**Compendium Overview:  
Eskenazi Health**

**Eskenazi Health Integrative Pain Program**

The use and abuse of prescription opioids has skyrocketed over the past 20 years, causing opioid dependency and overdoses and costing the health care system billions of dollars. Eskenazi Health, in Indianapolis, mobilized a team to develop and carry out an action plan to combat this trend.

The hospital identified several problems, including poorly managed pain, excessive use of opioids in pain care, high provider and patient dissatisfaction, and an intolerably high rate of substance disorders and overdose. The hospital created the Integrative Pain Program (IPP) to offer patients an integrative model of pain care. The 6- to 10-month program is designed to couple psychological and physical functional rehabilitation to facilitate pain management and recovery. It incorporates many treatment modalities and concepts, including hypnosis, cognitive-behavioral training, food as medicine, acupuncture, and relaxation techniques, and focuses on a patient’s personal strengths and values to provide meaningful relief and enhance quality of life.

The initiative produced a 43 percent decline in opioid prescriptions among Eskenazi patients. Patients have increased the use of treatment modalities other than pain pills by more than 38 percent, reporting 25 percent less fatigue and a greater than 30 percent reduction in pain interfering with daily activities. More than 65 percent of patients reported being satisfied with their care.  
  
**Poster Content:  
Eskenazi Health**

**Eskenazi Health Integrative Pain Program**

**Overview**

Eskenazi Health, in Indianapolis, mobilized a team to develop and implement a plan of action to help combat the use and abuse of prescription opioids. The hospital identified several problems, including poorly managed pain, excessive use of opioids in pain care, high provider and patient dissatisfaction, and an intolerably high rate of substance disorders and overdose. The hospital created the Integrative Pain Program (IPP) to offer patients a model of pain care that takes into account the whole person, including various aspects of lifestyle.

**Problem Identified**

The excessive use of prescription opioids began in the 1990s and led to opioid abuse and misuse that has skyrocketed over the past 20 years, causing opioid dependency and overdoses while costing the health care system billions of dollars. Though the increase in opioid prescriptions was motivated by noble intentions, it was also fueled by pharmaceutical companies. People on chronic opioids have not seen the benefits the medical community attempted to deliver. Far too many ended up with more pain, lower function, and increased disability.

**Social Determinants Influence**

The IPP establishes a sense of community and fosters relationships with and among patients. The program emphasizes that individuals are not “pain patients,” but rather people with pain. Pain affects the individual’s income, relationships, lifestyle, emotions, and future. This philosophy addresses not only the symptomology, but also the impact of pain on the person’s entire life. For example, a spiritual coach helps patients use positive faith beliefs to empower themselves. The team often works with family members to help them understand the patient’s experience, and introduces food as medicine and exercise as a critical tool for recovery.

**Partnerships**

The IPP works with primary care providers, rehabilitation services, Eskenazi Health Midtown Community Mental Health and pharmacy services, and other community health clinics. IPP staff use Indiana’s prescription drug monitoring system, INSPECT, early and often. They also encourage patients to use community services, such as the Young Men's Christian Association (YMCA), community centers, local food pantries, church organizations, and other resources for help. Acknowledging a need to reduce financial burdens, they additionally help patients find training to get a new job or to maintain employment.

**Results**

The initiative produced a 43-percent decline in opioid prescriptions among Eskenazi patients. Patients have increased the use of treatment modalities other than pain pills by more than 38 percent, reporting 25 percent less fatigue and a greater than 30 percent reduction in pain interfering with daily activities. More than 65 percent of patients reported satisfaction with their care, and 60 percent noted a reduction in emergency department visits after they joined the program.

**Charts/Graphs:  
Please submit one or two high resolution charts or graphs that you would like included on your poster to Kristin Sinko at** [**ksinko@essentialhospitals.org**](mailto:ksinko@essentialhospitals.org) **no later than Thursday, April 16.**