



Assessing Pain, Patient Reported Outcomes and Complementary and integrative Health (APPROACH) Study



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Years of effort: 2018-2024

Description: APPROACH is part of the NIH/DoD/VA Pain Collaboratory and is a large-scale (n=18,000), pragmatic, comparative effectiveness clinical trial to assess the effectiveness of practitioner-delivered complementary and integrative health (CIH; acupuncture, chiropractic or therapeutic massage) combined with self-care (yoga, tai chi, meditation) CIH versus either practitioner-delivered or self-care alone among Veterans with chronic musculoskeletal pain. It aims to improve Veterans' pain, several pain-related comorbid conditions, and decrease opioid use. It is being conducted in partnership with the VA Office of Patient Centered Care and Cultural Transformation (OPCC&CT).

Manuscripts/Reports

- [The APPROACH Trial: Assessing Pain, Patient Reported Outcomes and Complementary and Integrative Health](#). Zeliadt D, Coggeshall S, Gelman H, Thomas E, Taylor S. *Clinical Trials*: 2020,17(4): 351–359.
- [Assessing the Relative Effectiveness of Combining Self-Care with Practitioner-Delivered Complementary and Integrative Health Therapies to Improve Pain in a Pragmatic Trial](#). Zeliadt SB, Coggeshall S, Gelman H, Shin MH, Elwy RA, Bokhour BG, Taylor SL. *Pain Med*. 2020;21(Suppl 2):S100-S109

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