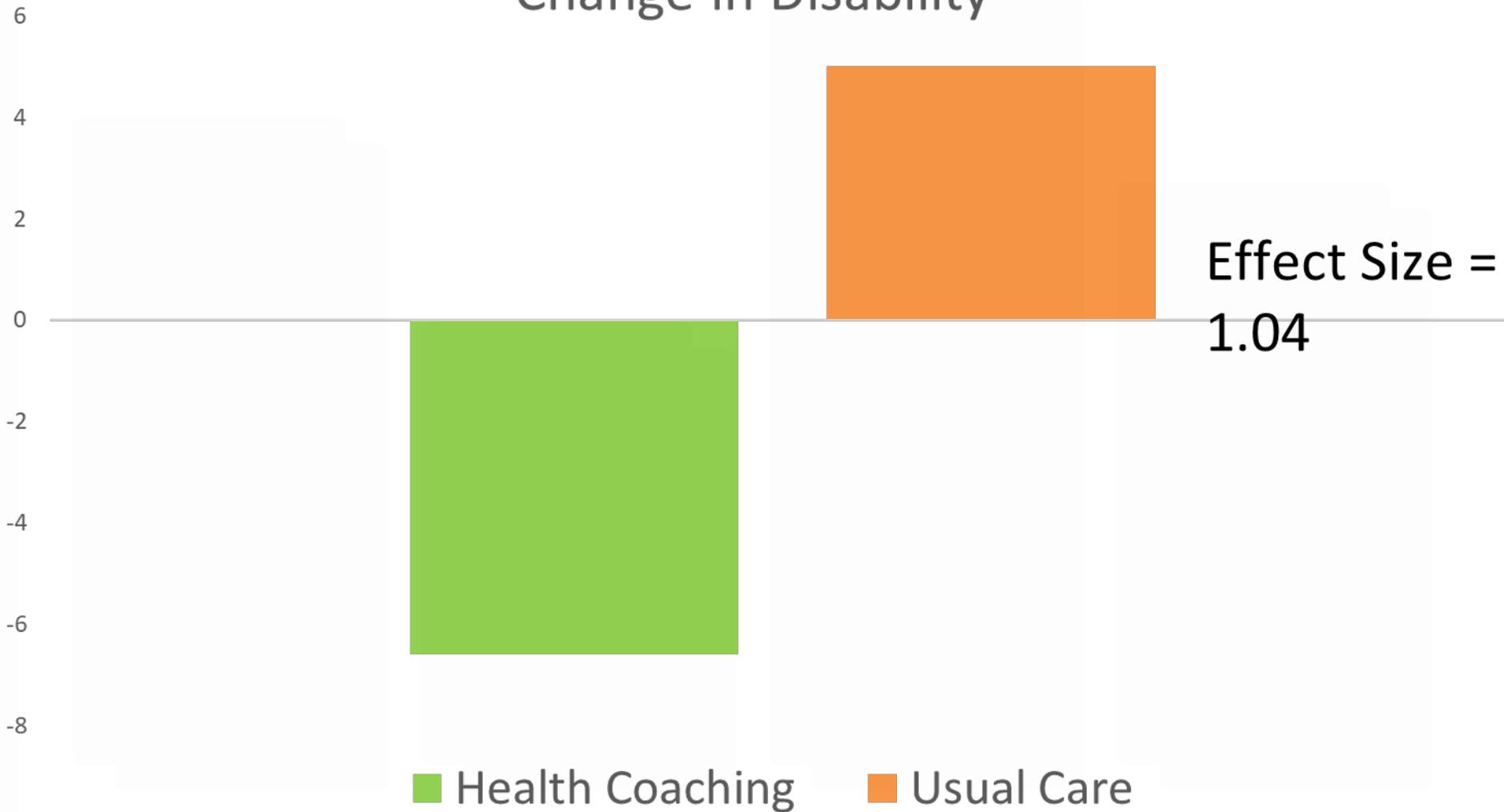


Change in Pain Interference



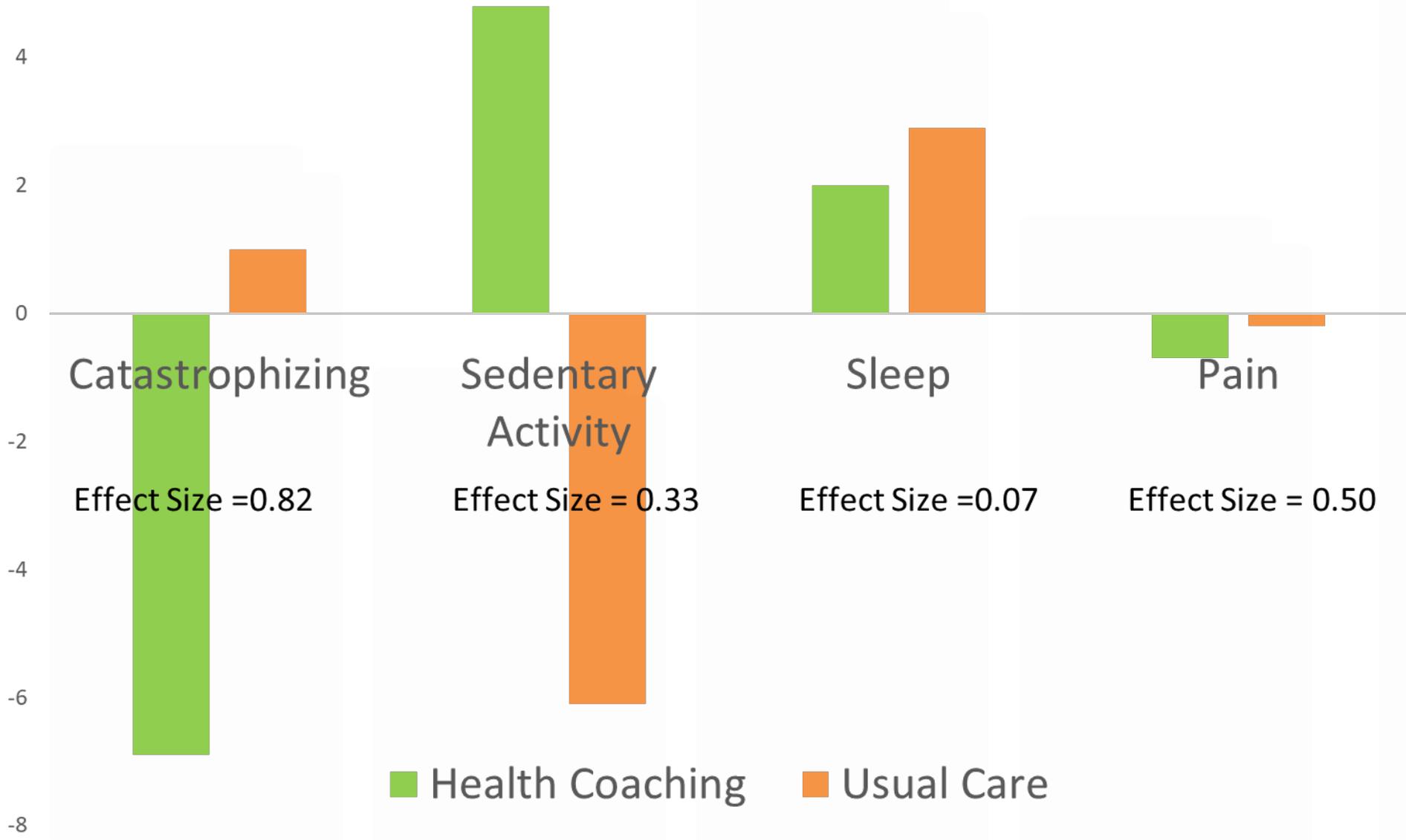


Change in Disability





Secondary Outcomes





Conclusions



Health Coaching for Chronic Multisymptom Illness

ClinicalTrials.gov Identifier: NCT04157101

The safety and scientific validity of this study is the responsibility of the study sponsor and investigators. Listing a study does not mean it has been evaluated **A** by the U.S. Federal Government. [Know the risks and potential benefits](#) of clinical studies and talk to your health care provider before participating. Read our [disclaimer](#) for details.

[Recruitment Status](#) ⓘ : Recruiting
[First Posted](#) ⓘ : November 8, 2019
[Last Update Posted](#) ⓘ : July 30, 2020

See [Contacts and Locations](#)

Sponsor:

VA Office of Research and Development

Information provided by (Responsible Party):

VA Office of Research and Development

[Study Details](#)

[Tabular View](#)

[No Results Posted](#)

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[? How to Read a Study Record](#)

Study Description

Go to

Brief Summary:



My Best Self

Talk to the Veterans Crisis Line now 800-273-8255

My Progress | Food Log | Resources | Course Tips | Profile | Log Out | Home

Health Coaching for Persistent Physical Symptoms

Presented by the War Related Illness and Injury Study Center, Veterans Health Administration

Welcome

Welcome to My Best Self. We hope you find the information in this course helpful. Before you start, review the Tips for Using This Course. Then begin the course with Module 1: Introduction.

[Begin Course](#)

[CONTINUE](#)

Module 1
Introduction

Module 2
Food and Drink

Module 3
Moving the Body

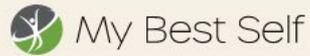
Module 4
Overcoming Obstacles

Module 5
Recharge

Course Progress: 0 of 5 Modules Completed



Food and Drink | My Best Self x +
veteranhealthcoach.org/node/3
VA Bookmarks VA Psychology Trai... PST Share Point Microsoft Teams WRIISC Share Point



Talk to the Veterans Crisis Line now 800-273-8255 >

My Progress Food Log Resources Course Tips Profile Log Out Home



Module 2
Food and Drink

Section 2.1

Goal Check-In

✔ Section Completed

At the end of the last module, you set the following goal(s) to improve your whole health:

I will go for a walk with my family this weekend

At the beginning of every module, we encourage you to check in about your goals. By identifying which goals are being met and which aren't, you'll be able to see if

Windows taskbar with icons for Start, Search, File Explorer, Edge, Chrome, Teams, and OneDrive. System tray shows volume, network, and time: 9:58 AM 8/21/2020.



Introduction | My Best Self x +

veteranhealthcoach.org/node/13

VA Bookmarks VA Psychology Trai... PST Share Point Microsoft Teams WRIISC Share Point

Section 1.7

Your Personal Health Inventory

It is important to assess your current health and well-being to make this course personalized to you and your needs. Take some time to fill out these questions, thinking about where you are right now in these areas, and where you would like to be.

Food and Drink

Nourish and Fuel – Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.

Where are you?



Low

High

Where would you like to be?



Low

High

Working the Body

Energy and Flexibility – Includes movement and physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.

Where are you?



Low

High

Where would you like to be?



Low

High

Recharge

Windows taskbar with icons for Start, Search, File Explorer, Edge, Chrome, Teams, and other applications. System tray shows time 9:43 AM and date 8/21/2020.



Thank You to Our Team

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Questions?