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Promoting an Interprofessional Approach to Chronic Pain Management in Primary Care Using Project ECHO

Samah Hassan, Leslie Carlin, Jane Zhao, Paul Taenzer & Andrea D. Furlan

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RESEARCH POSTER ABSTRACT

Samah Hassan¹, Leslie Carlin², Jane Zhao³, Paul Taenzer⁴, Andrea D. Furlan⁵

¹Samah Hassan, MD, MSc., PhD candidate, Institute of Medical Science, University of Toronto, samah.hassam@uhn.ca.

²Leslie Carlin, PhD, Department of Physical Therapy, Faculty of Medicine, University of Toronto, Toronto, ON, Canada, leslie.carlin@utoronto.ca

³Jane Zhao, MSc. Outpatient Services -Project ECHO, Toronto Rehabilitation Institute, University Health Network, Toronto, Ontario, Canada, jane.zhao@uhn.ca.

⁴Paul Taenzer, PhD CPsych, Department of Physical Medicine and Rehabilitation, Queen's University, ptaenzer@gmail.com

⁵Andrea D. Furlan, MD PhD, Toronto Rehabilitation Institute - University Health Network, Toronto, ON, Canada, andrea.furlan@uhn.ca

Poster Title (20 words or less): Promoting an Interprofessional Approach to Chronic Pain Management in Primary Care Using Project ECHO

Poster Abstract (250 words or less): Chronic pain is a complex multidimensional condition that requires management with multiprofessional expertise. Healthcare professional training programs tend to adhere to curricula within their own discipline with very few interactions with other professions. Project ECHO (Extension for Community Healthcare Outcomes) is a model for interprofessional education, using tele-mentoring, case-base discussions and didactics. The goals are to improve competency and confidence in managing complex cases in

primary care. This qualitative study was conducted among primary care providers from various disciplines who participated in Project ECHO Ontario Chronic Pain /Opioid stewardship. The results show that participating in ECHO resulted in personal and professional benefit, and increased understanding about their own roles and limitations, as well as other healthcare professionals' roles. The participants described changes in their attitudes toward patients with chronic pain, and their colleagues from other professions. Non-physician participants were more likely to approach physicians to discuss their assessment and diagnosis as well as medications prescriptions. The interprofessional nature of the program was seen as positive, contributing to a modest increase in collaboration between healthcare professional groups. These results show that Project ECHO is successful in enhancing interprofessional care in primary care settings to manage complex cases of chronic pain.

Introduction/Aim: Chronic pain is a complex multidimensional condition that requires management with multiprofessional expertise. Healthcare professional training programs tend to adhere to curricula within their own discipline with very few interactions with other professions. Project ECHO (Extension for Community Healthcare Outcomes) is a model for interprofessional education, using tele-mentoring, case-base discussions and didactics. The goals are to improve competency and confidence in managing complex cases in primary care.

Methods: This qualitative study was conducted among primary care providers from various disciplines who participated in Project ECHO Ontario Chronic Pain /Opioid stewardship.

Results: The results show that participating in ECHO resulted in personal and professional benefit, and increased understanding about their own roles and limitations, as well as other healthcare professionals' roles. The participants described changes in their attitudes toward patients with chronic pain, and their colleagues from other professions. Non-physician participants were more likely to approach physicians to discuss their assessment and diagnosis as well as medications prescriptions.

Discussion/Conclusions: The interprofessional nature of the program was seen as positive, contributing to a modest increase in collaboration between healthcare professional groups. These results show that Project ECHO is successful in enhancing interprofessional care in primary care settings to manage complex cases of chronic pain.