

Integrative Health Equity: From Patients to Policy

University of Vermont Family Medicine Grand Rounds
Laura Mann Integrative Healthcare Lecture Series

Monday, February 7, 2022

Sharad Kohli, MD

*Medical Director, Integrative Pain Management Program,
People's Community Clinic – Austin, TX*

sharad.kohli@austinpcc.org

Keegan Warren-Clem, JD, LLM

*Senior Consultant, Health Management Associates
Adjunct Professor, UT Law & McCombs Business Schools
Lecturer, UT Design School – Austin, TX*

kwarrenclem@healthmanagement.com



Who is ? **PEOPLE'S COMMUNITY CLINIC**

- Founded in 1970 as People's Free Clinic in an Austin church basement
- Federally Qualified Health Center
- Patient-Centered Medical Home
→ Community-Centered Health Home



What is Integrative Health Equity?



<https://im4us.org>



Maria Chao, DrPH, MPA Shelly Adler, PhD

Chao M. and Adler S. *Integrative Medicine and the Imperative for Health Justice*. Journal of Alternative and Complementary Medicine, 24(2). Feb 2018.



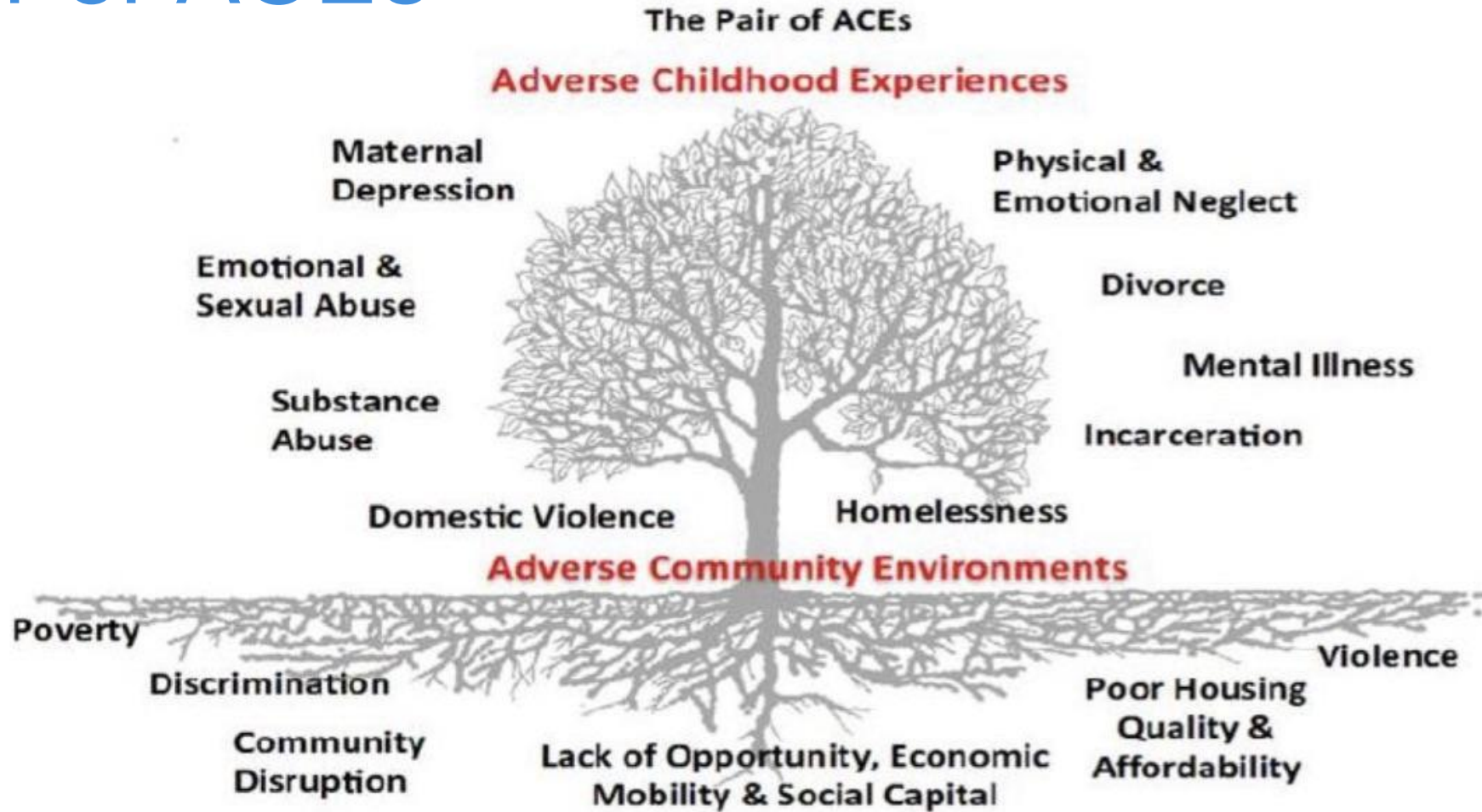
Breakout Groups

- Knowing this patient's clinical history and current situation, and taking an integrative health equity approach, identify the patient's barriers to wellness.
- What should we do to help address these barriers?

Three Major Public Health Epidemics

	Number of Americans Affected	Annual Cost	Annual Deaths
Prescription Opioid Abuse	12.5 million/year	\$70-\$120 billion	~16,000/year; 20%-40% thought to be suicides
Chronic Pain	~50 million, 25 million “high-impact,” 10 million disabled	\$560-\$635 billion	~28,000 suicides/year; ? overdose deaths
Mental Health	25 million with non-SUD dx, 6 million with serious dx	\$200 billion ↑	~45,000 suicides/year, 28% since 1999

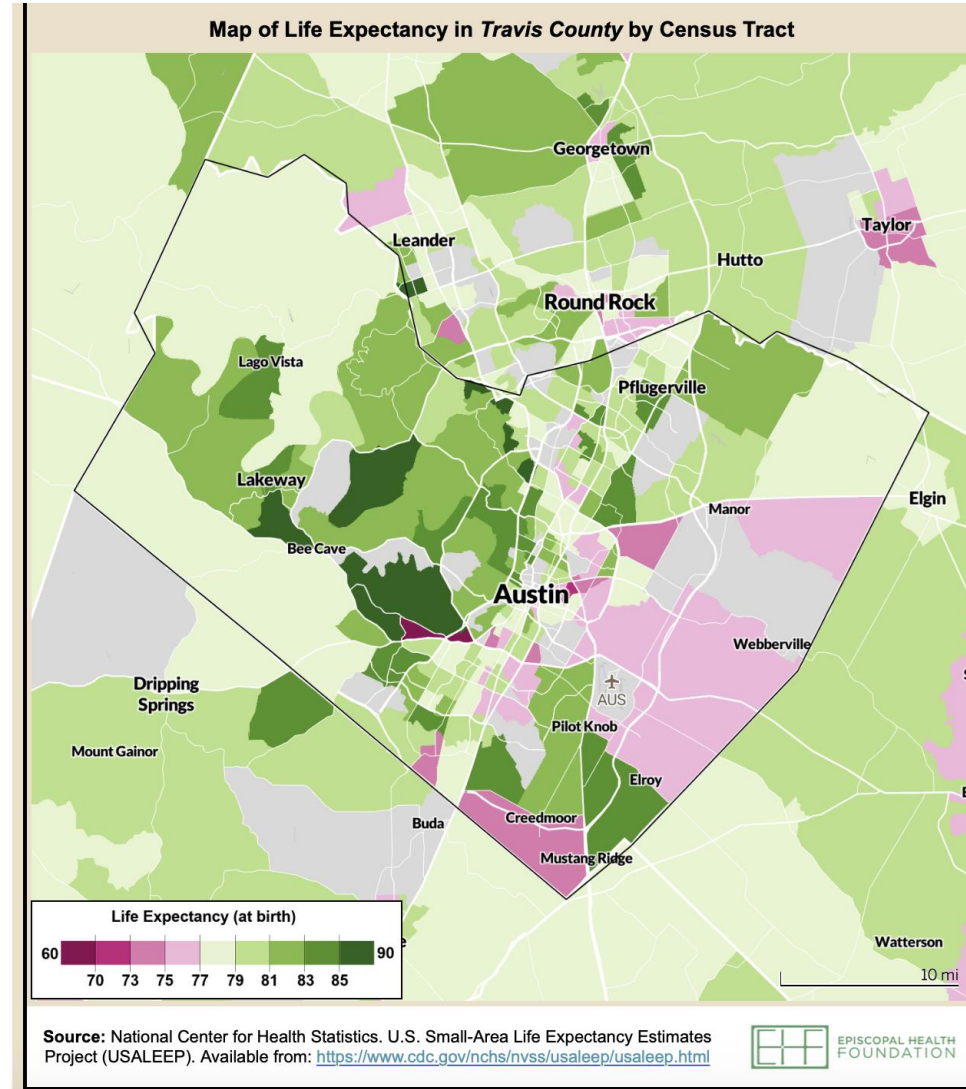
Pair of ACEs



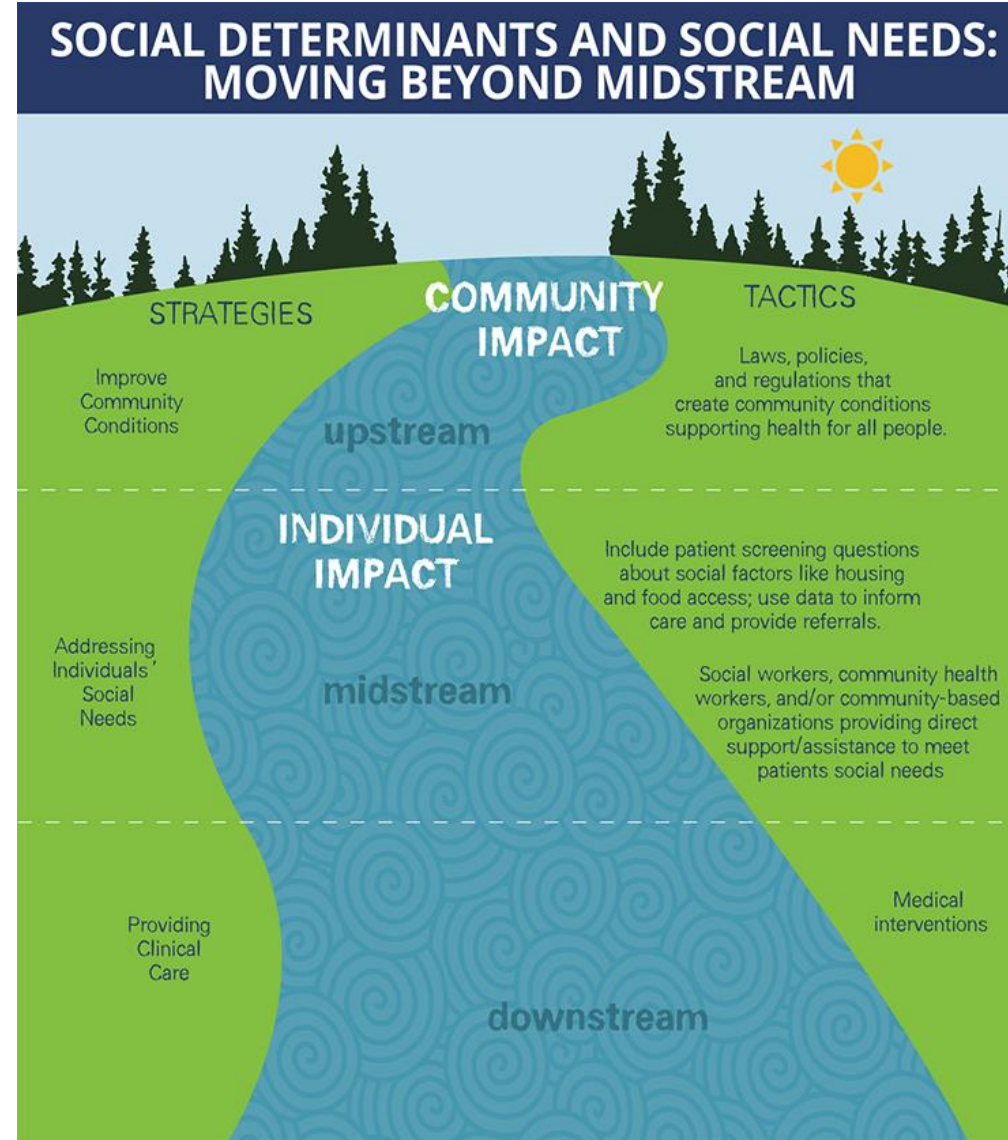
Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

<https://publichealth.gwu.edu/departments/redstone-center/resilient-communities>

ASEs (Adverse Structural Environments)



From Patients to Policy



Castrucci B and Auerbach J. "Meeting Individual Social Needs Falls Short Of Addressing Social Determinants Of Health." *Health Affairs Blog*. Jan. 16, 2019. <https://www.healthaffairs.org/doi/10.1377/forefront.20190115.234942/full/>

Integrative Pain Management Program



MEDICAL-LEGAL



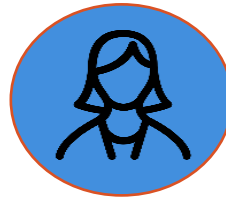
PRIMARY CARE



BEHAVIORAL HEALTH



SUBSTANCE
USE
TREATMENT



PATIENT



ACUPUNCTUR
E



EXERCISE



NUTRITION



YOGA THERAPY



**PEOPLE'S
COMMUNITY
CLINIC**

Duke
MARGOLIS CENTER
for Health Policy

Duke Orthopaedic Surgery
Duke University School of Medicine

Part 3 of a 4 Part Series

CASE STUDY | October, 2021

AUTHORS

Katie Huber, MPH
Jonathan Gonzalez-Smith, MPAff
William Bleser, PhD, MSPH
Robert Saunders, PhD
Christine Goertz, DC, PhD
Trevor A. Lentz, PT, PhD, MPH

Exemplary Integrated Pain Management Programs: People's Community Clinic Integrative Pain Management Program (PCC IPMP)

SUMMARY

Background

The Integrative Pain Management Program (IPMP) is based within People's Community Clinic (PCC), a Federally Qualified Health Center (FQHC) in Austin, Texas. The IPMP was established in 2018 after grant funding from the Health Services & Resources Administration (HRSA) was provided to expand mental health services and address the opioid epidemic.

Care Delivery Approach

The IPMP aims to treat pain and improve patients' functioning and quality of life while reducing the use of pain medication and other substances. The program, and PCC more broadly, equips patients with the necessary skills to manage their pain and advocate for themselves and their care needs. The IPMP care team includes primary care physicians, social workers, yoga therapists, acupuncturists, attorneys, and a nutritionist.

Results to Date

Program staff described that benefits of the IPMP can be challenging to measure directly, especially while the IPMP is relatively new, but preliminary outcomes data and patient feedback have been promising. Findings from interviews with patients indicated that the IPMP has contributed to improvements in quality of life, diminished stress, increased self-efficacy, and new skills to cope with and manage pain. The IPMP has also experienced steadily increasing demand and patient volume since inception.

Key Features of the Program

- **An approach to care that promotes and supports relational health.** Program staff noted that many patients' experiences with pain are rooted in trauma, so the IPMP aims to holistically address the root of these experiences and work towards personal and interpersonal rehabilitation. This approach involves building trusting relationships among patients and providers, fostering a sense of community and belonging within the program, and providing a safe space for patients to try new things (e.g., food, movement, relationships, or simply practicing receiving care from another person).
- **Medical-legal partnership (MLP).** The IPMP has attorneys on staff to assist patients with health-harming legal and social needs, such as financial strain, housing instability, or food insecurity. When legal needs are identified during new patient intake or by another provider, the IPMP attorneys conduct legal intake interviews and can provide patients with counsel, legal representation, and/or assistance with systems navigation to address these needs.
- **Group medical visits.** The IPMP offers group medical visits in English and Spanish based on an eight-week curriculum, which covers information including nutrition and anti-inflammatory diets, stress and trauma, health-harming legal needs, exercise and movement, and sleep. These groups have been impactful for patients as they learn from one another and learn more about options for managing their pain.
- **Community-based partnerships.** The IPMP has partnered with local organizations in the community, including a non-profit law firm, yoga therapy providers, and a school of integrative medicine to help provide integrative services to patients.

healthpolicy.duke.edu

1

<https://healthpolicy.duke.edu/publications/exemplary-integrated-pain-management-programs-peoples-community-clinic-integrative>



Overview of Integrative Pain Management Group Medical Visits and Curriculum

Session 1	March 27, 2019	Orientation/Reaction to Stress
Session 2	April 3, 2019	Our Bodies Response to Pain
Session 3	April 10, 2019	Our Bodies and Inflammation
Session 4	April 17, 2019	Food and Movement as Medicine
Session 5	April 24, 2019	The Importance of Healthy Sleep
Session 6	May 1, 2019	Your Mental Health Matters
Session 7	May 8, 2019	Celebration

INTEGRATIVE MEDICINE
GROUP VISITS

Participant Manual

Program for Integrative Medicine & Health Care Disparities









BOSTON MEDICAL COLLEGE
Department of Family Medicine

Copyright © 2019 Program for Integrative Medicine and Health Care Disparities, Family Medicine Department, Boston Medical Center




We care about you and your family. Your answers can help us know you better and build new partnerships in our community to help meet our patients' needs. You can skip questions or stop at any time. Whether you do this survey or not, our clinic will continue to care for you with dignity and respect.

CHECK ALL BOXES THAT APPLY TO YOU AND YOUR FAMILY.

	<p>Think about your future. Do you need help getting any of the following?</p> <p><input type="checkbox"/> checking/savings bank account <input type="checkbox"/> preschool for your 3- to 5-year-old child</p> <p><input type="checkbox"/> job or job training <input type="checkbox"/> English classes for you or a family member</p> <p><input type="checkbox"/> a GED <input type="checkbox"/> financial aid for college</p> <p><input type="checkbox"/> high-speed internet <input type="checkbox"/> I don't need help getting any of these things.</p>
	<p>Think about your groceries. In the past year, have you worried that you would run out of food?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> We don't have enough food right now.</p>
	<p>Think about the place you live. Do you have problems with any of the following?</p> <p><input type="checkbox"/> losing your housing <input type="checkbox"/> unclean water</p> <p><input type="checkbox"/> mold or water leaks <input type="checkbox"/> broken or no smoke detectors</p> <p><input type="checkbox"/> lead paint/pipes <input type="checkbox"/> broken heat or air conditioning</p> <p><input type="checkbox"/> bugs or rodents <input type="checkbox"/> I don't have problems with any of these things.</p>
	<p>Think about your utilities (gas, water, electric). In the past year, have you had trouble paying your bill?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> My gas, water, or electric is shut off right now.</p>
	<p>Think about your money. Do you need help getting any of the following?</p> <p><input type="checkbox"/> food stamps (SNAP) <input type="checkbox"/> free tax help, especially if you work or have kids</p> <p><input type="checkbox"/> WIC <input type="checkbox"/> lowering your debt/improving your credit score</p> <p><input type="checkbox"/> welfare/cash assistance (TANF) <input type="checkbox"/> I was recently denied one of these and want help.</p> <p><input type="checkbox"/> veterans' benefits (VA) <input type="checkbox"/> I don't need help getting any of these things.</p>
	<p>Think about your transportation. Do you miss medical appointments because you have no way to get there or because it is hard to get there?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no</p>
	<p>Think about your neighborhood. Do you feel unsafe doing any of the following?</p> <p><input type="checkbox"/> being in your yard/on your sidewalks <input type="checkbox"/> shopping at your grocery store</p> <p><input type="checkbox"/> using your local park <input type="checkbox"/> going to your school or your child's school</p> <p><input type="checkbox"/> visiting your local library <input type="checkbox"/> waiting at your local bus stop</p> <p><input type="checkbox"/> calling the police <input type="checkbox"/> I feel safe doing all of these things.</p>
	<p>Think about your community. Would you like information about any of the following?</p> <p><input type="checkbox"/> voting (registering, where to go, etc.) <input type="checkbox"/> joining affordable sports activities (<input type="checkbox"/> youth <input type="checkbox"/> adult)</p> <p><input type="checkbox"/> volunteering <input type="checkbox"/> joining social clubs (<input type="checkbox"/> youth <input type="checkbox"/> adult <input type="checkbox"/> senior)</p> <p><input type="checkbox"/> getting an ID <input type="checkbox"/> I don't need information about these things.</p>

Excerpt from Interventions List

Think about the place you live. Do you have problems with any of the following?

	losing your housing	MA will ask if problem with Financial Assistance, Eviction, Mobile Home, or Foreclosure and give appropriate HANDOUT(S) (Financial Assistance is 2 handouts). Also ORDER a referral to Austin MLP if there is a court date or letter of notice.
	water leaks or mold	MA will ask if Renter and, if so, give 1 appropriate HANDOUT (Right to Repairs).
	broken or no smoke detectors	
	broken heat or air conditioning	
	lead paint/pipes	ORDER a referral to Austin Tenant's Council or Austin MLP (see flowchart to determine which) if patient wants help.
	unclean water	
	bugs or rodents	MA will ask if Renter and, if so, give 1 appropriate HANDOUT (Right to Repairs or Bed Bugs). Also ORDER a referral to Austin Tenant's Council or Austin MLP (see flowchart to determine which) if patient wants help.
	changes to make your home safer (like wheelchair ramps, shower bars, etc.)	No HANDOUT . ORDER a referral to Austin Tenant's Council or Austin MLP (see flowchart to determine which) if patient wants help.
	I don't problems with any of these things.	NONE

We care about you and your family. Your answers can help us know you better and build new partnerships in our community to help meet our patients' needs. You can skip questions or stop at any time. Whether you do this survey or not, our clinic will continue to care for you with dignity and respect.

CHECK ALL BOXES THAT APPLY TO YOU AND YOUR FAMILY.

	<p>Think about your future. Do you need help getting any of the following?</p> <table border="0"> <tr> <td><input type="checkbox"/> checking/savings bank account</td> <td><input type="checkbox"/> preschool for your 3- to 5-year-old child</td> </tr> <tr> <td><input type="checkbox"/> job or job training</td> <td><input type="checkbox"/> English classes for you or a family member</td> </tr> <tr> <td><input type="checkbox"/> a GED</td> <td><input type="checkbox"/> financial aid for college</td> </tr> <tr> <td><input type="checkbox"/> high-speed internet</td> <td><input type="checkbox"/> I don't need help getting any of these things.</td> </tr> </table>	<input type="checkbox"/> checking/savings bank account	<input type="checkbox"/> preschool for your 3- to 5-year-old child	<input type="checkbox"/> job or job training	<input type="checkbox"/> English classes for you or a family member	<input type="checkbox"/> a GED	<input type="checkbox"/> financial aid for college	<input type="checkbox"/> high-speed internet	<input type="checkbox"/> I don't need help getting any of these things.
<input type="checkbox"/> checking/savings bank account	<input type="checkbox"/> preschool for your 3- to 5-year-old child								
<input type="checkbox"/> job or job training	<input type="checkbox"/> English classes for you or a family member								
<input type="checkbox"/> a GED	<input type="checkbox"/> financial aid for college								
<input type="checkbox"/> high-speed internet	<input type="checkbox"/> I don't need help getting any of these things.								
	<p>Think about your groceries. In the past year, have you worried that you would run out of food?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> We don't have enough food right now.</p>								
	<p>Think about the place you live. Do you have problems with any of the following?</p> <table border="0"> <tr> <td><input type="checkbox"/> losing your housing</td> <td><input type="checkbox"/> unclean water</td> </tr> <tr> <td><input type="checkbox"/> mold or water leaks</td> <td><input type="checkbox"/> broken or no smoke detectors</td> </tr> <tr> <td><input type="checkbox"/> lead paint/pipes</td> <td><input type="checkbox"/> broken heat or air conditioning</td> </tr> <tr> <td><input type="checkbox"/> bugs or rodents</td> <td><input type="checkbox"/> I don't have problems with any of these things.</td> </tr> </table>	<input type="checkbox"/> losing your housing	<input type="checkbox"/> unclean water	<input type="checkbox"/> mold or water leaks	<input type="checkbox"/> broken or no smoke detectors	<input type="checkbox"/> lead paint/pipes	<input type="checkbox"/> broken heat or air conditioning	<input type="checkbox"/> bugs or rodents	<input type="checkbox"/> I don't have problems with any of these things.
<input type="checkbox"/> losing your housing	<input type="checkbox"/> unclean water								
<input type="checkbox"/> mold or water leaks	<input type="checkbox"/> broken or no smoke detectors								
<input type="checkbox"/> lead paint/pipes	<input type="checkbox"/> broken heat or air conditioning								
<input type="checkbox"/> bugs or rodents	<input type="checkbox"/> I don't have problems with any of these things.								
	<p>Think about your utilities (gas, water, electric). In the past year, have you had trouble paying your bill?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> My gas, water, or electric is shut off right now.</p>								
	<p>Think about your money. Do you need help getting any of the following?</p> <table border="0"> <tr> <td><input type="checkbox"/> food stamps (SNAP)</td> <td><input type="checkbox"/> free tax help, especially if you work or have kids</td> </tr> <tr> <td><input type="checkbox"/> WIC</td> <td><input type="checkbox"/> lowering your debt/improving your credit score</td> </tr> <tr> <td><input type="checkbox"/> welfare/cash assistance (TANF)</td> <td><input type="checkbox"/> I was recently denied one of these and want help.</td> </tr> <tr> <td><input type="checkbox"/> veterans' benefits (VA)</td> <td><input type="checkbox"/> I don't need help getting any of these things.</td> </tr> </table>	<input type="checkbox"/> food stamps (SNAP)	<input type="checkbox"/> free tax help, especially if you work or have kids	<input type="checkbox"/> WIC	<input type="checkbox"/> lowering your debt/improving your credit score	<input type="checkbox"/> welfare/cash assistance (TANF)	<input type="checkbox"/> I was recently denied one of these and want help.	<input type="checkbox"/> veterans' benefits (VA)	<input type="checkbox"/> I don't need help getting any of these things.
<input type="checkbox"/> food stamps (SNAP)	<input type="checkbox"/> free tax help, especially if you work or have kids								
<input type="checkbox"/> WIC	<input type="checkbox"/> lowering your debt/improving your credit score								
<input type="checkbox"/> welfare/cash assistance (TANF)	<input type="checkbox"/> I was recently denied one of these and want help.								
<input type="checkbox"/> veterans' benefits (VA)	<input type="checkbox"/> I don't need help getting any of these things.								
	<p>Think about your transportation. Do you miss medical appointments because you have no way to get there or because it is hard to get there?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no</p>								
	<p>Think about your neighborhood. Do you feel unsafe doing any of the following?</p> <table border="0"> <tr> <td><input type="checkbox"/> being in your yard/on your sidewalks</td> <td><input type="checkbox"/> shopping at your grocery store</td> </tr> <tr> <td><input type="checkbox"/> using your local park</td> <td><input type="checkbox"/> going to your school or your child's school</td> </tr> <tr> <td><input type="checkbox"/> visiting your local library</td> <td><input type="checkbox"/> waiting at your local bus stop</td> </tr> <tr> <td><input type="checkbox"/> calling the police</td> <td><input type="checkbox"/> I feel safe doing all of these things.</td> </tr> </table>	<input type="checkbox"/> being in your yard/on your sidewalks	<input type="checkbox"/> shopping at your grocery store	<input type="checkbox"/> using your local park	<input type="checkbox"/> going to your school or your child's school	<input type="checkbox"/> visiting your local library	<input type="checkbox"/> waiting at your local bus stop	<input type="checkbox"/> calling the police	<input type="checkbox"/> I feel safe doing all of these things.
<input type="checkbox"/> being in your yard/on your sidewalks	<input type="checkbox"/> shopping at your grocery store								
<input type="checkbox"/> using your local park	<input type="checkbox"/> going to your school or your child's school								
<input type="checkbox"/> visiting your local library	<input type="checkbox"/> waiting at your local bus stop								
<input type="checkbox"/> calling the police	<input type="checkbox"/> I feel safe doing all of these things.								
	<p>Think about your community. Would you like information about any of the following?</p> <table border="0"> <tr> <td><input type="checkbox"/> voting (registering, where to go, etc.)</td> <td><input type="checkbox"/> joining affordable sports activities (<input type="checkbox"/> youth <input type="checkbox"/> adult)</td> </tr> <tr> <td><input type="checkbox"/> volunteering</td> <td><input type="checkbox"/> joining social clubs (<input type="checkbox"/> youth <input type="checkbox"/> adult <input type="checkbox"/> senior)</td> </tr> <tr> <td><input type="checkbox"/> getting an ID</td> <td><input type="checkbox"/> I don't need information about these things.</td> </tr> </table>	<input type="checkbox"/> voting (registering, where to go, etc.)	<input type="checkbox"/> joining affordable sports activities (<input type="checkbox"/> youth <input type="checkbox"/> adult)	<input type="checkbox"/> volunteering	<input type="checkbox"/> joining social clubs (<input type="checkbox"/> youth <input type="checkbox"/> adult <input type="checkbox"/> senior)	<input type="checkbox"/> getting an ID	<input type="checkbox"/> I don't need information about these things.		
<input type="checkbox"/> voting (registering, where to go, etc.)	<input type="checkbox"/> joining affordable sports activities (<input type="checkbox"/> youth <input type="checkbox"/> adult)								
<input type="checkbox"/> volunteering	<input type="checkbox"/> joining social clubs (<input type="checkbox"/> youth <input type="checkbox"/> adult <input type="checkbox"/> senior)								
<input type="checkbox"/> getting an ID	<input type="checkbox"/> I don't need information about these things.								

PEOPLE'S COMMUNITY CLINIC

Support Site Tools People I'm Helping SK Sharad

Zip or keyword or program name

Select Language

FOOD HOUSING GOODS TRANSIT HEALTH MONEY CARE EDUCATION WORK LEGAL

Austin, TX (78752) / food / food pantry < 1 - 10 of 83 >

Sort by

Personal Filters Program Filters Income Eligibility

☐ Feed The Community Food Pantry by Gateway Church

☐ COVID-19 Response Program

Our food pantry is available for anyone who is in need of assistance with supplying food. Additional services may include help with filling out forms, locating available resources, filling grocery...

Main Services: food pantry , spiritual support

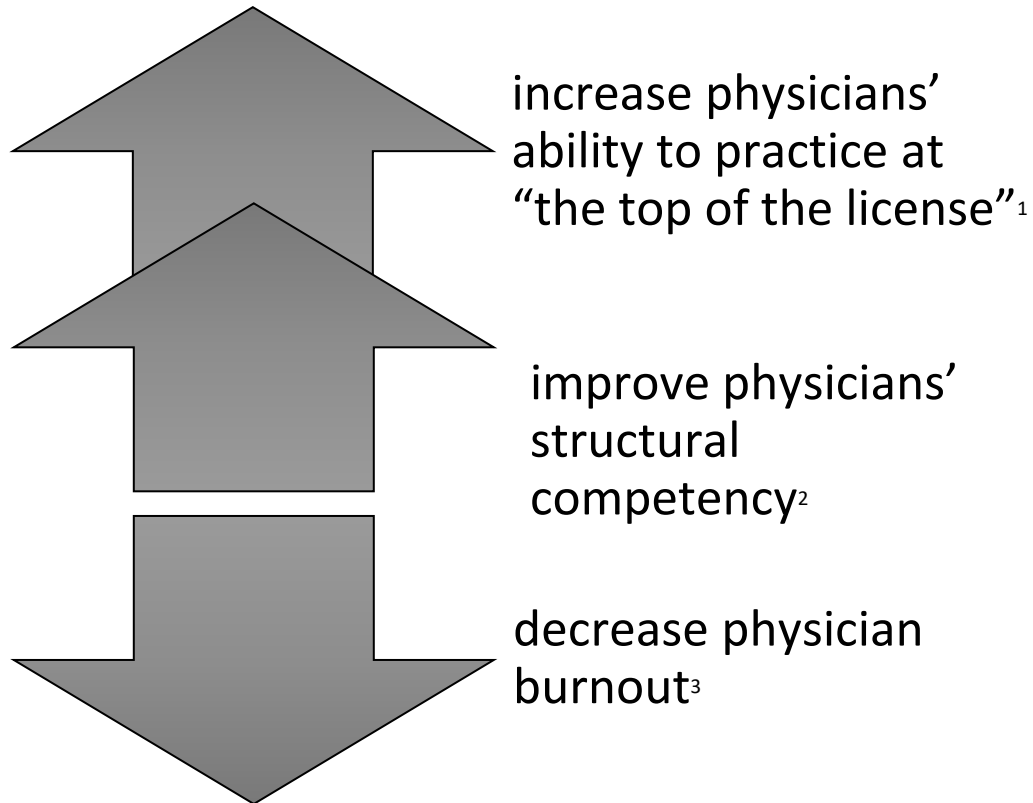
Serving: anyone in need , all ages , covid19 , individuals , families

Next Steps: Call 512-837-2162 or contact or go to the nearest location. 8.48 miles (serves your local area) 7104 McNeil Drive, Austin, TX 78729 Closed Today See open hours

MORE INFO SAVE SHARE NOTES SUGGEST SEE NEXT STEPS

Medical-Legal Partnership

Lawyers as Care Team Members



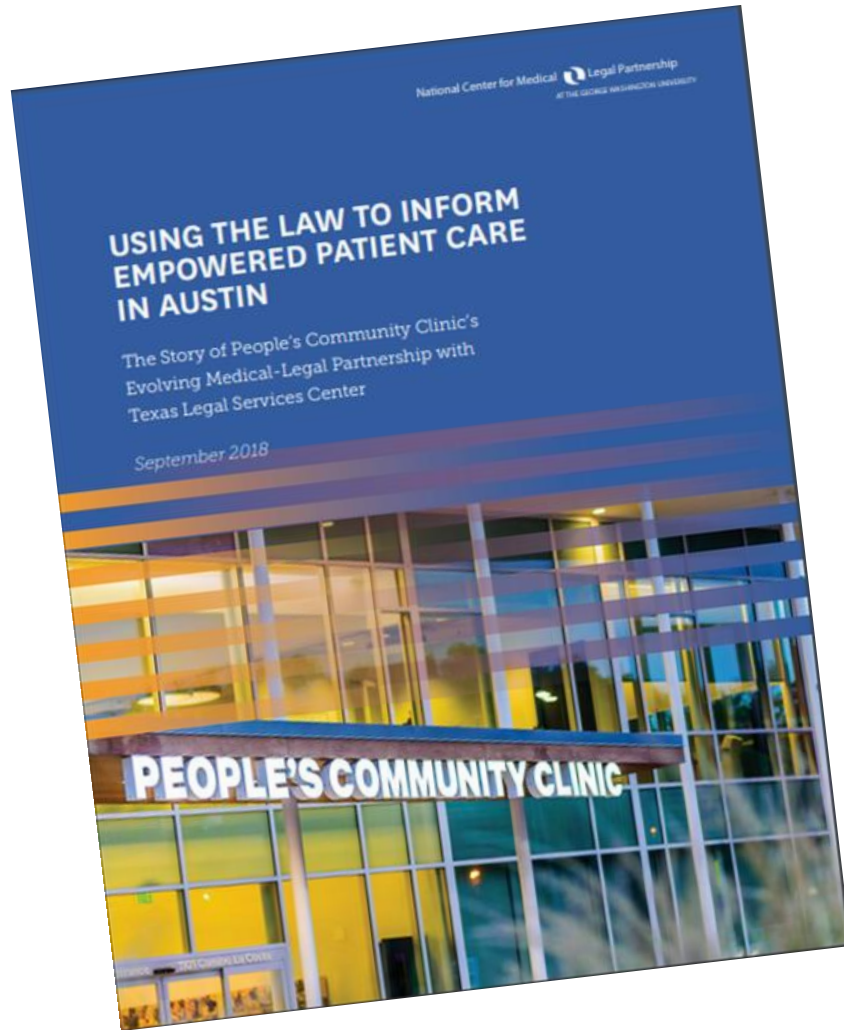
- [MLP](#) is a healthcare delivery model that integrates legal expertise into patient care by embedding lawyers in the clinical or hospital setting as specialist care team members.
 - In rural areas (and during pandemics), MLP lawyers often work remotely from a law office using telelaw.
- Favorable resolutions from national professional organizations, including the [American Bar Association](#), the [American Medical Association](#), and the [American Academy of Pediatrics](#).
- Formal recommendations from the [National Academy of Medicine](#) to develop the MLP lawyer workforce and study the contributions of lawyers to health (2019); MLP lawyer named to [NAM Emerging Leaders in Health and Medicine Scholars](#) (2020)

³Emilia De Marchis et al, *Physician Burnout and Higher Clinic Capacity to Address Patients' Social Needs*, 32 J. AM. BOARD FAM. MED. 69 (2019), available at <https://doi.org/10.3122/jabfm.2019.01.180104>.

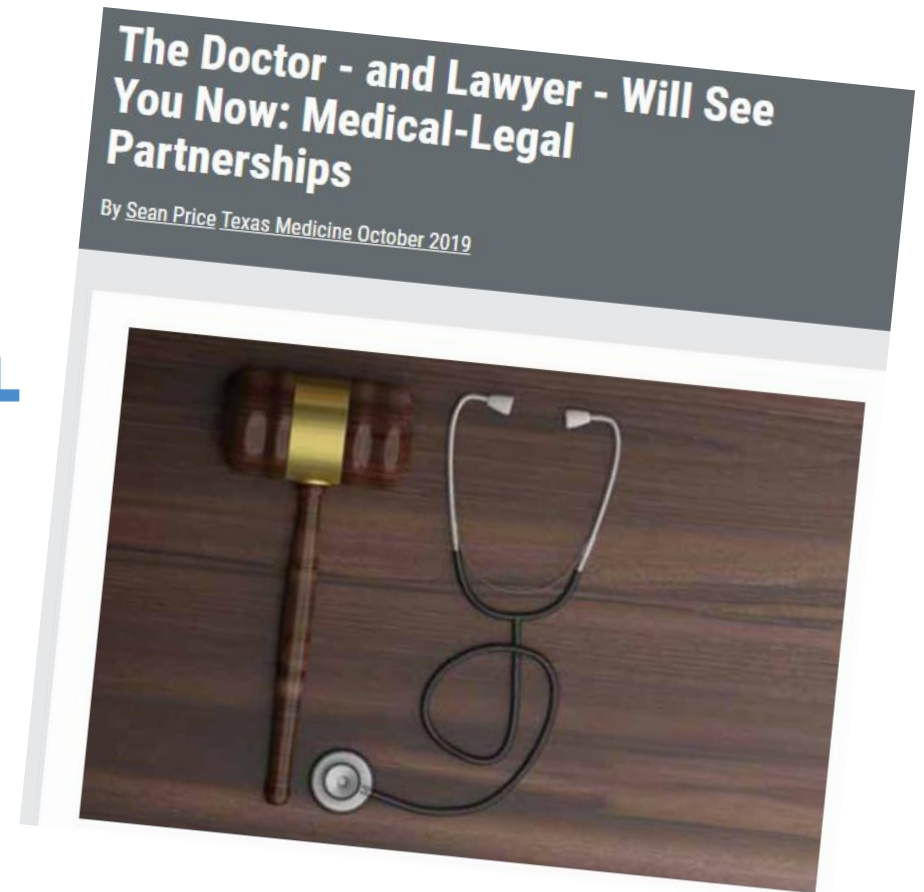
²Edward Paul et al, *The Medical–Legal Partnership Approach to Teaching Social Determinants of Health and Structural Competency in Residency Programs*, 92 Acad. Med. 292 (2017).

¹NATIONAL CENTER FOR MEDICAL-LEGAL PARTNERSHIP, *THE STATE OF THE MEDICAL-LEGAL PARTNERSHIP FIELD* (Aug. 2017), <https://medical-legalpartnership.org/wp-content/uploads/2017/07/2016-MLP-Survey-Report.pdf>.

“In a Texas Clinic, Lawyers Are Health Care Providers”



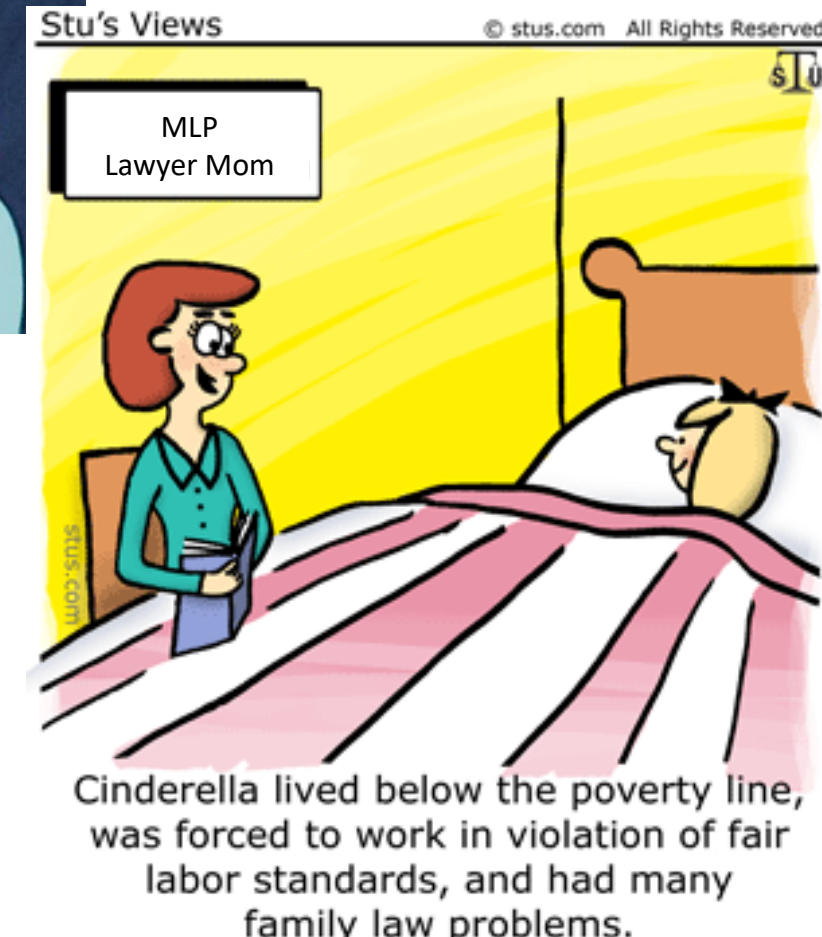
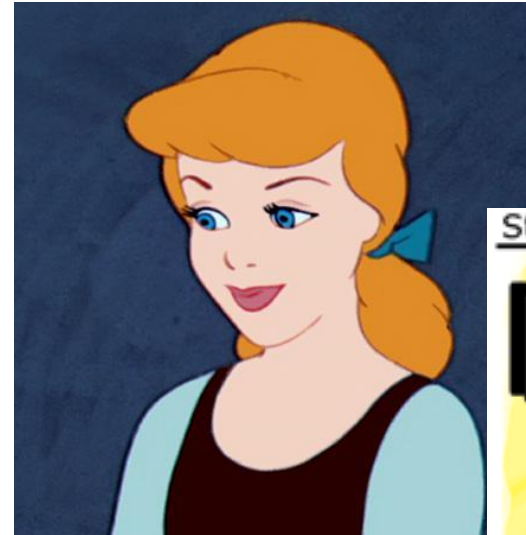
<https://medical-legalpartnership.org/mlp-resources/austin-story/>



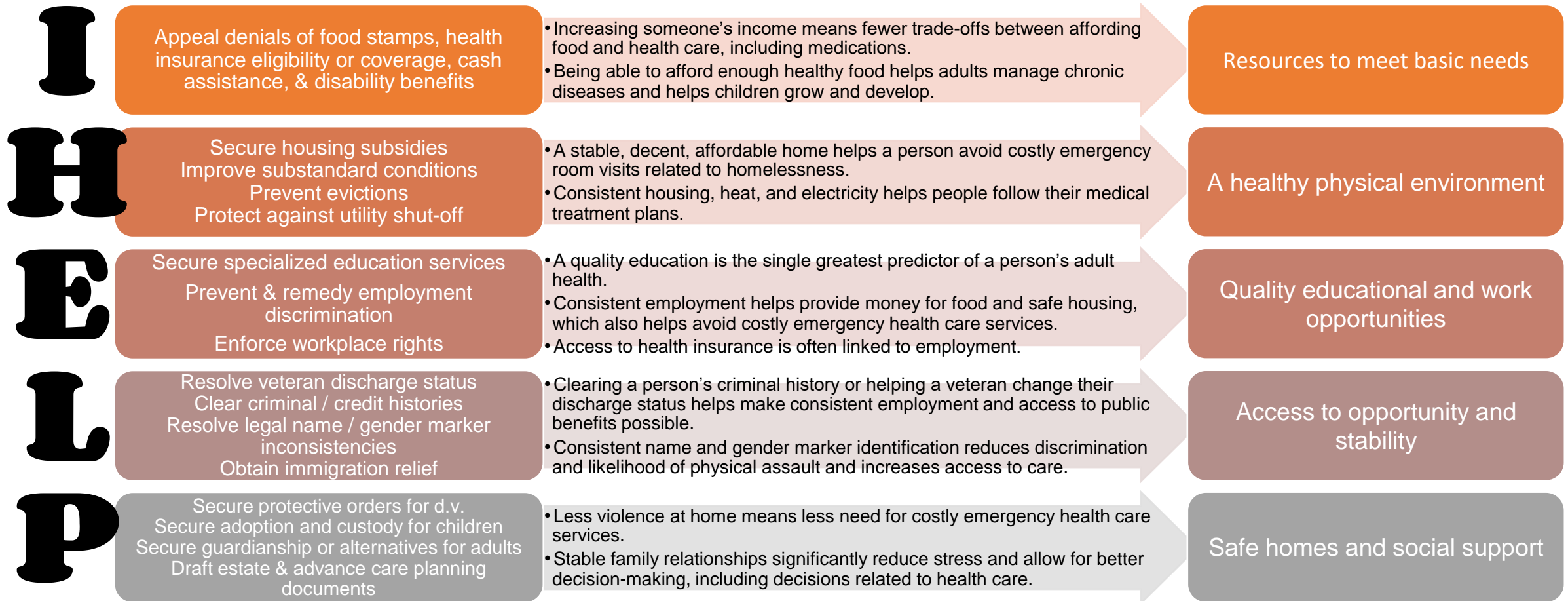
<https://www.texmed.org/Template.aspx?id=51647>

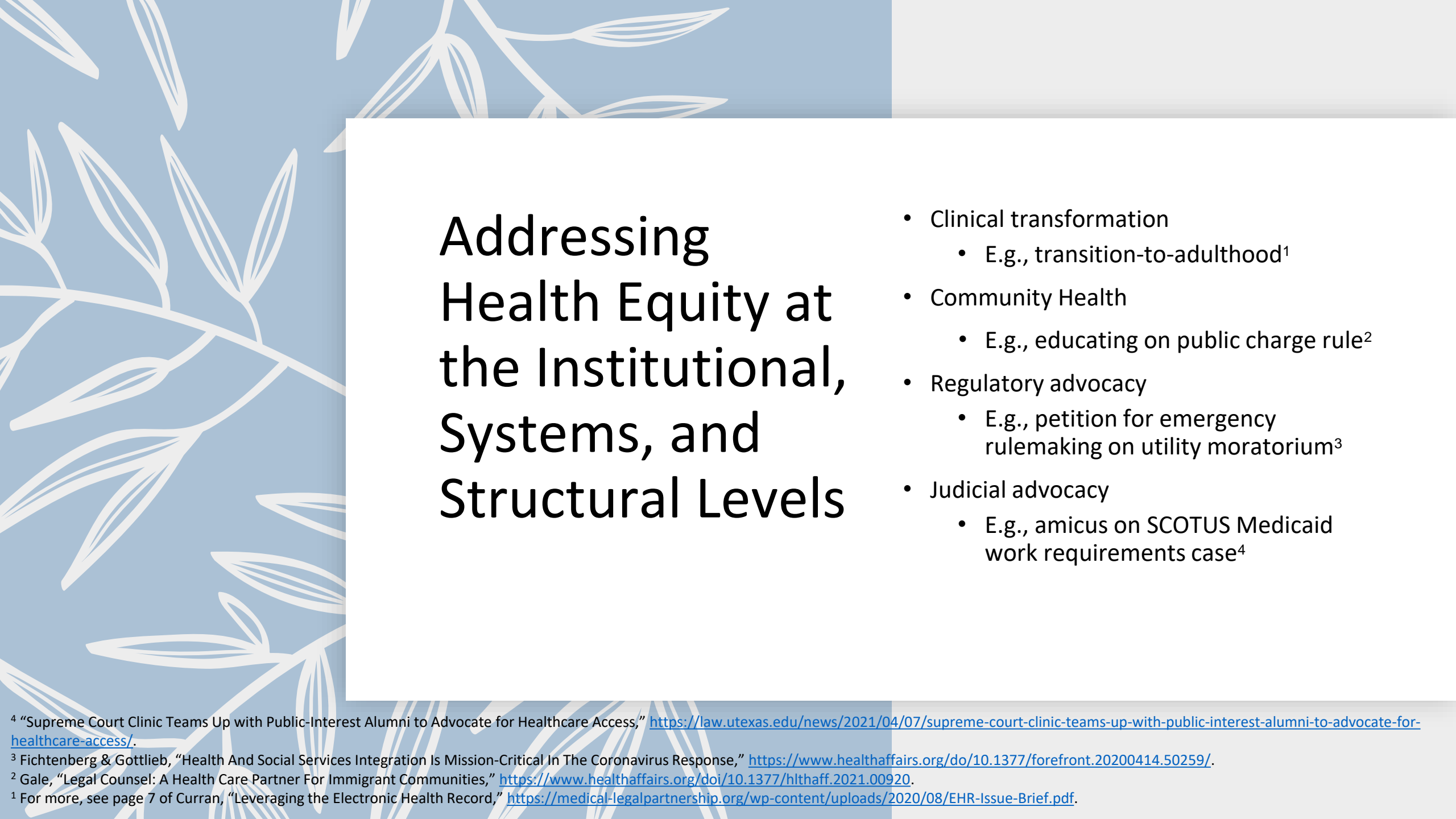
Legal Services Inequities Predict Health Disparities

- Research shows that civil legal aid is positively correlated with health by
 - being available in adequate supply;
 - mitigating poverty and injustice;
 - remediating acute crises; and
 - achieving broader policy gains focused on equity.



Identify Legal Needs to Address Root Causes





Addressing Health Equity at the Institutional, Systems, and Structural Levels

- Clinical transformation
 - E.g., transition-to-adulthood¹
- Community Health
 - E.g., educating on public charge rule²
- Regulatory advocacy
 - E.g., petition for emergency rulemaking on utility moratorium³
- Judicial advocacy
 - E.g., amicus on SCOTUS Medicaid work requirements case⁴

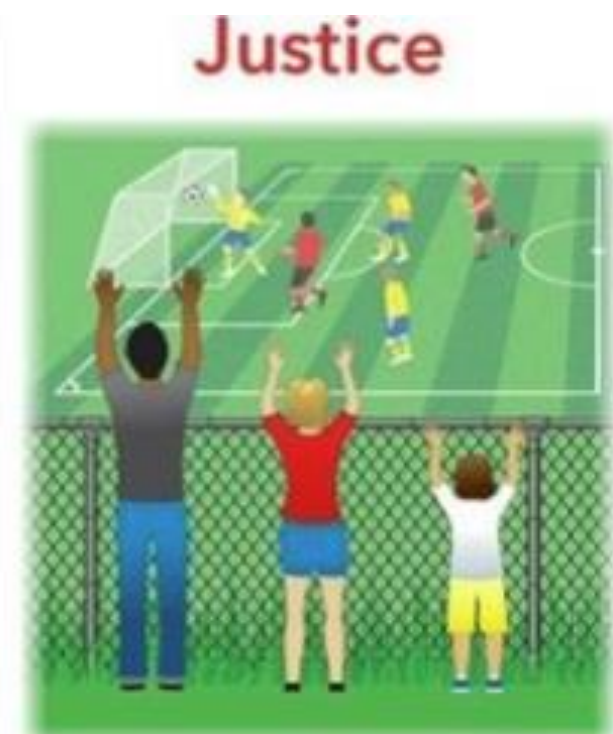
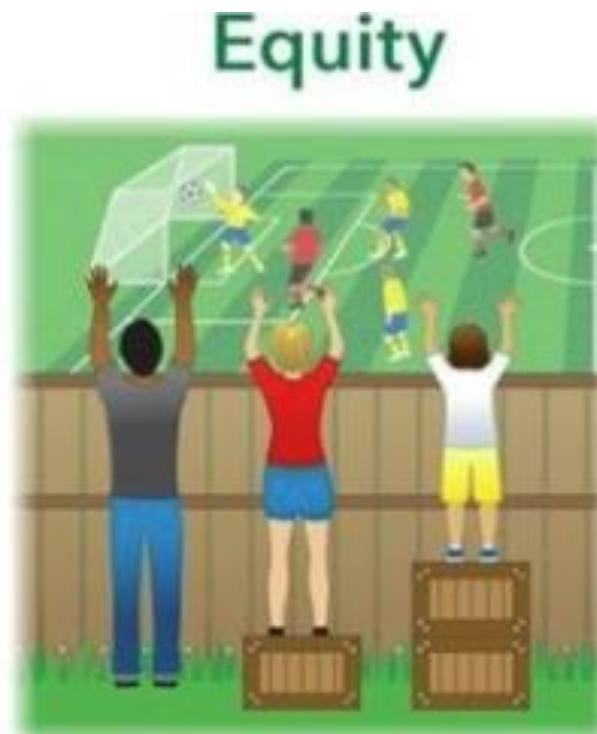
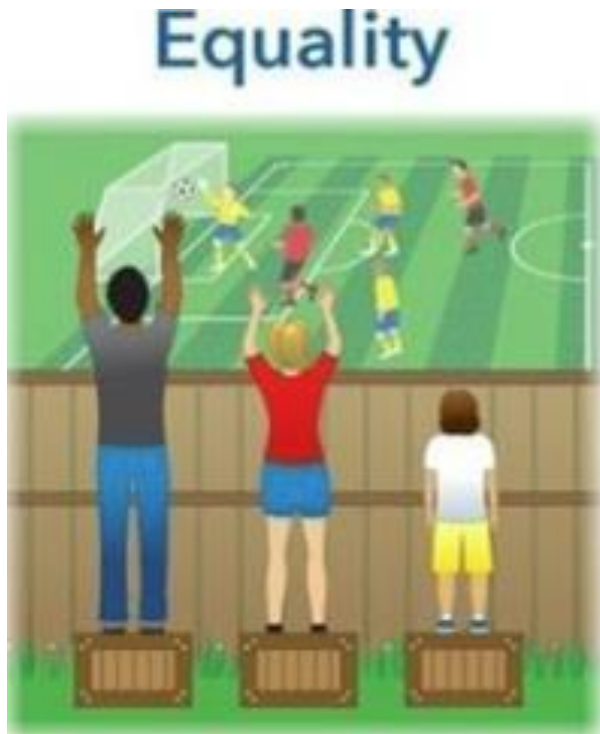
⁴ “Supreme Court Clinic Teams Up with Public-Interest Alumni to Advocate for Healthcare Access,” <https://law.utexas.edu/news/2021/04/07/supreme-court-clinic-teams-up-with-public-interest-alumni-to-advocate-for-healthcare-access/>.

³ Fichtenberg & Gottlieb, “Health And Social Services Integration Is Mission-Critical In The Coronavirus Response,” <https://www.healthaffairs.org/doi/10.1377/forefront.20200414.50259/>.

² Gale, “Legal Counsel: A Health Care Partner For Immigrant Communities,” <https://www.healthaffairs.org/doi/10.1377/hlthaff.2021.00920>.

¹ For more, see page 7 of Curran, “Leveraging the Electronic Health Record,” <https://medical-legalpartnership.org/wp-content/uploads/2020/08/EHR-Issue-Brief.pdf>.

Health Disparities



Case Conferences



Evaluation

- Pain and Functioning
 - Defense and Veterans Pain Rating Scale
- BH Measures
 - PHQ-9, GAD-7
- Physical Health Measures
 - BMI, BP, HbgA1c
- Opioid Use
- ER Utilization
- **Quality of Life**
 - Flourishing Measures
 - Qualitative Analysis

Table. Flourishing Measure and Questions^a

Domain	Question/Statement ^b
Happiness	1. Overall, how satisfied are you with life as a whole these days?
	2. In general, how happy or unhappy do you usually feel?
Mental and physical health	3. In general, how would you rate your physical health?
	4. How would you rate your overall mental health?
Meaning and purpose	5. Overall, to what extent do you feel the things you do in your life are worthwhile?
	6. I understand my purpose in life.
Character	7. I always act to promote good in all circumstances, even in difficult and challenging situations.
	8. I am always able to give up some happiness now for greater happiness later.
Close social relationships	9. I am content with my friendships and relationships.
	10. My relationships are as satisfying as I would want them to be.
Financial stability	11. How often do you worry about being able to meet normal monthly living expenses?
	12. How often do you worry about safety, food, or housing?

^a Adapted from VanderWeele.¹

^b Each question or statement is evaluated 0 (lowest response) to 10 (highest response). More detailed scoring information is available in the Supplement.

Qualitative Analysis of QOL

Four key themes emerged from patients' interviews:


- Pain is a persistent and challenging reality
- The burden of previous negative encounters with care providers and the healthcare system fosters distrust and hopelessness
- Connection and integration diminish patient distress
- Patients empowered with coping skills take steps to reduce pain interference

Souflee, C. MS3 - Patient Quality of Life After Participation in an Integrative Pain Management Program for the Medically Underserved; July 2021

Qualitative Analysis of QOL (cont'd)

Patients endorsed:

- Increased positive outlook on life (i.e., decreased catastrophizing)
- Increased emotional wellbeing
- Increased willingness to challenge fear avoidant behavior (willing to try new things)
- Decreased sense of stigmatization
- Decreased sense of social isolation
- Improved self-efficacy and self-advocacy



#PEOPLES50for50

CELEBRATING
PEOPLE'S
50th 

Thank You!

Sharad Kohli, MD
sharad.kohli@austinpcc.org

Keegan Warren-Clem, JD, LLM
kwarrenclem@healthmanagement.com

People's Community Clinic - Austin, TX
<https://www.austinpcc.org>

