

Alberta Pain Strategy – DRAFT Strategy Summary: September 4 2018

Vision

Achieving excellence in pain management across the lifespan for all Albertans.

Focus Areas & Priorities

| Focus Areas | Priorities |
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| Support individuals, their families/caregivers, and providers in the optimal management of acute pain | <p data-bbox="521 541 1430 609">Our priorities direct our approach to achieving success in each of our focus areas. These priorities are in no particular order.</p> <ul data-bbox="521 619 1430 1255" style="list-style-type: none"><li data-bbox="521 619 1430 735">• Appropriate Pharmacologic Interventions – Practicing responsible, evidence based prescribing practices for best analgesic regimens. More oversight and expanding pharmacists’ scope of practice.<li data-bbox="521 745 1430 850">• Multi-modal Pain Strategies – Optimal acute pain management is multi-modal and interdisciplinary, including pharmacologic, psychological and physical strategies for pain relief.<li data-bbox="521 861 1430 1008">• Patient Education – Improving the community understanding of the nature of acute pain and best practice management. Provide easily accessible information and support programs to allow patients to be more proactively involved in their pain management.<li data-bbox="521 1018 1430 1255">• Provider Education – Training and supporting both health practitioners and trainees in best practice pain management in academic institutions, health care settings, and the community. Emphasis on interdisciplinary team care including, assessment and screening, and multi-model analgesia. |
| Support people living with chronic pain , their families/caregivers, and providers to optimize function and quality of life | <ul data-bbox="521 1266 1430 1829" style="list-style-type: none"><li data-bbox="521 1266 1430 1396">• Patient, Provider, and Public Education – Ensure a systemic approach to chronic pain education for patients and their families/caregivers, providers, and the public that is provincial, accessible, integrated, and evidence based.<li data-bbox="521 1407 1430 1543">• Performance Outcomes – Establish a provincial chronic pain measurement strategy encompassing patients, providers, and systems, with an emphasis on a succinct number of well-defined, relevant, and meaningful measures.<li data-bbox="521 1554 1430 1690">• Provincial Approaches – Recommend approaches (models, pathways, programs, strategies) for provincial expansion or adoption to support appropriate, effective, customizable care for people living with chronic pain.<li data-bbox="521 1701 1430 1829">• Access – Improve access to multi-modal resources, a biopsychosocial approach and interdisciplinary teams for people with chronic pain and their support systems. |

Responding to the opioid crisis by reducing opioid use dependency, decreasing opioid use frequency, and examining appropriateness of **opioid use in pain management** for patients living with acute and chronic pain.

- **Addressing Stigma:** Reducing the experience of stigma, reverse stigma, and the stigma of recovery for patients using opioids through awareness and education, as well as the expansion of safe and compassionate service options for opioid use disorder treatment.
- **Evidence Based Options & Current Guidelines:** Exploring current guidelines and alternative options for pain management, including new innovative and non-pharmacological treatments, and well-management strategies.
- **Indigenous Populations and Response:** Collaborating with Indigenous communities and partners, and using an approach rooted in understanding the truth and historical implications of intergenerational trauma, to close the gap in opioid use between non-Indigenous and Indigenous populations.
- **Opioid Dependency Treatment:** Using a harm reduction approach and expanding Opioid Dependency programs to offer options for individuals living with opioid use disorder, including Opioid Agonist Therapy.
- **Pathway Development:** Leveraging and expanding current work, as well as creating relevant order sets, pathways and other clinical tools to reduce inappropriate opioid prescribing, and creating a coordinated approach to the management of chronic and acute pain.
- **Patient & Provider Education:** Offering various education mechanisms to increase patient and provider knowledge of opioid use in pain management.
- **Surveillance:** Monitoring and examining prescription, dispensation and utilization practices for providers administering opioids.

Pan-Focus Area
Priority

- Identify our current gaps in pain-related research across the province and prioritize areas to generate and enhance knowledge and best practice

Guiding Principles

These guiding principles provide the foundation for the Alberta Pain Strategy and are the basis for establishing and successfully implementing our focus areas.

1. Patient and family experience

The experience of patients and families/caregivers is of the utmost importance. From conception through to implementation and evaluation, our initiatives will put the needs and perspectives of patients and their support systems front and center.

2. Engagement and collaboration

We know that to be successful, we must engage and collaborate with a wide-variety of stakeholders across the continuum of care, including primary health care, specialty care, and end of life care, and spectrum of age (including children and the elderly) and seek input in all stages of an initiative's cycle – from planning to implementation to evaluation and sustainability. These stakeholders include front-line providers, researchers, academic institutions, government agencies, policy makers, regulatory bodies, community partners, and patients and families/caregivers, among many others. We believe in the use of interdisciplinary teams to care for patients with pain, and are committed to incorporating the voices of all impacted professions in this work.

3. Culture of quality

We will foster a culture of quality improvement, based on the six dimensions of quality (as defined by the Health Quality Council of Alberta), to achieve safe, effective, appropriate, patient-centred, timely, efficient and equitable pain management across the province.

4. Evidence-informed practice

We believe in implementing evidence-based practice. We will endeavour to minimize provincial variations in practice; ensuring practice is based on current scientific knowledge and best available evidence, while taking into account local context and the needs and preferences of patients and families. In areas where evidence is still lacking, we will leverage our research and clinical communities to generate and enhance evidence and measure our success.

5. Health care equity

We will promote equitable access and fairness in the distribution, quality, production and control of health care resources for all communities and Albertans. We will strive for equity in pain care for Albertans.

6. Quadruple Aim

We adopt the quadruple aim approach, and will consider the four elements of the quadruple aim (patient experience, provider experience, health outcomes, and financial sustainability) across all three of our focus areas.

7. Prevention

We recognize that attention to prevention is essential to achieve success across all three of our focus areas. Whether it's preventing the onset of pain when possible, minimizing the incidence of acute pain progressing into chronic pain, or reducing the magnitude of opioid-related disorders, prevention is an underlying principle of our work.

Facilitators of Change

The facilitators are things we need to do in order to achieve success in our focus areas.

1. Research

We will foster and support research related to pain throughout the province by building and embedding evidence into our practice, and actively supporting knowledge creation and translation.

2. Data and Analytics

Data and analytics are essential for improvement in the identification, treatment, and ongoing management of pain. Quality outcomes and improvement will be achieved by measuring and recording reliable, provincially consistent data that we will use to drive change and monitor impact. With Connect Care on the horizon, we have the opportunity to create the right data and analytics to improve our decision making and application of best practice.

3. Patient and provider education

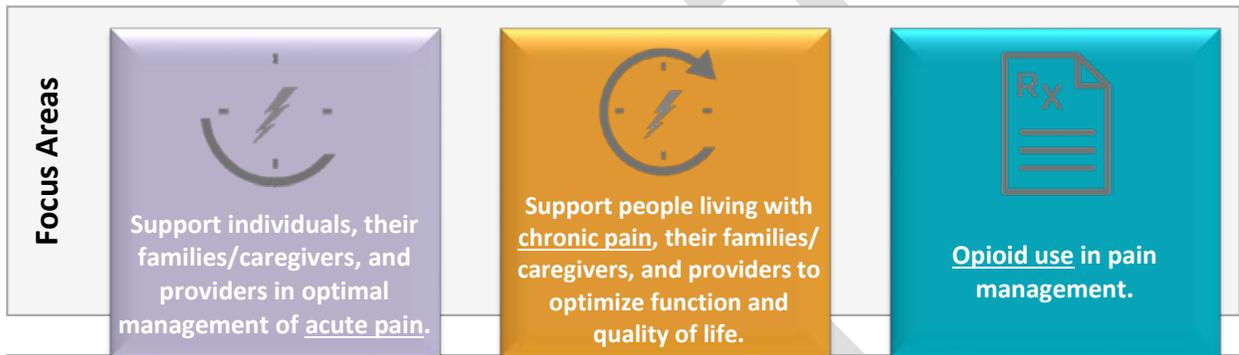
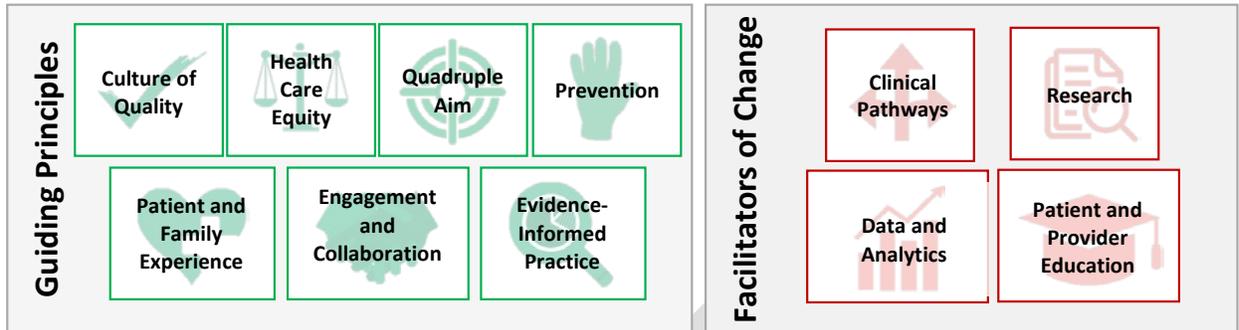
We know we need to create knowledge consumers through increased patient, family, and provider education, resources, and support. Evidence-based provincially consistent patient education, knowledge translation, and interdisciplinary provider education strategies will be employed to support uptake of all initiatives outlined in the Alberta Pain Strategy.

4. Clinical pathways

We will help design, utilize and evaluate clinical pathways consisting of evidence-informed, patient-centred interdisciplinary care to help patients affected by pain achieve optimal health outcomes.

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Alberta Pain Strategy 2018-2023