

**SOCIAL
DETERMINANTS,
INTERSECTIONALITY,
AND EQUITY, OH MY!:
JUSTICE IN PAIN
MANAGEMENT FOR
OLDER ADULTS**

NIH HEAL Health Equity
and Pain Across the Life
Course Virtual Workshop

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WHERE ARE WE?

Current Paradigm

Problem

Disparity
(Health/Pain)



Equality
(Resources/ Treatment)

Solutions



Inclusion
(Care/Research)

Present-Future Paradigm

Problem

Inequity
(Health/Pain)



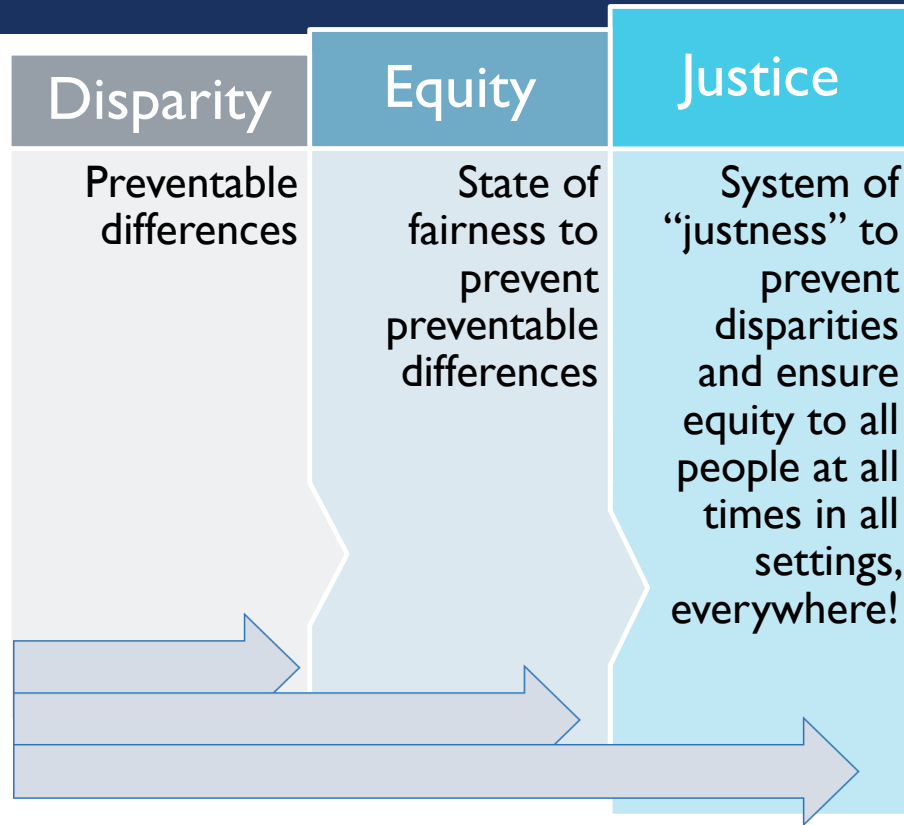
Justice
(Healthcare)

Solutions



Engagement/empow
erment
(Healthcare)

MAKING THE SHIFT... CONCEPTUALLY AND PRACTICALLY



SOCIAL DETERMINANTS MAYBE DISPARATE.

- × National Pain Strategy: “An additional barrier to eliminating pain disparities is the lack of sufficient knowledge of **behavioral** and **biological** issues that arise from **age (infancy through older adults)**, genomic variability, pharmacokinetic and pharmacodynamics differences, which affect pain onset, chronicity, and management and data to understand patterns of pain and its treatment in higher risk and vulnerable populations.”

What Are Structural Determinants of Health?

The social, economic, and political systems that cause health inequities by shaping the distribution of resources and power

What Are Social Determinants of Health?

The conditions in the environments where people are born, live, learn, work, play, worship, and age, where non-medical factors influences health outcomes.

What Are Biobehavioral Determinants of Health?

The interactions between biological processes and behavioral factors that affect a person's health and susceptibility to disease, and this is driven by SDoH in their environment.

Social determinants happen at different “levels”

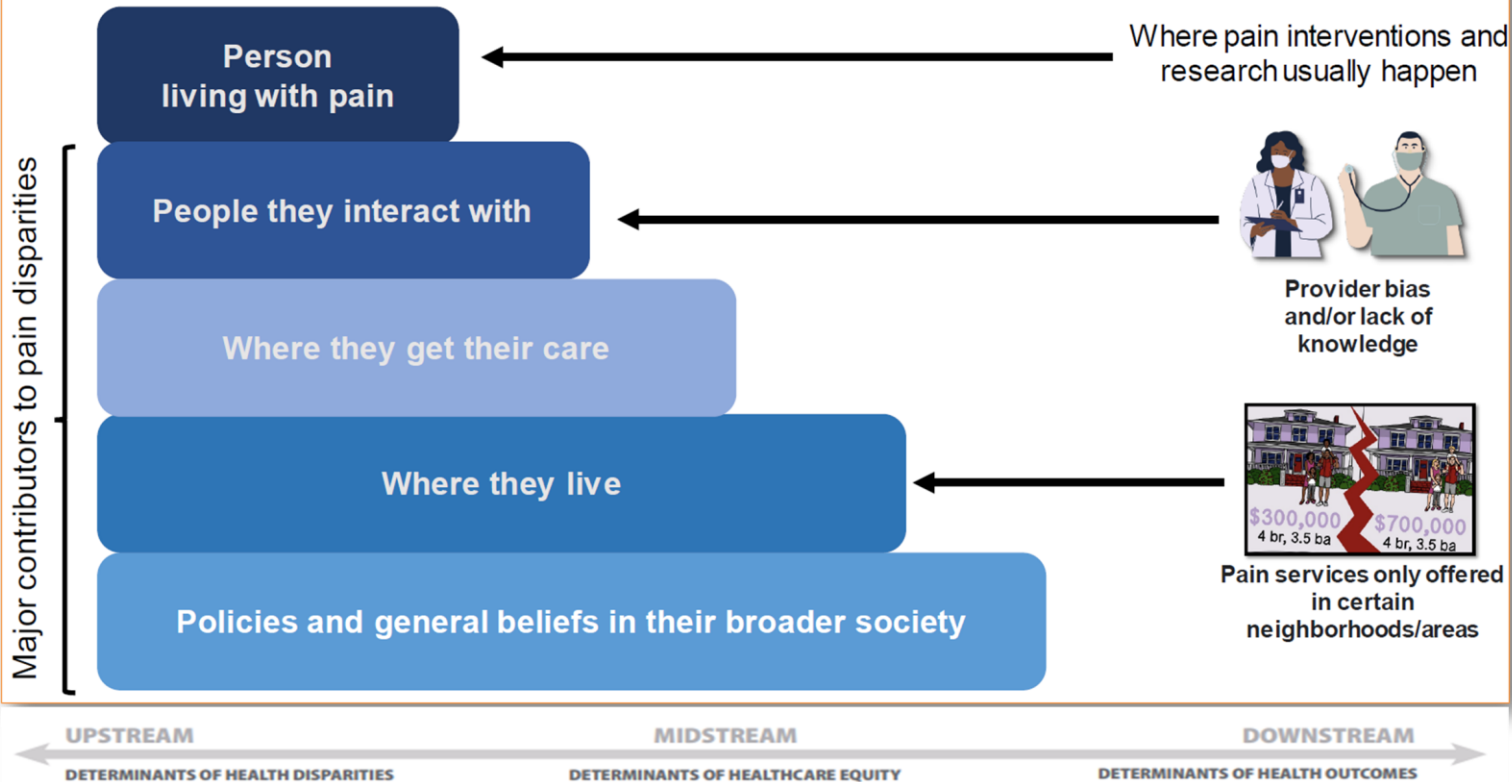
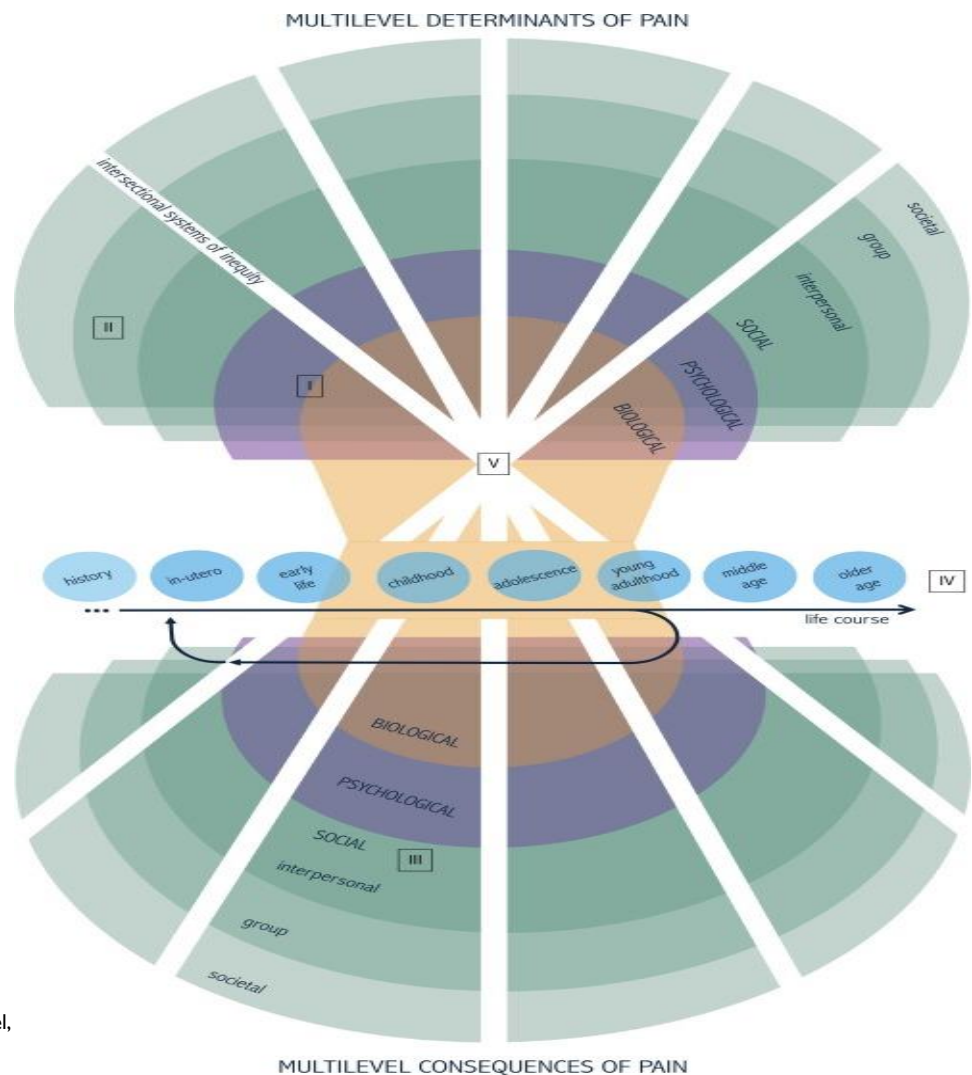


Figure I. Toward a multilevel, intersectional, and life course framework of determinants and consequences of pain

- I. Intrapersonal Determinants of Pain
- II. Multilevel Social Determinants of Pain
- III. Multilevel Consequences of Pain
- IV. Life Course and Intergenerational Dimensions
- V. Intersectional Systems of Inequity



LIFECOURSE MODELS OR THEORIES TO GUIDE THE PAIN INTERVENTIONS



FACT SHEET

Intersectionality and Pain Across the Life Course

- Katelynn Boerner, PhD, RPsych: University of British Columbia, Canada
- Saman Khalatbari-Soltani, PhD: University of Sydney School of Public Health
- Fiona Blyth, PhD: University of Sydney School of Public Health

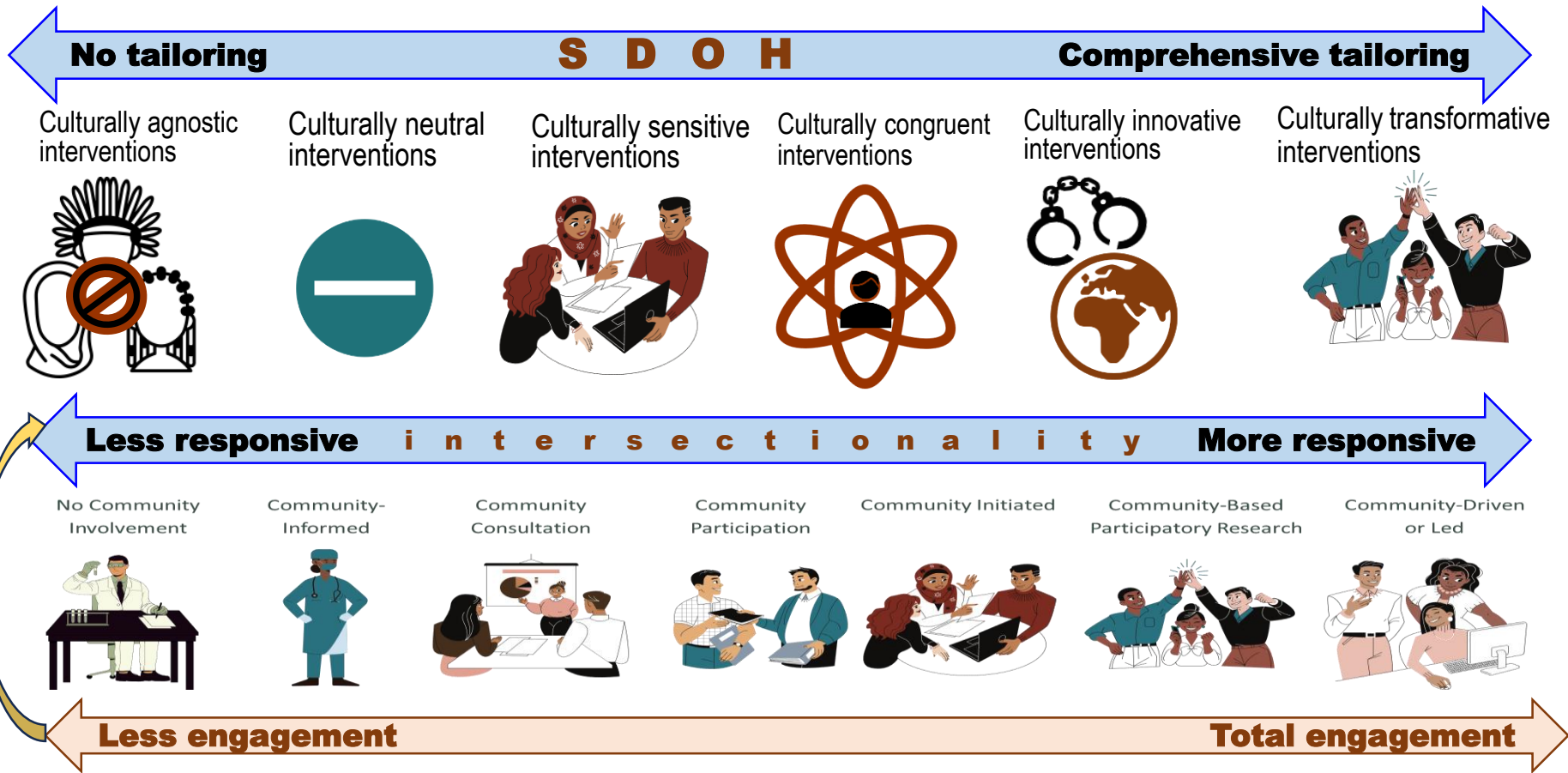
- The Accumulation Effect Model
- The Critical Period Model
- The Sensitive Period Model
- The Chain of Risk Model

NATIONAL PAIN STRATEGY

- Objective 2: Develop nationwide pain self-management programs.
- Strategy: Perform an environmental scan of pain self-management programs that are culturally neutral and sensitive, allow for tailoring of the intervention as needed for special populations, apply across the lifespan to include children and older adults, and are available in multiple languages and formats.

Culturally- "what??"

Continuum of Culturally Responsive Interventions



SOCIAL DETERMINANTS, INTERSECTIONALITY, AND EQUITY: APPLICATION TO PAIN INTERVENTIONS

How can pain-focused interventions....

...address the structural, social, and/or biobehavioral determinants of pain?

...incorporate an intersectional perspective?

...accelerate progress from **describing pain disparities** to **achieving pain justice**?

Pain Relief of musculoskeletal conditions and Arthritis using Culturally Tailored Interventions (PROACTIVE) for Black Elders

R01 NINR/NIH (Booker, PI)

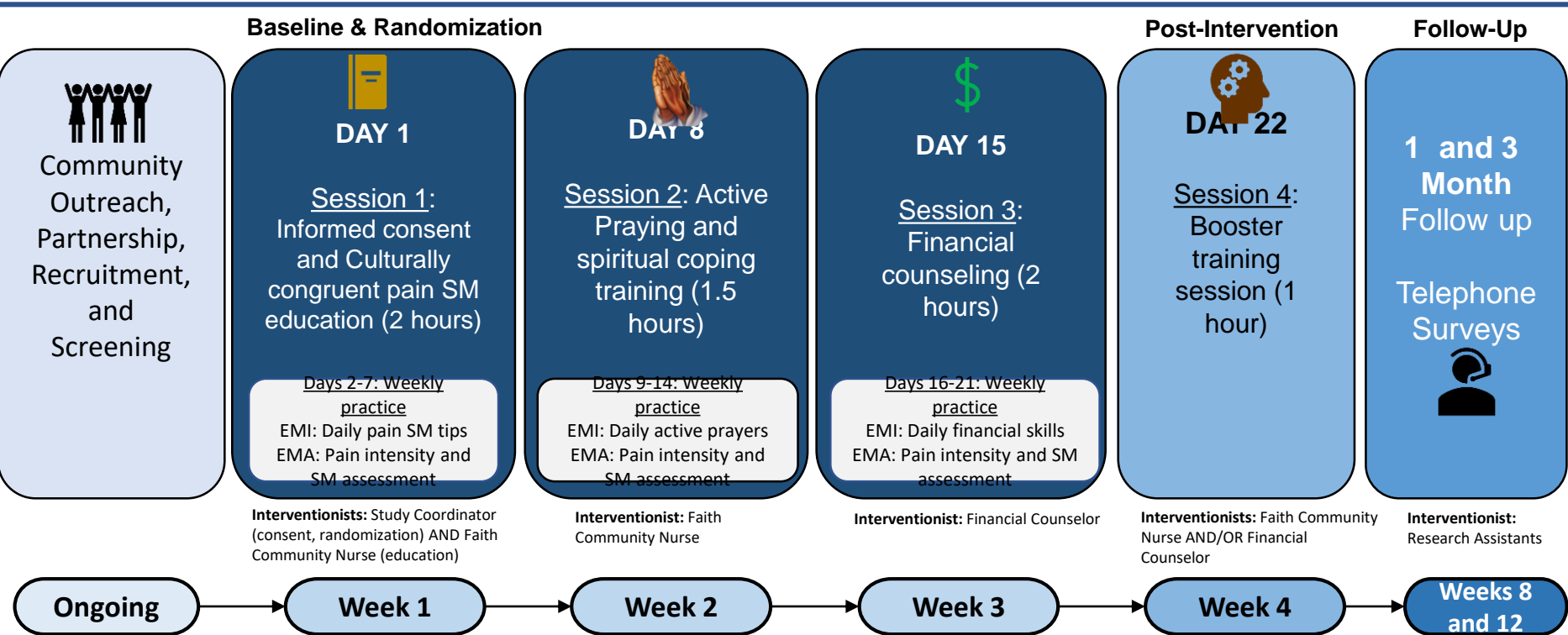


FIGURE 8. INTERVENTION TIMELINE



Community Health Worker-led Chronic Pain Support for Underserved Older Adults: The “STEPS” randomized trial (Janevic, PI)

- In-person orientation + 6 weekly telephone sessions with a Community Health Worker

Social needs (utilities, transportation, nutrition, etc.) are **identified** using a social needs screener; CHWs connect individuals to community resources

Social needs are also addressed on an **ongoing basis** throughout the program as they arise

- Brief videos by experts presenting pain management skills
- Step-counting using an activity tracker



OTHER EXAMPLES IN PAIN RESEARCH

Innovation in Aging, 2023, 7, 1–10
<https://doi.org/10.1093/geroni/igad096>

Advance access publication 9 September 2023

Special Issue: Translational Research on Pain and Pain Management
in *Later Life: Original Research Article*



Acceptability and Feasibility of a Pain and Depressive Symptoms Management Intervention in Middle-Aged and Older African American Women

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Decision Editor: Cary Reid, MD, PhD

Downloaded from <https://academic.oup.com/innov>

Research Paper

PAIN 165 (2024) 365–375

PAIN[®]



Communication and activation in pain to enhance relationships and treat pain with equity (COOPERATE): a randomized clinical trial

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EXAMPLES FROM OUTSIDE OF PAIN RESEARCH

Kerr et al. *International Journal of Behavioral Nutrition and Physical Activity*
(2018) 15:32
<https://doi.org/10.1186/s12966-018-0658-4>

International Journal of Behavioral
Nutrition and Physical Activity

Nurs Admin Q
Vol. 46, No. 1, pp. 72-80
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RESEARCH

Open Access

Cluster randomized controlled trial of a multilevel physical activity intervention for older adults



Jacqueline Kerr^{1*}, Dori Rosenberg², Rachel A. Millstein³, Khalisa Bolling¹, Katie Crist¹, Michelle Takemoto¹,
Suneeta Godbole¹, Kevin Moran⁴, Loki Natarajan¹, Cynthia Castro-Sweet⁵ and David Buchner⁶



ELSEVIER

Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Social Science & Medicine

journal homepage: www.elsevier.com/locate/socscimed



Interventions addressing systemic racism in the US: A scoping review

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The Alter Program A Nurse-Led, Dementia-Friendly Program for African American Faith Communities and Families Living With Dementia

Fayron Epps, PhD, RN;
Miranda Moore, PhD;
Mia Chester, MA;
Janelle Gore, MPH;
Mayra Sainz, MPH;
Aisha Adkins, MPA;
Carolyn Clevenger, DNP, GNP-BC, AGPCNP-BC;
Dawn Aycock, PhD, RN

SOCIAL DETERMINANTS, INTERSECTIONALITY, AND EQUITY IN PAIN RESEARCH: GAPS AND OPPORTUNITIES

Multilevel and/or multisectoral (health care, CBOs, local gov't) interventions, and community driven projects

Interventions for people living with chronic pain and cognitive impairment; as well as neurodiverse individuals

Engaging stakeholders in addition to people with lived experience
• e.g., CBO staff, clinicians, payers, policymakers

Role of social determinants in transition from acute to chronic pain

Institutionalized populations (e.g., incarcerated individuals, long term care residents)

Intersectional groups with specific needs (e.g., minoritized rural older adults)

Implementation research on scaling interventions to reach underserved populations

Evaluating effects of policy change (e.g., universal basic income) on pain outcomes

Responsible use of AI and technologies to support pain management across the lifespan

Impact of pain and pain interventions on economic outcomes in older adults