

# Disparities in Access to Pain Rehabilitation Programs for Patients with Medicaid.

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## Background

- Chronic pain conditions are a rising health concern, and Medicaid beneficiaries have been disproportionately affected.
- Yet most of the interdisciplinary pain rehabilitation programs (PRP) continue to not accept patients with Medicaid insurance.
- Better understanding of this issue and raising awareness of the disparities for patients with Medicaid can improve incentives for better access to Pain Rehabilitation Programs.

## Aims

The aim of this study was to evaluate limits to national accessibility of various pain rehabilitation programs for Medicaid holders.

### Questions to Consider:

- Do Medicaid Patients Improve with Pain Rehab?
- Are Medicaid Patients able to access Pain Rehab?

## Methods

**I.) Participants:** A total of 111 patients completed a 3-week interdisciplinary Pain Rehabilitation Program. Data was collected pre- and post-treatment.

- 2-tailed t-tests were executed to compare pre & post treatment outcomes.

**II.)** Programs were selected depending on their evidence-based treatment approaches to chronic pain across the biopsychosocial spectrum:

Cognitive Behavioral Therapy  
Physical Therapy  
Occupational Therapy  
Direct Medical Management  
Educational Counseling

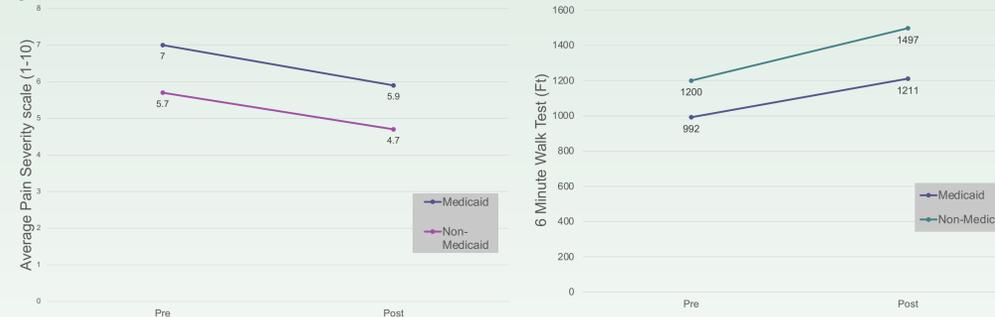
- 12 PRP from 12 different states were contacted utilizing a mock-patient script for a patient with Medicaid.
- To maintain anonymity, calls were made with an alias.

## Demographics

Characteristic	Non-Medicaid (n = 84)	Medicaid (n = 27)
<b>Age (in years); Mean (SD)</b>	57 (13.1)	47 (12.8)
<b>Gender % (n)</b>		
Female (0)	70.7% (65)	77.3% (22)
Male (1)	29.2 (19)	23% (5)
<b>Race % (n)</b>		
Caucasian	77.4% (65)	25.9% (7)
African American	16.7% (14)	63% (17)
Other	5.9 % (5)	11.1% (3)

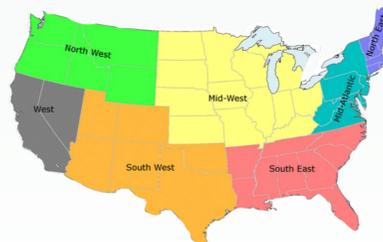
## Results

I.)



II.)

- From 12 PRP, 50% of the clinics reported that they did not accept Medicaid Insurance; the other 50% reported they did accept in-state Medicaid as a form of payment.



- The South-Eastern United States accounted for all rejection of Medicaid recorded in the study.

Region	Accepts Medicaid	Rejects Medicaid
South-East	1	6
Mid-West	3	-
West	1	-
North-East	1	-

Table 2. Acceptance and rejection of Medicaid organized by region.

## Conclusions

I.)

- Findings demonstrate that Medicaid patients experience significant improvement that is consistent with results from Non-Medicaid patients.

II.)

- Out of all the regions covered in the study, members of Medicaid residing in the SE are more likely to have their coverage rejected.
- The findings further affirm the need for more pain rehabilitation programs to accept Medicaid participants as well as the need for more access to non-opioid and non-surgical treatments for chronic pain.

Limitations:

- Due to the limited sample size, the study lacked diversity. This flaw can be mended through broadening the sample size and in-turn the ethic spectrum.
- Only generic questions on healthcare plan arose. These pertained to Medicaid membership or lack thereof.
- Results of this study do not wholly represent the thousands of remaining programs that have yet to be analyzed.

## References

Scan QR code for references:



## Acknowledgements

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