Successfully Improving the Practice of Chronic Pain Management: An Innovative Personalized Education Approach

**Purposes**

- To provide education methods to help physicians improve their performance in managing chronic pain.
- To assess the effectiveness of personalized education programs.

**Methods**

- The personalized education program was developed based on the results of pre-assessments and post-assessments.
- Participants were divided into two groups: pre-assessment (n=75) and post-assessment (n=113).

**Results**

- Pre-assessment vs Post-assessment
  - Participant recognition of the components of the McGill Pain Questionnaire: n=31; from 32% to 74%, 85% to 95%, \( P < .001 \), and were significantly more likely than nonparticipants to recognize that treatment plans should include discussing a goal-setting form to identify achievable goals prior to determining the treatment regimen. (Figure 1)
  - Patient recognition of the Brief Pain Inventory to characterize how a patient's pain impacts their quality of life: n=31; from 32% to 74%, 85% to 95%, \( P < .001 \), and were significantly more likely than nonparticipants to recognize that treatment plans should include discussing a goal-setting form to identify achievable goals prior to determining the treatment regimen. (Figure 1)

**Conclusions**

- Personalized education programs can significantly improve physicians' knowledge and performance in managing chronic pain.
- Physicians may be challenged to accurately assess their own needs.
- Tailored education that identifies specific educational needs of physicians can improve their performance and reduce the need for additional education.