In traditional western practice, medical visits last approximately 15 minutes with physicians seeing around 11-20 patients per day. The emphasis on standardization of care, efficiency, and cost-effectiveness leads to an often impersonal and incomplete assessment of needs for those suffering from chronic conditions. Additionally, research has shown that this type of medicine accentuates inequalities among socially disadvantaged populations who may not feel adequately represented, understood, and listened to in a traditional patient-physician medical appointment.

Chronic pain is a very prevalent condition in the United States with approximately 20.4% of adults self-reporting suffering with it. It is commonly linked with opioid use, mental health struggles, disability with completing daily tasks, and a general reduction in quality of life. Based on a systematic review of 11 quantitative studies regarding Shared Medical Appointments (SMAs) and patients with chronic pain, this method of health-care proved to be not only effective, but also affordable, increasingly accessible, and lessens the need for expensive pharmaceutical drugs with potentially devastating side effects.