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Patient Engaged Research Center

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### STEPS PFAC: Seniors Using Technology to Engage in Pain Self-Management

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## Authors

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## Overview

STEPS stands for **Seniors using Technology to Engage in Pain Self-management**. We are testing to see if a pain self-management program can help people live better with chronic pain and reduce pain’s impact on their lives.

- Participants will:
- Complete three 60-minute telephone surveys
    - Baseline, 2-month follow-up, and 12-month follow-up
  - Be randomly placed into one of two groups (50/50 chance):

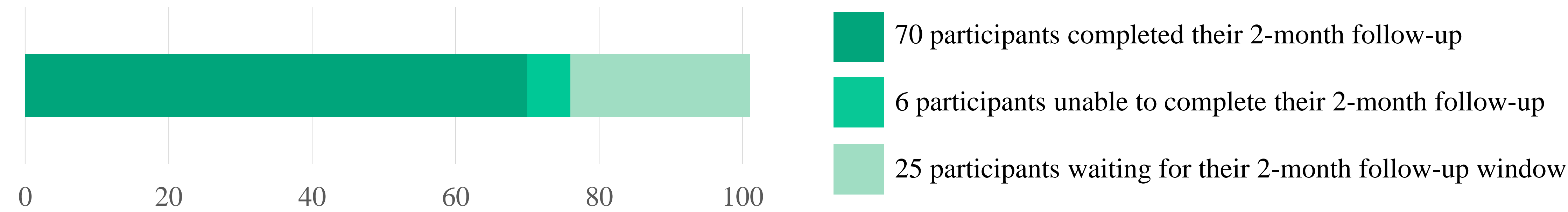
**Intervention Group:** A 7-week program with web-based videos and weekly telephone sessions led by a Community Health Worker

**Control Group:** A control group that receives program materials & a half-day workshop after the final survey

## Project Goals

- To test if the STEPS intervention can help adults (50+years of age) live better with chronic pain
- There will be 414 participants enrolled on a rolling basis over the course of 5 years. We are currently in year 3

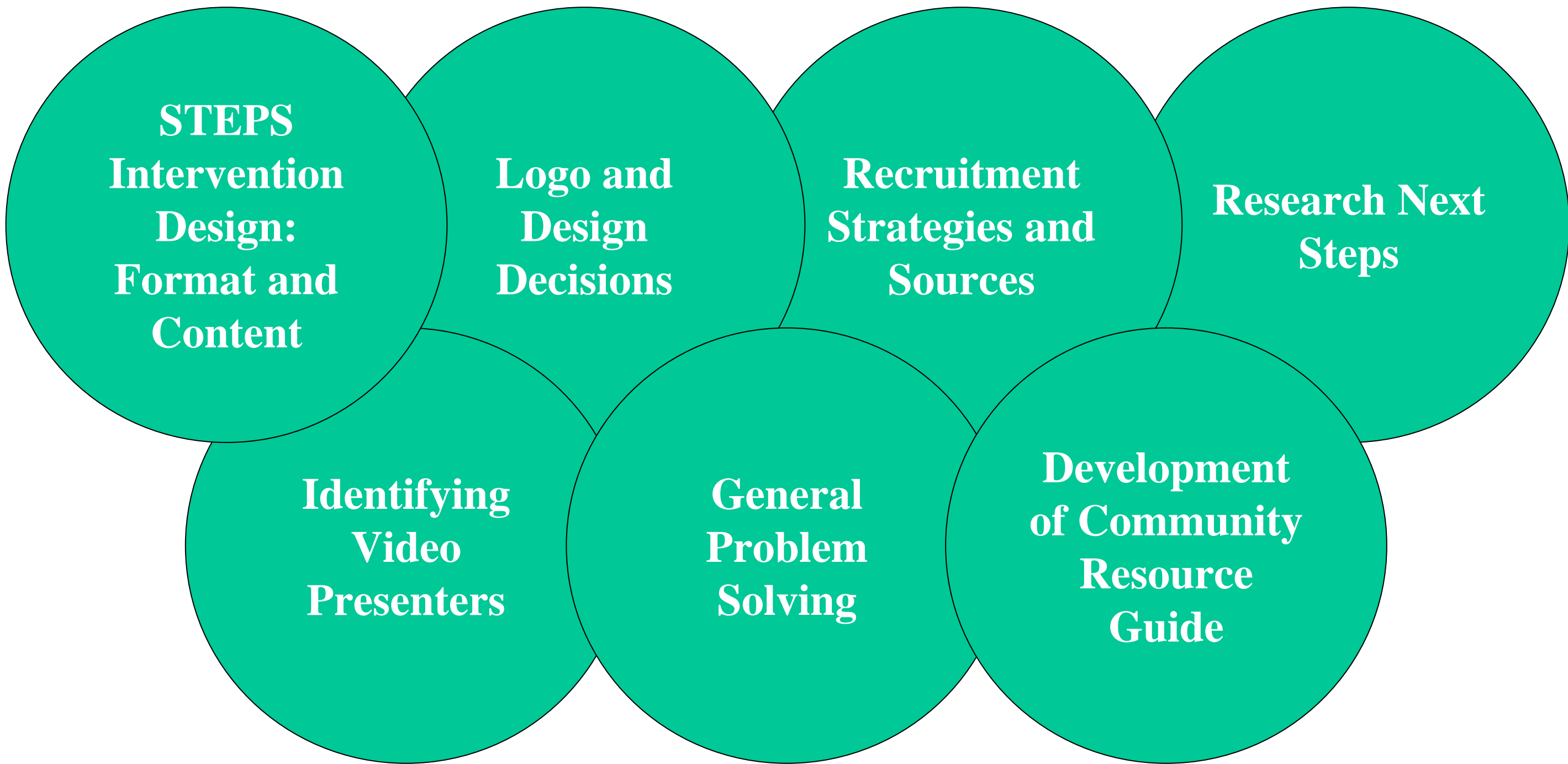
**101 randomized participants as of October 1, 2023:**



## Role of PFAC in STEPS

The Patient and Family Advisory Council (PFAC) has been integral in designing and implementing the STEPS study.

We met with the PFAC team 5 times over Webex since July 2022. Some topics of discussion at meetings have been (but not limited to):



## Study Accomplishments and Successes

**37 participants have completed the STEPS intervention!**

**20 Recruitment Events Completed!**

“She [the CHW] helped you to maintain your goals and do it safely. She made me feel good; it was motivating to talk to her.”

“Since I went through this program, I follow through with things more, take less medication, and I exercise a lot more.”

“[I learned] that non-specific to the pain location... doing things to deflect from it or strengthen other parts of yourself are contributory.”



## Challenges

There are several challenges the study team has discussed with the PFAC group:

Recruiting men	Recruiting 50-60 years olds	Support control group participants	Motivating participants
<ul style="list-style-type: none"> <li>Attend men’s health conferences</li> <li>Place posters in areas that have gyms</li> </ul>	<ul style="list-style-type: none"> <li>Evening/weekend times for surveys and CHW calls</li> </ul>	<ul style="list-style-type: none"> <li>Welcome packets, STEPS swag, birthday cards, and newsletters with resources</li> </ul>	<ul style="list-style-type: none"> <li>Suggest a buddy system for physical activity</li> <li>Meet participants where they’re at; celebrate small successes</li> </ul>

## Thank you STEPS PFAC Advisors!



**Special Thanks to:**  
 Dana Murphy, Patient Advisor Liaison,  
 Henry Ford Health Partners, the U-M  
 STEPS study team, and our wonderful  
 study participants

## Contact Us!

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*Sign up for the STEPS study!*