Chronic pain is one of the most common reasons people seek medical care, accounting for the U.S. Centers for Disease Control and Prevention. Research shows that about one in five adults with severe pain more than double from 4.1 million (11.5 percent) in 2001/2002 to 10.5 million (24.3 percent) in 2018. Integrative pain management programs, like the PATH model of collaborative care, show promise in reducing healthcare costs.

PATH (Partners Aligned in Transformative Healing) is a closed cohort of 10 to 12 patients who meet together twice a week for 10 weeks in small group sessions. Patients are referred by the UVM Health Network as well as BC/BS (Blue Cross Blue Shield) Vermont that provides a range of integrative therapies under an outcomes-based, bundled payment plan with a fixed price, similar to a primary care co-pay.

The program is popular among participants living with chronic pain who find comfort in the dynamics of the group, helping them to feel "normalized instead of marginalized" with the freedom to find the transformative health behavior and reduced healthcare costs." says Ms. Feldman-Hunt.

The Academic Consortium’s Pain Task Force published a White Paper in 2018 reporting noteworthy progress in pain care, making a broad range of integrative health program manager, are part of a team that has made transformative progress in pain care, making a broad range of integrative health for people living with chronic pain." says Dr. Porter.

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**Integrative Pain Management Collaborative**

1. Evaluate the need and capacity for comprehensive integrative pain management offered by your institution to your patient base and community.
2. Talk to all stakeholders in the institution to build identity, then report and take action.
3. Reach out to your state’s BC/BS agency to discuss areas of shared interest and mutual benefit.
4. Prepare a thoughtful, well-researched plan proposal that focuses on value, not volume, and presents a solid test base for greater, and perhaps earlier, access to integrative medicine by people living with chronic pain.

**Note:**

The Academic Consortium for Integrative Medicine & Health (ACIMH) is in the process of being updated by the Pain Task Force.

**Resources**

- Cara Feldman Hunt
- UVM Comprehensive Pain Program (CPP), started in 2018, includes an innovative initiative which focuses on innovative collaborative efforts among state agencies to reach underserved communities with integrative healthcare that will optimize their health and well-being. "The program is popular among participants living with chronic pain who find comfort in the dynamics of the group, helping them to feel "normalized instead of marginalized" with the freedom to find the transformative health behavior and reduced healthcare costs." says Ms. Feldman-Hunt.

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