



FINDINGS FROM THE INSPIRE STUDY FOR PAIN MANAGEMENT

Thank you for taking part in the INSPIRE* research study. The INSPIRE team truly appreciates every study participant. The study led to some important findings, which we share with you below.



Who took part in the study?



INSPIRE enrolled **525 participants** from medical clinics in North Carolina and Tennessee.

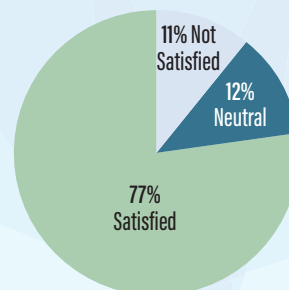
- » Participants were aged 18-83 with an average age of 58. They had many different forms of chronic pain, and all were taking opioid medication at the time they enrolled in the study.

What did participants do as part of the study?

- » On average, 8 out of 10 INSPIRE study participants attended one or more Shared Decision Making visits with a study clinician or attended one or more Skills Building Program sessions.
- » Study participants completed up to three surveys that asked about how pain affected their daily lives, their current pain levels, and satisfaction with their pain care, among other questions.

What were the main findings from INSPIRE?

- » About 8 out of 10 study participants said they were satisfied with their pain management.



What is the INSPIRE study?

INSPIRE's goal was to help people living with chronic pain manage their symptoms, improve their ability to function, and have a better quality of life.

The study compared two different programs to see which was better for managing pain. We assigned study participants at random (like the flip of a coin) to one of the two programs:

- » **Shared Decision Making Program.** In this program, patients and their clinicians worked together to make decisions about managing pain through discussions about goals, values, and preferences.
- » **Skills Building Program.** This program used cognitive behavioral therapy and motivational interviewing techniques to help people learn coping skills, such as breathing and relaxation skills, in a group setting. They also met once with a trained therapist to talk about their motivations for managing pain.

What were the main findings from INSPIRE?

- » Neither program changed how much participants reported that pain interfered with their daily lives, such as the ability to do household chores or enjoy social activities.
- » Opioid dose stayed about the same for most participants in both programs.
- » However, prescribed opioid dose went down slightly for participants in the Skills Building Program who also had a mental health diagnosis, such as anxiety or depression. Participants did not report worse pain.

What did INSPIRE participants have to say?

We reached out to some of you to talk about your experience with the study and your pain. Here's what you told us:

- » The Shared Decision Making Program helped some participants have better discussions with their clinicians:

"[INSPIRE] got us talking again. [We] had gotten comfortable with: 'How are you? Has anything changed since your last visit? No? Great...!' So having something that made us go through and look at certain questions and answer them was helpful in starting that dialogue."

- » The Skills Building Program helped some participants feel understood:

"I felt like I was in a group of people who understood what I was going through. Nobody had this same condition... But everybody understood what it's like to live in pain, the isolation...how it affects your life. That was one of my favorite things...is that I didn't feel as alone."



What else did INSPIRE tell us about pain?

There are many ways of supporting people living with chronic pain:

- » **Patients experience stigma around pain and opioids.** All people who live with pain deserve to be treated with respect and compassion.
- » **Educational materials on managing pain should be relevant and useful for patients.** Many of you said the study materials repeated what you already knew about pain. Educational materials should be personalized to patients' information needs.
- » **Patients want more social and emotional support.** Clinicians can do better linking patients who take part in research with other social and emotional support programs and resources.

Where can I learn more?

INSPIRE researchers have put together some resources to help study participants with their pain journeys. Please visit the INSPIRE website for more information:



<https://bit.ly/3vCFQFh>

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