

Working group 4 - Pain, rehabilitation and reintegration of workers in the work force

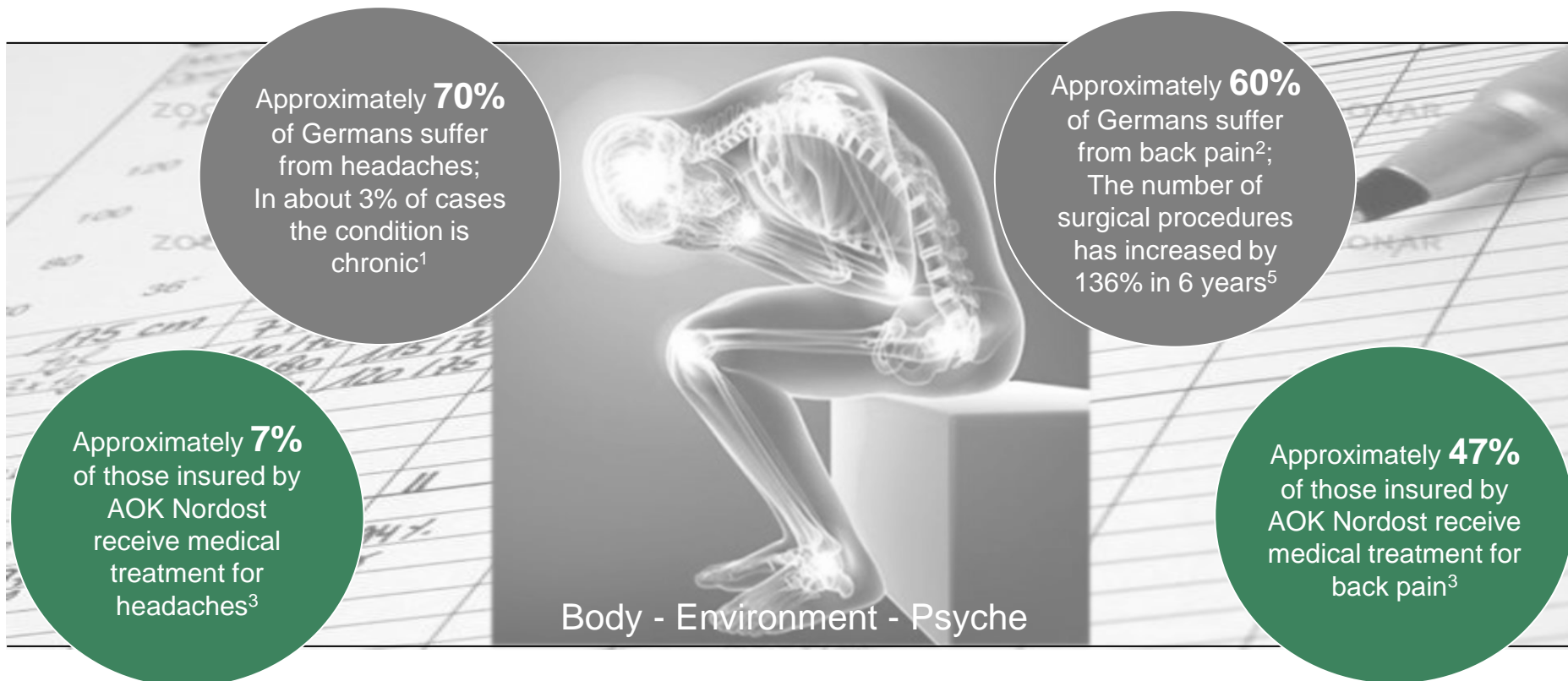
## **Improving the care of patients with headaches and back pain**

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**AOK Nordost - Health Insurance**

'Time for action!' (Societal Impact of Pain)  
Brussels, 23/05/2016



## Tormenting many people: pain as a product of complex interactions



<sup>1</sup> Gesundheitsberichterstattung (GBE) Bund [health reporting federation] / <sup>2</sup> Statista 2011 TNS Healthcare (Types of pain from which men and women in Germany suffer) / <sup>3</sup> AOK Nordost (Number of insured individuals with coded ICD in min. 2 quarters of 2014) / <sup>4</sup> univita.com / <sup>5</sup> Number of cases according to the hospital report WIdO

## REALITY

For over 50% of patients, it takes more than 2 years to receive a sufficiently effective pain treatment<sup>1</sup>

The False Path of Diagnosis and Therapy

On average it takes **17 years** for the insights from guidelines or from randomized trials to be fully incorporated in everyday treatment.<sup>2</sup>

In the **spatial distribution** of health care, highly specialized pain therapy devices are not available.

Pain therapy treatment results from a number of different professional groups.<sup>3</sup>

Navigation of the Diagnosis and Treatment

**Guidelines** for diagnosis and treatment with high quality features

**Interdisciplinary diagnosis**

**Multidisciplinary and multi-modal therapy** includes psychological and behavioural medical procedures and movement therapy, in addition to medical and pharmacological measures.

<sup>1</sup> <http://www.dgss.org/patienteninformationen-start/herausforderung-schmerz/> / <sup>2</sup> "Why don't physicians (and patients) consistently follow clinical practice guidelines?"; Donald Casey, Sep. 2013 United States ( "JAMA Internal Medicine" ) / <sup>3</sup> AOK Nordost, EU medical care, 2015



More than 100 care programs of AOK Nordost - The youngest should meet the challenges of pain care.

### HeadacheSPECIAL

**Specialized, integrated care of patients with chronic headache and migraine as a pilot model with the Charité - Universitätsmedizin [University of Medicine] Berlin**

**as the central anchor point for those insured in Berlin and Brandenburg**

§ § 140a ff. SGB V

01/04/2015



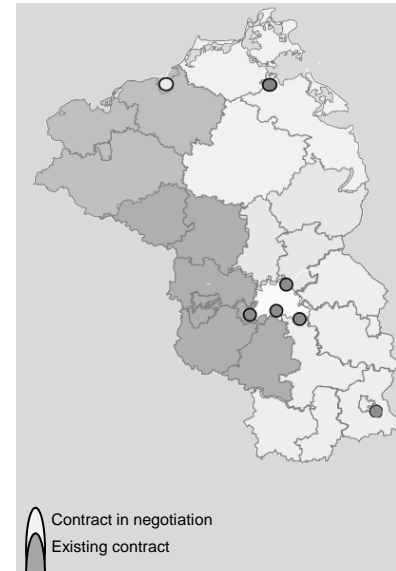
### BackSPECIAL

**Specialized, interdisciplinary second opinion procedure in planned spinal surgery and multi-modal therapy in 6 highly specialized establishments**

**as the anchor points for those insured in Berlin, Brandenburg and Mecklenburg-Vorpommern**

§ § 140a ff. SGB V

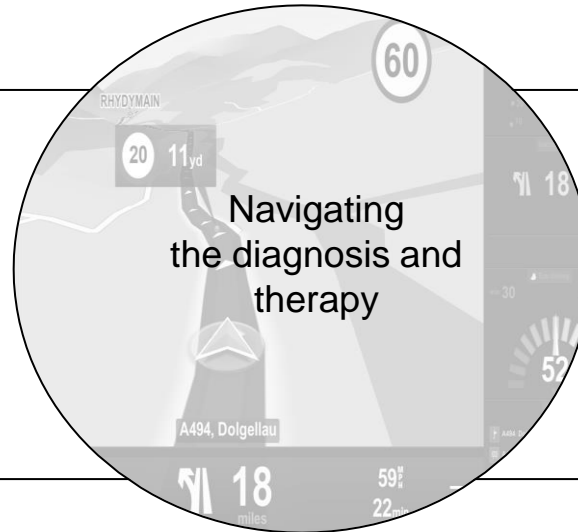
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The objective of **HeadacheSPECIAL** is preventing chronicity and achieving long-term stability in dealing with the illness.

***Interdisciplinary diagnosis***

- Medical diagnosis
- Physiotherapy findings
- Psychological screening



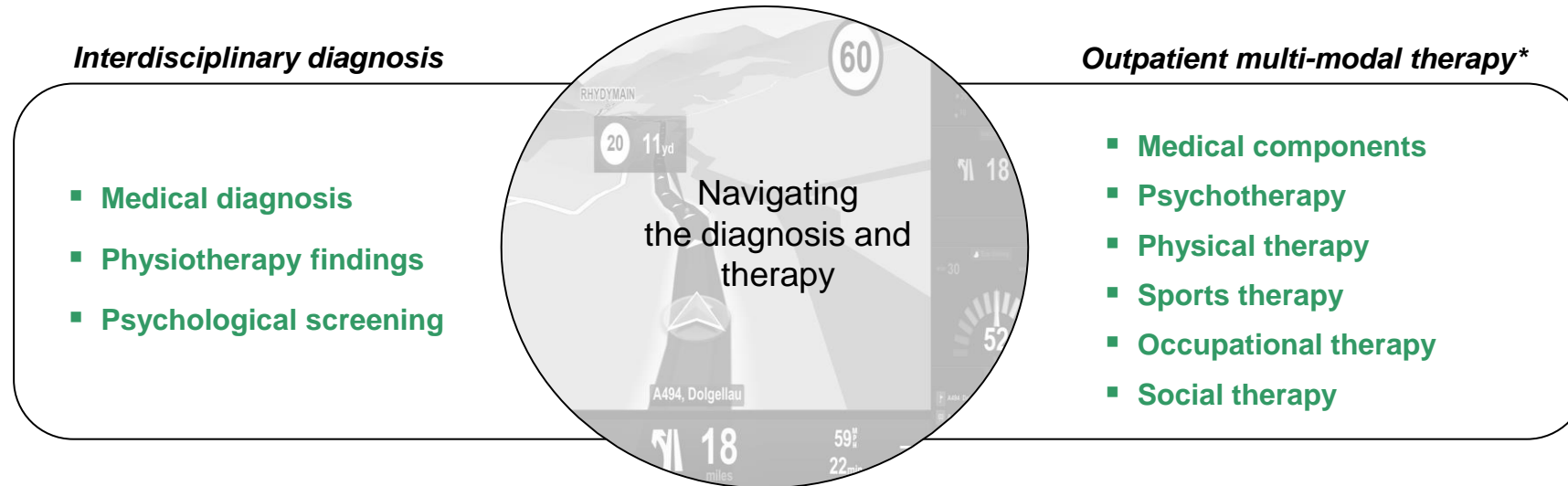
***Outpatient multi-modal therapy \****

- Pharmacological pain therapy
- Behavioural psychology
- Movement therapy
- Training

***Initial experiences show that it succeeds in breaking through the chronicity and giving patients new coping strategies.***

\* The type and strength of the headache determine the duration and individual contents of the therapy

The core element of **BackSPECIAL** is a second opinion assessment, which checks availability for hospitalization for spinal surgery.



**Initial results of BackSPECIAL show that over 80% of the planned spinal surgeries could be avoided by using the conservative and multi-modal therapy.**

\* cause-oriented interdisciplinary treatment of the symptom back pain based on the biopsychosocial Approach (National Disease Management Guideline lower back pain)

# "Even the longest journey begins with a first step."

Confucius, \* 551 BC † 479 BC, Philosoph

*Identifying needs for action*  
*Implementing care programs*  
*Establishing transitions*  
*Program evaluations*  
*Comprehensive care*  
*With the simultaneous promotion of the*  
*targeted utilization of primary prevention*  
*offers*  
...





## AOK Nordost Innovationen und Gesundheitskompetenz

MSD Gesundheitspreis  
„AOK-Curaplan  
Herz Plus“  
September 2014



Janssen-Cilag Zukunftspreis  
„Telemedizin-Netzwerk  
für Hochrisiko-Herz-  
patienten“  
September 2012

Ideenpark Gesundheitswirt-  
schaft der „Financial Times  
Deutschland“  
„Mein AOK-Gesund-  
heitsnetz“  
April 2012

Preis für Gesundheits-  
netzwerker (Shortlist)  
„Mein AOK-Gesund-  
heitsnetz“  
März 2012

dfg-Award  
Versorgungsmodell  
„agnes zwei“  
Juli 2011

Janssen-Cilag Zukunftspreis  
„Berliner Transitions-  
programm“  
September 2010

dfg-Award  
„Innovative Gesund-  
heitsversorgung  
Brandenburg“ (IGIB)  
Juni 2010

Janssen-Cilag Zukunftspreis  
Berliner Projekt  
„Die Pflege mit dem  
Plus“  
September 2008

[www.aok.de/nordost](http://www.aok.de/nordost)