

Appendix A. Living Better Beyond Pain Curriculum

Session #	Lecture Session	Content	Community Speaker
1	Understanding Chronic Pain and Goal Setting	<ul style="list-style-type: none"> • Successful and unsuccessful pain strategies- testimonials from patients • Personal goals for daily activities with pain • Pain: chronic versus acute pain • Mind-body pain connection • Opioids and non-drug therapies and relative benefits for pain • Non-pharmacologic ways to control pain • Proper posture and walking • Chronic pain management for a fuller life 	General Internist
2	Pain and Physical Activity	<ul style="list-style-type: none"> • Core muscles and pain management • Incorrect posture and pain • Physical activity and its benefits for pain management • Recommended physical activities • Proper form for walking, stretching, and strengthening • Safety measures for walking, stretching and strengthening 	Kinesiology Professor
3	Meditation and Mindfulness	<ul style="list-style-type: none"> • Overview of the role of the mind in pain management • Unhelpful thinking habits and ways to overcome them • Mindfulness and impact on managing pain • Mindfulness exercises • Stress and relaxation • Ways to relax and focus on positive thoughts • Mindfulness techniques to support pain self-management 	Psychology Assistant Professor
4	Massage Techniques	<ul style="list-style-type: none"> • Types of massage • Benefits of massage therapy for pain management • Trigger points and different ways to massage, demonstrations • Different ways to practice massage on your own • Tools for massage at home • How to get down and up off of the floor safely 	Certified Masseuse
5	Nutrition	<ul style="list-style-type: none"> • Nutrition and pain management connection • Examples of a “healthy plate” • Foods that are part of a healthy lifestyle • Simple, healthy approaches to eat • Moderation and portion control • Examples of reducing portion size • Food substitutions and examples 	Dietician
6	Prevention and Management of Set Backs*	<ul style="list-style-type: none"> • Setbacks and pain management • Unhealthy ways to handle set backs • Ways to overcome set backs • Creating a plan for set backs 	Physical Therapy Professor
7	Sleep Hygiene	<ul style="list-style-type: none"> • Sleep hygiene and how it affects pain • Unhealthy sleeping habits • Tips for sleeping better • Daytime and nighttime routine for better sleep • Negative effects of sleeping pills • Cognitive behavioral therapy and sleep 	General Internist
8	Health Literacy*	<ul style="list-style-type: none"> • Health literacy and finding support resources • How to access data in the Internet • Examples of resources for chronic pain 	Librarian

		<ul style="list-style-type: none"> • Caution about recommendations in the Internet • Work with health care provider to review recommendations 	
9	Looking Back	<ul style="list-style-type: none"> • Program goals and objectives • Progress during the program • Practicing ways to control pain • Lessons learned to help overcome setbacks • Personal and community resources to help them with pain improvement journey • Daily personalized plans for patients 	General Internist

*These sessions were only delivered to the community arm

Appendix B: Comparison of baseline characteristics for subjects with only baseline measures versus subjects having at least one post baseline measures

Characteristics	All N=111	Participated in Baseline Only N = 42	Participated in 3 / 6 Month Measures N = 69	P Value*
Study Arm				
Community	58 (52.3)	22 (52.4)	36 (52.2)	1 [†]
Clinic	53 (47.8)	20 (47.6)	33 (47.8)	
Age, mean±SD (years)	56.5±9.0	54.7±10.5	57.7±7.9	0.19*
Women	61 (55.0)	22 (52.4)	39 (56.5)	0.82 [†]
Race/Ethnicity, n(%)				
Hispanic	87 (78.4)	36 (85.7)	51 (73.9)	0.54 [†]
Non-Hispanic White	14 (12.6)	4 (9.5)	10 (14.5)	
Non-Hispanic Black	10 (9.0)	2 (4.8)	8 (11.6)	
Primary Language, n(%)				
English	81 (73.0)	30 (71.4)	51 (73.9)	0.95 [†]
Spanish	30 (27.0)	12 (28.6)	18 (26.1)	
Marital Status, n(%)				
Married	34 (30.6)	12 (28.6)	21 (30.4)	1 [†]
Other (single, divorced, separated, widowed)	77 (69.4)	30 (71.4)	48 (69.6)	
Employment Status				
Employed	7 (6.3)	2 (4.8)	5 (7.2)	0.91 [†]
Unemployed (retired, disabled, unemployed)	104 (93.7)	40 (95.2)	64 (92.8)	
Insurance Type				
Insured	10 (9.0)	6 (14.3)	4 (5.8)	0.35 [†]
Medicare	38 (34.2)	10 (23.8)	28 (40.6)	
Medicaid	24 (21.6)	9 (21.4)	15 (21.7)	
Uninsured (self-pay/carelink)	39 (35.1)	17 (40.5)	22 (31.9)	
Body Mass Index, mean±SD	34.5±8.4	35.1±9.4	34.1±7.8	0.97*
Maximum pain level, mean±SD[‡]	7.40±2.2	7.40±1.9	7.50±2.4	0.99*
Pain Location, n(%)				
Neck	3 (2.7)	2 (4.8)	1 (1.4)	0.85 [†]
Upper extremity	4 (3.6)	2 (4.8)	2 (2.9)	
Back	32 (28.8)	13 (31.0)	19 (27.5)	
Abdomen	1 (1.0)	1 (2.4)	0 (0)	
Lower extremity	9 (8.1)	1 (2.4)	8 (11.6)	
Multiple areas	62 (55.9)	23 (54.8)	39 (56.5)	
Primary Outcome, mean±SD				
5 times sit-to-stand (seconds) [§]	22.6±14.0	21.2±14.9	23.5±13.4	0.12*
Secondary Outcomes, mean±SD				
6-minute distance walk (feet)	948.4±376.0	956.8±405.5	943.2±359.5 [#]	0.95*
Borg Perceived Effort ^{**}	5.9±3.0	5.8±3.1 ^{††}	5.9±2.9 ^{††}	0.85*
50-foot speed walk (seconds) [§]	19.3±6.4	18.9±6.8	19.5±6.2	0.49*
12-Item Physical Component Summary ^{‡‡}	32.8±7.2	33.0±7.2 ^a	32.7±7.2 ^a	0.76*
Patient Specific Functional Scale ^b	3.4±2.3	3.4±2.5 ^c	3.4±2.3	0.93*
Symbol Digit Modalities Test ^d	30.9±11.8	31.2±11.4 ^e	30.7±12.1	0.82*

* Mann-Whitney U test.

[†] Chi-squared test.

[‡] Maximum pain in 24 hours on 11 point numerical rating scale. Higher scores indicate higher levels of pain.

[§] Lower scores indicate faster completion of test and better physical function.

^{||} Data missing for two patients in baseline group and two patients in post baseline group

[¶] Higher scores indicate ability to walk farther within timeframe and better physical function.

[#] Data missing for one patient in post baseline group

^{**} Modified score range is 0-10. Higher scores indicate greater effort to accomplish task.

^{††} Data missing for one patient in the baseline group and two patients in the post baseline group

^{‡‡} 12-Item Short Form Physical Component Summary. Scores range from 0-100. Higher scores indicate better physical performance and capacity.

^a Data missing for one patient in baseline group and one patient in post baseline group

^b Patient Specific Functional Scale: Scores range from 0-10. Higher scores indicate better activity performance.

^c Data missing for two patients in baseline group

^d Symbol Digit Modalities Test: Scores range from 0-110. Higher scores indicate better cognitive function.

^e Data missing for one patient in baseline group