

Erie County Task Force and the NYPTA  
Alternatives to Pain Management Half Day Conference  
September 29, 2018

Session Outline

**Session 1: The Pain Pathway: How to Guide Your Patient Toward Conservative Care**

**Course Instructor:** Marcia Spoto PT, DC, OCS

**Course Instructor Background:**

Dr. Spoto, Professor Emerita at Nazareth College in Rochester, received a bachelor's degree in physical therapy from Daemen College in Amherst, New York and a Doctor of Chiropractic degree from Palmer College in Davenport, Iowa. She is certified as an Orthopedic Specialist by the American Board of Physical Therapy Specialties. Dr. Spoto has over 35 years of clinical experience, with a practice focus in orthopedic conditions of the spine. Her teaching responsibilities have been in the areas of musculoskeletal management and differential diagnosis. She is the owner of STAR Physical Therapy in Fairport, NY. She currently serves on the American Physical Therapy Association Orthopaedic Practice Committee, and is the payment co-chair of the New York Physical Therapy Association Public Policy Committee. She is also a member of the faculty of the Excellus BC & BS Spine Care Pathway program.

**Time Block:** 1 hour

**Session Format:** Discussion, Lecture/PowerPoint Presentation  
50-minute presentation/10 minute Q & A

**Session Description:** This session is designed to assist healthcare providers in appreciating the importance of a care pathway in addressing health care needs, with a particular focus on musculoskeletal health and chronic pain. A summary of evidence in support of care pathways, as well as specific models of care, will be presented. The concept of relational coordination among health care team members will be discussed, with an emphasis on effective communications to enhance care delivery.

**Session Objectives:**

Following this presentation, participants will be able to:

1. Describe the characteristics of a care pathway
2. Appreciate the role of a care pathway in managing select health conditions
3. Explain the impact of first-touch providers on patient outcomes and healthcare costs

4. Appreciate the importance of communication among members of a health care team

**Session Outline:**

1. Care Pathway defined (5 min)
  - Defining characteristics of a care pathway
  - Goals of care pathway
  - Other terms used to describe care pathways
2. Why is a care pathway important? (10 Min)
  - Provider and patient perspectives
  - Addressing fragmentation of healthcare in US
  - Addressing access to care & health disparities
3. Impact of first-touch providers on outcomes and costs (10 min)
  - Data supporting concept
  - Importance of languaging with patients
4. Summary of evidence on impact of care pathway on outcomes and costs (5 min)
5. Patient Decision Guides/ Back Pain Road Map (5 min)
6. Care pathway models: Musculoskeletal Health (10 min)
7. Coordination of Care (5 min)
  - Concept of team approach
  - Relational coordination
  - Facilitating communications among healthcare providers