



# WHAT PROVIDERS SHOULD KNOW ABOUT: **CHRONIC PAIN PATH**

## Personal Action Toward Health (PATH)



### **What it is:**

A 6-week workshop that meets virtually or in person once a week for 2½ hours. Chronic Pain PATH helps participants better self-manage symptoms of chronic pain conditions, including fatigue, sleeplessness, stress, and emotional problems such as fear, anger, and depression.

### **Who should participate:**

People living with chronic pain and their caregivers.

### **Chronic Pain PATH participants learn how to:**

- Challenge myths about dealing with pain
- Master techniques to deal with frustration, fatigue, isolation and poor sleep
- Pace themselves around activity and rest
- Exercise appropriately to maintain or improve strength and endurance
- Use medication wisely
- Work effectively with family and health care providers

### **Impact of the program:**

- 91% of participants felt more confident about taking care of their health after completing a PATH workshop.
- Significantly less pain, depression, and dependency<sup>1,2</sup>
- Significantly increased self-efficacy and life satisfaction<sup>1,2</sup>
- Estimated cost savings of \$714 to \$944 per person\*<sup>3,4</sup>

*“The program promoted a healthy physical and emotional lifestyle as well as providing beneficial pain management techniques to improve our quality of life. Instructors were well-informed on the subject and the technical support was excellent.”*  
– Chronic Pain PATH Participant



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### **How to discuss it with your patients:**

You should emphasize that the program will provide education and support that will help your patient in managing their life with chronic pain. Chronic Pain PATH is offered at no cost to participants.

### **How to refer your patients:**

Your patients can register online at [www.nkfm.org/path](http://www.nkfm.org/path) or call 1-800-482-1455, Ext 2590.

**For more information about upcoming workshops:** Visit [www.nkfm.org/path](http://www.nkfm.org/path). If you have questions, email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org) or call 1-800-482-1455, Ext 2590.

<sup>1</sup>LeFort SM, Gray-Donald K, Rowat KM, Jeans ME. Randomized controlled trial of a community-based psychoeducation program for the self-management of chronic pain. *Pain*. 1998 Jan 1;74(2-3):297-306.

<sup>2</sup>Sheth K, Ritter PL, Lorig K, Steinman L, FallCreek S. Remote Delivery of the Chronic Pain Self-management Program Using Self-directed Materials and Small-group Telephone Support: A Pilot Study. *Journal of Applied Gerontology*. 2022 May;41(5):1329-35.

<sup>3</sup>University of Memphis School of Public Health, 2014. <http://www.ebp-savings.info/>.

<sup>4</sup>Centers for Medicare & Medicaid Services. Report to Congress: The Centers for Medicare & Medicaid Services evaluation of community-based wellness and prevention programs under section 4202 (b) of the Affordable Care Act. Washington: Government Printing Office. 2013

\*Cost savings estimate was calculated for the Chronic Disease Self-Management Program (CDSMP).



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