

VIRTUAL ADVOCACY TRAINING SERIES

November 4-21, 2024

Make yourself comfortable. We will get started
in a few minutes

U.S. PAIN FOUNDATION

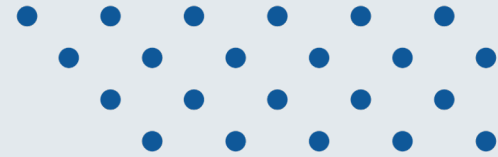
SESSION 4 :
State Pain Policy
Players, Priorities, Accomplishments
Opportunities to Engage
Tuesday, November 19

Cindy Steinberg, Director of Policy & Advocacy

Agenda

- State Policy – Players, Advocacy Priorities & Opportunities to Engage (10 minutes)
- What Pain Issues are Controlled at the State Level?(5 min)
- Pain Policy Accomplishments (10 minutes)
- Keys to Successful Advocacy (5 min)
- Q & A (10 min)
- Introduce Workshop Activity (5 minutes)
- Break (25 minutes)
- Workshop (35 minutes)
- Sharing & Role Play w/ Cindy (10 minutes)
- Closing & Reminders (5 minutes)

Small Group Leaders



Our Sponsors



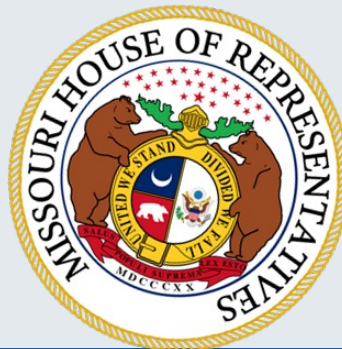
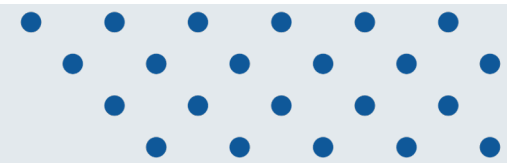
The 2024 Virtual Advocacy Training Series was developed independently with funding support from Vertex Pharmaceuticals.



Thank you also to our Corporate Council for their continued support of this program, and other U.S. Pain initiatives.



Players in State Pain Policy



2024 US Pain State Advocacy Priorities

- Individualized, Integrated, Multidisciplinary Pain Management– **promoting movement toward this as best practice**
- Improve Access to a Broad Range of Therapies– **including complementary modalities, behavioral health, novel therapeutics, innovative medical devices, etc.**
- Continue Telehealth Coverage beyond COVID PHE **for chronic care management, prescription renewal, etc.**



2024 US Pain State Advocacy Priorities

- Removing insurer roadblocks to treatments: **Step Therapy, Prior Authorization, Non-medical Switching & curbing other Pharmacy Benefit Management Practices**



2024 US Pain State Advocacy Interest Areas

Issues we follow & take action on when there are opportunities:

- Access to opioids for those who benefit from them
- Access to medical cannabis for those who benefit from use
- Improving pain education for providers
- Reducing the cost of prescription medication
- And others as they arise...



Opportunities to Engage in State Pain Policy

- US Pain State Action Alerts
- Comments on state regulations & policies with open comment periods
- State meetings with open public comment periods
- Lobby days and Advocacy/Awareness days focused on State Houses & lawmaker office visits
- Calls to lawmakers' staff on issues or bills
- Meetings with lawmakers' staff – local offices, virtual, State Houses

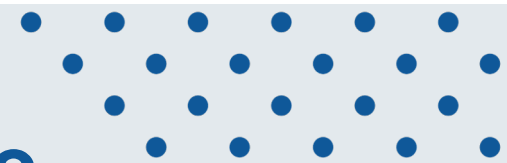


Opportunities to Engage in State Pain Policy

- Testimony at Committee Hearings on bills
- Meetings with your state House Representative or Senators
- Appointments to State Commissions, Task Forces, Committees, Working Groups *

(* these are by invitation & difficult to obtain)





What Issues Impacting Pain Care Are Controlled At the State Level?

- Licensing & practice standards for healthcare professionals
- Continuing education requirements for healthcare professionals
- Licensing of healthcare facilities
- Private and some public (state worker health insurance, Medicaid) health insurer accreditation & regulation
- Controlled substance prescribing & dispensing*
- Medical Cannabis registration & dispensing

(*as long as more restrictive than federal law)

More Than A Decade of State Pain Policy Accomplishments in MA

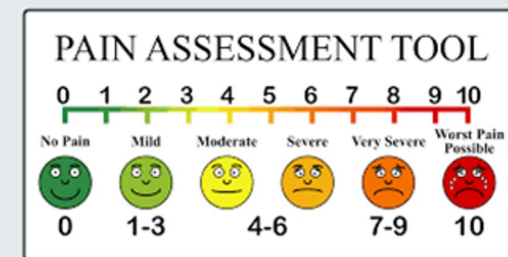
- Worked with Licensing Boards to Adopt Policy Rulings on Pain Management (Nursing, Pharmacy, Dental & Physicians Asst), 2009
 - Professionals responsible for acquiring specified knowledge & skills in pain management, for practicing according to specified standards
- Passed Law Requiring Continuing Pain Education for Doctors, 2010
 - Doctors must take 3 hours of pain management CEU's every 2 years



More Than A Decade of State Pain Policy

Accomplishments in MA

- Introduced Bill Requiring Pain Assessment & Mgmt in All H/C Facilities in MA, 2013
 - Did not pass but advanced through several committees & will reintroduce again when the time is right
- Passed Law Limiting the Practice of Step Therapy in CT, 2014 (US Pain Foundation)
 - Insurer practice of requiring patients to fail 1 or more medications before covering medication originally prescribed by patient's doctor
 - Law limits to 60 days & establishes overrides for past or expected ineffectiveness, adverse reactions or when not in best interest of insured



More Than A Decade of State Pain Policy

Accomplishments in MA

- Appointed By MA Governor Baker to Opioid Working Group - 2015
 - One of his first acts as Governor was to appoint this 17-member working group; I was the only one representing pain; chaired by HHS Secretary
 - Came up with 65 recommendations to address opioid crisis without restricting legitimate access
- Appointed to MA Drug Formulary Commission - 2016
 - Commission tasked by the legislature with developing a formulary of ADF opioids and other medications that can be substituted for non-ADF opioids
 - Also tasked with annually producing a list of non-opioid pharmacological treatments for pain that is sent to all prescribers in MA





More Than A Decade of State Pain Policy Accomplishments in MA

- Passed Law w/ Key Pain Exception & 2 Pain Commissions in MA, 2016
 - Governor's proposed 3-day limit for initial opioid script changed to 7-day limit w/ exceptions for chronic pain, cancer pain, palliative care
 - Added Special Commission to study referral system to increase access to pain mgmt specialists
 - Added Special Commission to **“study the incorporation of safe and effective pain treatment and prescribing practices into the professional training of students”**
-

More Than A Decade of State Pain Policy Accomplishments in MA

- CARE Act – As Baker introduced in Nov '17
 - No pain-friendly provisions in the bill
 - Commission to determine discipline for doctors who “overprescribe”
 - Determine ceiling doses of opioid medications
 - Partial fill with additional co-pays
 - 2 SUD nurses on BORN
 - E-prescribing of controlled substances by Jan '20

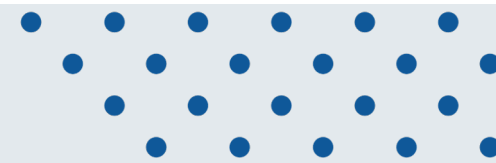


More Than A Decade of State Pain Policy Accomplishments in MA

- CARE Act – As passed in Aug'18
 - MCSTAP Program – consultation service for PCP's
 - Language of S1100 – coverage of “broad spectrum of pain mgmt services”
 - Partial fill with no additional co-pays
 - 1 pain management nurse & 1 SUD nurse on BORN
 - No commission to discipline doctors
 - No ceiling doses of opioid medications
 - E-prescribing of controlled substances by Jan'20



More Than A Decade of State Pain Policy Accomplishments in MA



CARE Act of 2018:

First truly balanced legislation in MA

My quote in the Boston Globe

“...clearly acknowledges the unintended but considerable consequences that the widespread abuse of opioid prescription pain medication has had on legitimate pain patients and their healthcare providers and takes specific concrete steps to ameliorate that harm.”



Continue to engage in every legislative session in MA

Also Active in ME, NH, NY, CA and would like to engage in other states

What Are the Keys to Success for Effective Advocacy?

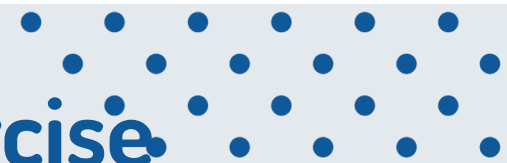
- Engage in the many ways I have spoken about
 - Educate your lawmakers on the changes you want to bring about
 - Do your homework – know and cite the facts to bolster your argument
 - Explain your motivation by telling your story in a concise & impactful way
 - Be positive, polite but persistent and follow-up
 - Build relationships with aides, lawmakers, policymakers
 - Work with allies – other advocates, organizations that share your views
-



Questions?



Interactive Workshop: Role Play Exercise



- In small groups, you will take turns playing the advocate, the state lawmaker and the observer/raters
- Everyone must get a turn to play advocate
- Advocate wants her state to require insurers to have pain management plans and cover a wider choice of pharmacological and non-pharma treatments than they now cover
- Advocate wants to convince her lawmaker to work with her to draft & introduce a bill to require this in her state
- Lawmaker is new to this issue & must be educated as to why this is necessary & important



Interactive Workshop



- Role play rating sheet lists 8 essential elements of an ideal meeting with a lawmaker or aide
- Let's review the role-play rating sheet
- When you are sorted into your groups take a few minutes to think about these issues:
 - As the advocate, how will you make the best case for why people living with CP in your state need this bill to expand insurer coverage of CP treatments?
 - As the advocate, anticipate ahead about what pushback you will get & how you will respond
 - As the lawmaker who does not know anything about this issue, what questions will you have for the advocate?
 - As the lawmaker, what resistance might you get from stakeholders and how can the advocate help overcome this push-back?



Interactive Workshop



- Would like each person to get a chance to play the advocate
- Each role play should be about 4 - 5 minutes long; these are short first meetings! Lawmakers have limited time.
- When each role play is done, raters discuss observations of advocate on the 8 criteria listed. Please give constructive feedback.
- Questions?
- When we come back together, will ask for a few brave people to role-play being this advocate with me as the lawmaker.
- Janet and I will do an example. She will be Senator Jay and I will be the advocate.

Break

We'll take a 25 minute break now. Please have your role play rating sheet available for the interactive activity.

Please return in 25 minutes! Thanks.

Role Playing Activity



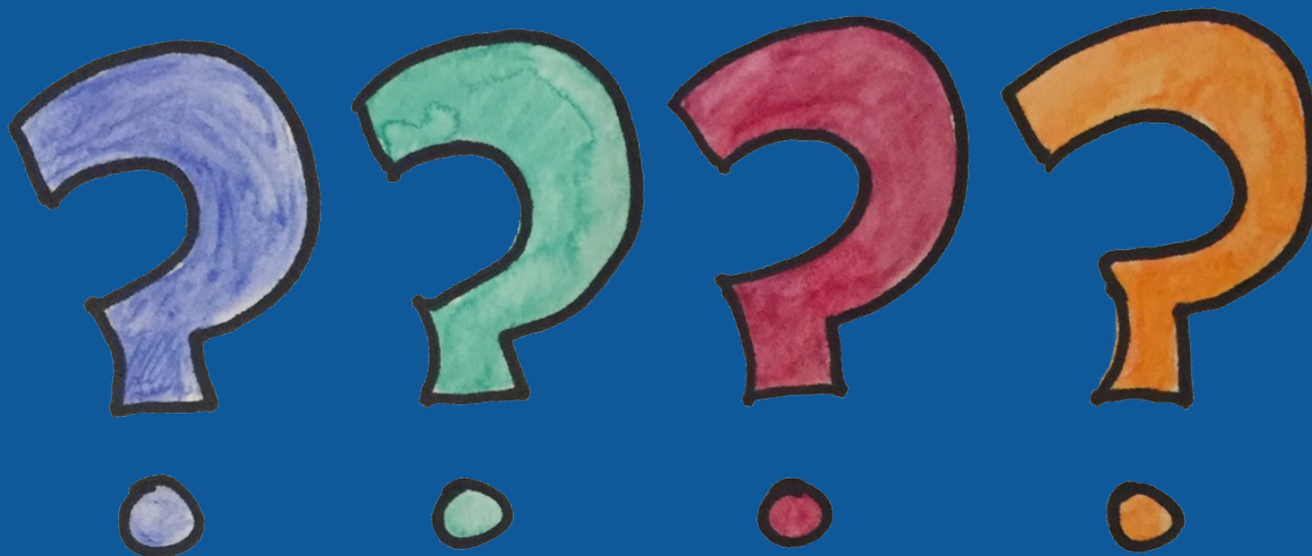
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- Lawmaker is new to this issue & must be educated as to why this is necessary & important
- Raters use form to rate the 8 criteria & then give feedback



Interactive Workshop Wrap -Up

- How did the role plays go?
 - Did everyone in your group get a chance to play the advocate?
 - Now that you practiced, who would like to play the role of advocate for our larger group?
 - I'll be Senator Steinberg!
-

Questions?



Thanks for participating!

- Homework for next session – think about your pain project
- Can be state or federal project
- Might want to work together w/ others who took training in your state; if an issue interests you, search your state legislature website to see if there is or was a bill about it and work to improve or support that bill
- Next webinar is Thursday, November 21 from 2-4 pm ET
Same Zoom link.
- Check out our portal for more resources if you have not yet done so: uspainfoundation.org/virtualadvocacyseries
- Any questions or issues? Reach out to Michele Rice:

• michele@uspainfoundation.org

