

Barriers to the affordability of nonpharmacologic therapies for pain

1. Even with some coverage by third-party payers, there are other 'costs' to nonpharmacologic therapies
 - Visiting a provider can require time off work, and involve transportation and childcare costs
 - Self-care practices (e.g., yoga, mindfulness-based stress reduction) have fewer of these costs after the skill is learned, but do still require time
 - Patient awareness and education is required

Barriers to the affordability of nonpharmacologic therapies for pain

2. Appropriate frequency and duration of care

▫ Chronic pain is chronic

- Coverage commonly defined by number of visits used in clinical trials; focus on continued improvement

▫ Shifting the focus from “cure” to “management”

▫ Research can help determine:

- Appropriate frequency and duration
- Coverage rules and/or algorithms