

MASSACHUSETTS PAIN INITIATIVE

MassPI Spring Bulletin 2004

Volume 1: Number 1



If you have events to share or would like more information about MassPI, please visit MassPI website at <http://www.masspaininitiative.org> or contact Amy Goldstein at the New England Division of the American Cancer Society, (508)652-4360, amy.goldstein@cancer.org.

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Important Save the Dates:

MassPI 4th general meeting on Wednesday, May 12, 2004, 8am-11:30am, Keynote speaker: Dan Carr, MD, Tufts – New England Medical Center. Discussion topic will be “The Rebirth of Methadone in Pain Management”. Location TBA (central Mass) To reserve your spot, please send your name and information along with \$20 by April 30, 2004 to Amy Goldstein, MassPI Coordinator, 6 Strathmore Road, Natick, MA 01760, amy.goldstein@cancer.org

15th Annual Meeting of the American Alliance of Cancer Pain Initiatives (AACPI) June 17-19, 2004 Accessing Pain Management: Effective Policy, Practice and Action, New Brunswick, NJ; Keynote Speaker: Dr. Russell Portenoy AACPI is the national umbrella organization for all the state pain initiatives. They provide a great deal of support to MassPI and your attendance at this meeting is encouraged! It is close enough to drive this year (last year it was in Pasadena, CA) so we hope you will take advantage of this opportunity. It is a great learning and networking experience for multidisciplinary pain professionals. Find out more details at <http://www.aacpi.wisc.edu> Contact: Lorre Kolb, ljkolb@wisc.edu or ask Amy Goldstein, amy.Goldstein@cancer.org.

MassPI Membership Highlights

Paul Arnstein, 2004 President of the American Society of Pain Management Nurses

Paul Arnstein PhD, APRN-BC, Assistant Professor of Nursing at Boston College will be installed as the 2004 President of the American Society of Pain Management Nurses on March 20th in Myrtle Beach South Carolina. This is the third time Dr. Arnstein has held a Chief Elected Officer post for a volunteer organization dedicated to improving the way pain is managed. He was the First President of the New Hampshire Cancer Pain Initiative 1990-1995, and the President of the New England Pain Association from 1998 through the spring of 2000. Paul is also actively involved in the efforts of the Massachusetts Pain Initiative (MassPI). In a leadership capacity, Paul has played an integral role in the development of MassPI's grassroots public awareness project, *Power Over Pain*, in addition to his commitment to the initiative's other educational projects. As ASPMN President, Dr. Arnstein will continue the fight to stop the non-treatment, under-treatment or mistreatment of people with pain through research, education and advisory activities.

News

AACPI Statement on Intractable Pain Acts

The Advisory Council for the American Alliance of Cancer Pain Initiatives (AACPI) recently issued a position statement on Intractable Pain Treatment Acts (IPTAs). Although IPTAs are intended to protect health care professionals from discipline when using controlled substances for the treatment of persistent (intractable) pain, the AACPI Advisory Council says many IPTAs have provisions that could actually impede pain management. The statement outlines provisions in IPTAs that should be considered carefully. Read the statement online at www.aacpi.wisc.edu/regulatory/regulatory.html

Oxycontin

The General Accounting Office recently released a report about abuse and diversion of Oxycontin. For those interested, it provides a good background on this whole issue, and the difficulty in assessing the relationship between increased availability of opioids and diversion and abuse. It also looks at the marketing of Oxycontin, and the FDA's and DEA's role in regulating the drug. GAO report, "Prescription Drugs: Oxycontin Abuse and Diversion and Efforts to Address the Problem" The General Accounting Office recently released a report titled "Prescription Drugs: Oxycontin Abuse and Diversion and Efforts to Address the Problem" <http://www.gao.gov/new.items/d04110.pdf>

Although the focus is on OxyContin, the report explores the more broader issues involving the use and misuse of opioids. The report also looks at the marketing of Oxycontin, and the FDA's and DEA's role in regulating the drug.

MassPI Working Council Updates

Public Awareness Council, by Roberta Bernstein, Co-Chair & Ann Marie Harootunian, RN, Co-Chair

The Power Over Pain Project is one of MassPI's primary vehicles for raising public knowledge of pain and pain management. Therefore, the Public Awareness Council's short-term goal is to support the project in the following ways. Council members will contact community groups who might be interested in the POP presentation and identify a presenter. In this vein, the Council is formalizing a train-the-trainer program where an experienced health care professional will mentor another, new to the POP presentation. In this way, the message remains consistent and MassPI expands its resources. The Council created a log to track presentations, presenters, audiences and evaluations. As the Council looks longer terms, we will assess our membership to promote cultural diversity of materials and objectives. Additionally, we will look to expand our reach to other kinds of awareness activities.

Professional Education Council, by Chair Anne Marie Kelly, BSN, RN C

The Professional Education Council is undertaking the task of educating and informing health care professionals about effective pain management. From March-November 2003, council members led a successful practice change program, *Institutionalizing Effective Pain Management Practices*, for twenty-two home health agencies and small community hospitals across Massachusetts. Presentations and workshops by Council members to a variety of audiences are on-going, as more individuals/organizations are looking for information on pain. This council is also developing a pocket tool of best pain management practices for distribution to healthcare professionals. MassPro has offered to fund the printing for this pocket tool. The Council, with the help of Hallie Greenberg, a nurse and graduate student, is identifying existing assessment and management models to result in an evidence-based outcome model. The research will also generate a web-based resource of all evidence-based tools found. Outcomes will be measured by distribution of a MassPI tool and web resource listing for professional schools, health care facilities and agencies. Improving professional school curriculum is a goal shared with the Legislative Council.

Legislative Issues & Access To Care Council, by Chair Srdjan Nedeljkovic, MD

The Legislative Council will be pursuing adoption by the Boards of Medicine, Pharmacy, and Nursing of the "Model Guidelines for the Use of Controlled Substances for the Treatment of Pain," which are due to be revised in April, 2004. To that effect, preliminary meetings will be scheduled with the three Boards to review and discuss Mass PI's legislative agenda. It is hoped that this legislative initiative will be presented and adopted by the Board of Registration of Medicine during its June or July, 2004 session, and that joint adoption by all three boards will be attained. However, the Mass PI Legislative Committee is concerned with the ambiguous language regarding the use of opioids as written in the Massachusetts Board of Registration of Medicine's policy statement, which suggests that opioids should be prescribed by physicians only for "patients who require relief that cannot be provided by non-opiate analgesics and alternative forms of therapy." The Legislative Committee is concerned that this language may impede access to opioids as a "first line" therapy in patients for whom they are necessary. As such, the Mass PI Legislative Committee endorses a simplification of the language of Board of Medicine policy to state that "Opiates and opioids have legitimate clinical usefulness, and physicians should prescribe them when they are indicated for the comfort and well being of patients who require relief of pain."

MassPI Website, by Chair Tom Quinn, RN, MSN

MassPI is looking for volunteers to help with the website <http://www.masspaininitiative.org/> in order to make it useful for healthcare professionals and the members of all our communities. We need help with writing and editing pertinent content articles as well as technical support for modifying and updating website. You can contact me at tquinn1@partners.org.

Programs

Massachusetts Pain Initiative Chosen to Pilot *Power Over Pain* Volunteers Needed for a Variety of Tasks

The Massachusetts Pain Initiative (MassPI) was chosen by American Pain Foundation and American Alliance of Cancer Pain Initiatives to pilot the grassroots public awareness project, Power Over Pain (POP), along with Florida and Louisiana. MassPI volunteer leaders have organized a train-the-trainer component in order to recruit volunteer presenters to provide pain education in the community. Additionally, a Volunteer Guide was developed containing helpful materials for new volunteers to begin their participation. The goal of this program is to educate as many Massachusetts' residents as possible about good pain management. *Power Over Pain* presentations have already begun. On February 11, POP trained presenters Anne Marie Kelly, BSN, RN C, Ann Marie Harootunian, RN, NP, and Paul Arnstein, PhD, RN will train the Eastern Chapter of ASPMN to become POP volunteers, expecting about 40

in attendance. If you would like to volunteer or want more information about Power Over Pain, please contact Amy Goldstein, MassPI Coordinator at amy.Goldstein@cancer.org or 508-652-4360.

Reports

Pain Control in Pediatric Palliative Care

Pain control in pediatric palliative care is the theme of the current issue of *Cancer Pain Release*, a publication of the World Health Organization Pain and Palliative Care Communication Program. The issue is available online at:

http://www.WHOcancerpain.wisc.edu/eng/16_3-4/16_3-4.html It features an interview with Dr. Patricia McGrath, pediatric pain expert at the Hospital for Sick Children in Toronto, Canada and includes many useful links covering:

- * safe and effective analgesic drugs for pediatric pain relief,
- * tools to improve clinical competency in pediatric pain management,
- * resources to develop pediatric palliative care services,
- * new books and journals about pain in children with cancer,
- * recent evidence about pain measurement in children with cancer, the relief of surgical pain, and palliative care for newborns.

Targeted Peripheral Analgesics – An Interview

Each month the online pain resource, PainEdu.org, spotlights an interview with an expert on pain management. This month's interview is with Charles E. Argoff, MD, Director of the Cohn Pain Management Center at North Shore University Hospital in Manhasset, NY, who speaks about targeted peripheral analgesics. Read the interview online at: <http://www.painedu.org/spotlight.asp>

Resources

Palliative Care

New Palliative Care Educational Resources From EPERC

EPERC (End of Life/Palliative Education Resource Center) has added two new CD-ROM educational resources for health care professionals. "Palliative Care Presentations for Educators" offers 15 Powerpoint presentations on the most commonly requested topics in palliative care that health care professionals can use for education and training. In addition, EPERC is offering "Palliative Care: A Self-Study CME Course" with educational modules in End of Life Care, Pain, Other Symptoms, and Communication. To download an order form for "Palliative Care Presentations" and "Palliative Care: A Self-Study CME Course," visit <http://www.mcw.edu/pallmed> and go to Order Materials.

New "How To" Pediatric Resource Coming In 2004

The ChiPPS executive committee will develop a new educational manual in 2004, on "How to Start a Pediatric Palliative Care Program." Author Larry Beresford, a former NHPCO editor, will be collaborating with a ChiPPS workgroup beginning this month. "How to Start a Pediatric Palliative Care Program" manual is intended to assist hospice and home care programs with development of pediatric hospice and palliative services at home. It will include all elements of program development: from developing a business plan to establishing clinical structure and program evaluation. This manual will be valuable to both new and expanding pediatric programs for seriously ill children. Send inquiries to <mailto:ChiPPS@nhpco.org>.

For a list of other resources and links, please visit

<http://www.masspaininitiative.org/links.htm>

Publications

Chest Foundation Offers End-Of-Life Booklets

The Chest Foundation, the philanthropic arm of Last Acts' partner, the American College of Chest Physicians, has published a series of six booklets collectively titled "Stories at the End of Life". The booklets, a compilation of moving stories written by physicians and patients, are designed to provide comfort to terminally ill patients and their families and foster a better understanding of care options and available resources as well as to educate physicians more effectively. The themed booklets are titled, Communication, Final Days, Peace, Acceptance and Letting Go, Poetry, Inspiration and Reflection, Comfort and Survival. The stories are threaded together by the sharing of personal, and often profound, stories of courage, acceptance, and inspiration. Their impact promises to further the CHEST Foundation's important calling to assist patients and their support communities at the end of life. The set of six booklets cost \$35 and can be ordered through The CHEST Foundation by calling Sue Ciezadlo at 847-498-8363. For more information on the Stories series visit: The CHEST Foundation at: <http://www.chestfoundation.org/education/stories/index.php>

Spring Calendar 2004

You can view statewide pain educational opportunities by visiting MassPI website

<http://www.masspaininitiative.org/events.htm>. You can also submit your events via the website by filling out the form and clicking "submit".

February 25, 2004

Cancer Pain Assessment: Assessing Patients who are Cognitively Intact, Impaired and Unresponsive.

Presented by Leukemia & Lymphoma Society in partnership with Boston Oncology Nursing Society and Purdue Pharma, L.P. Presenter: Cathy Schutt, RN, MS, ANP, CS, President & Founder of Pain Resources Network. Time: 6pm - Registration & Networking, 6:30-8:00 Dinner, 6:30-7:30 Program (CEUs available). Location: American Cancer Society, 30 Speen Street Room 1AB, Framingham, MA. Pre-registration online by Feb. 13th to: shermanl@ma.leukemia-lymphoma.org please include date of 2/25/04, name, phone number and choice of entree (chicken or vegetarian). For further info, call Leah Sherman, LICSW 1-800-688-6572

February 26-28, 2004

The Last Miles Of The Way Home: A National Conference to Improve End-of-Life Care for African Americans.

Location: Atlanta, GA Website: www.appealproject.org

March 8, 2004

Chronic Pain Rounds: CME/CEU Educational program 12:00-1:00pm, Special Guest: Patrick Coyne, RN, MSN, CS, Massey Cancer Center, Medical College of Virginia and Massachusetts General Hospital "Life Shouldn't Hurt: New Evidence in Cancer Pain Management" sponsored by an unrestricted grant from Medtronic Neurological
Location: Clinics 3 Auditorium, Massachusetts General Hospital, 617-724-6102

March 9, 2004

Massachusetts Compassionate Care Coalition (MCCC) - Fourth Annual Breakfast Meeting. Learn more about MCCC programs, partnerships, and initiatives. MCCC Breakfasts also provide a great forum for networking and for becoming more involved in MCCC activities. Guest Speaker: Rev. Dr. Kathleen Rusnak, "*Meeting the Spiritual Needs of the Dying*" 8:30 am – 11am, Percy Wadman Board Room, Massachusetts Medical Society, 860 Winter Street, Waltham Woods Corporate Center, Waltham, MA 02451, Registration fee is \$20.00 (\$30.00 non-members) including a full buffet breakfast at 8:30am, website www.massccc.org for registration and directions.

March 9, 2004

BONS Program, Interventional Pain Management, At Philips Old Colony House, Dorchester, MA, Speaker: Patrick Coyne, MS, APRN, BC, AOCN, Univ. of Virginia Medical Center, 1.5 CEUs, RSVP to Krista Tucker 617-636-1581

March 18-21, 2004

ASPMN Annual Meeting Location: Myrtle Beach, SC Website: <http://www.aspmn.org/html/annualmeg.htm>

March 18, 2004

7th Annual Palliative Medicine Conference: Issues discussed and issues never discussed; the Elaine Langome Center, Bucknell University, Lewisburg, PA. This course is designed for physicians, physician assistants, nurses, pharmacists, social workers, chaplains and other health care providers who care for patients with incurable, often terminal diseases. Difficult issues in medical, psychological, communication and overall holistic management will be reviewed. This course qualifies for the Geisinger Health System professional Development CME Requirements. For Information: Mark Tomeo Email: <mailto:mtomeo@geisinger.edu>
http://www.geisinger.org/education/cme/CMCal_Detail.cfm?PID=486

March 22, 2004

Many Faces of Pain, 7:30am-4 pm, Auditoria E and F of Norris Cotton Cancer Center Dartmouth-Hitchcock Medical Center, Lebanon, NH. Registration information call Maybe Martinez 603-653-1524, for content information Irene Bise RN, 603-653-1523
http://www.dhmc.org/webpage.cfm?site_id=2&org_id=465&morg_id=0&sec_id=20836&gsec_id=20837&item_id=21893

March 24-28, 2004

Intercultural Cancer Council (ICC): 9th Biennial Symposium on Minorities, the Medically Underserved & Cancer Location: OMNI Shoreham Hotel, Washington, DC Website: <http://iccnetwork.org>

March 25, 2004

Grant Writing for Advocacy Organizations, 9-3 at University Park Hotel at MIT, 20 Sidney Street, Cambridge, MA. Contact: sarah.norton@comcast.net. Sponsored by AstraZeneca.

March 26, 2004

The Spirit of Hope and Helping, Laura Basili, Ph.D., The National Center for Death Education at Mount Ida College. For more information contact NCDE at ncde@mountida.edu or 617-928-4649. Full day \$120, half day \$65.

April 1-3, 2004

Spectrum of Pain: Comprehensive Assessment and Multimodal Management Location: Sanibel Harbour Resort & Spa, Ft. Myers, Florida This conference will address pain assessment, management, and multidisciplinary care of the patient. Faculty includes Moffitt Cancer Center physicians and other nationally recognized experts on this subject. Presented by Moffitt Cancer Center and Florida Pain Initiative. Web: <http://floridapain.org>

April 26, 2004 and May 18, 2004

Pain Relief Champions sponsored by Massachusetts General Hospital. 8-4:30. Location MGH Campus. For more information or application, contact Tom Quinn 617-726-0746 or tquinn1@partners.org. Registration \$60 per day for non Partners employees. Offering CME, CNE, CPE. Can go one day or both days.

May 6, 2004

4th Annual Pediatric Pain Meeting: Changing the Face of Pediatric Pain Location: Vancouver, BC
Phone: 847-375-4715 Web: http://www.ampainsoc.org/meeting/annual_04/pediatricforum.htm

May 6-7, 2004

Advancing Diagnostic Approaches for TMJ Diseases & Disorders The Third Scientific Meeting of the TMJ Association Location: Hyatt Regency Bethesda, Bethesda Maryland <http://www.tmj.org/2004sciencemtg.asp>
Contact: Deanne Clare at 414-259-3223

May 6-8, 2004

Planning, Funding and Sustaining a Hospital-Based Palliative Care, Program: Tools and Strategies for Success
Location: Minneapolis, MN Website: www.capc.org Email: lisa.morgan@mssm.edu

May 12, 2004

MassPI 4th general meeting, 8am-11:30am, Keynote speaker: Dan Carr, MD, Tufts – New England Medical Center. Discussion topic will be “The Rebirth of Methadone in Pain Management”. Location TBA (Central MA)
To reserve your spot, please send your name and information along with \$20 to Amy Goldstein, MassPI Coordinator, 6 Strathmore Road, Natick, MA 01760, amy.goldstein@cancer.org by April 30, 2004

June 9-10, 2004

4th Annual Pain Management Conference, sponsored by Brigham & Women’s Hospital, Keynote day 1: Christine Pasero, RN, MSN, Keynote Day 2: Edgar Ross, MD. For more information, contact Hallie Greenberg 617-525-7789. Charles Hotel, Harvard Square, Cambridge, MA

June 17-19, 2004

15th Annual Meeting of the American Alliance of Cancer Pain Initiatives, Accessing Pain Management: Effective Policy, Practice and Action. New Brunswick, NJ; **Keynote Speaker: Dr. Russell Portenoy** AACPI is the national umbrella organization for all the state pain initiatives. They provide a great deal of support to MassPI and your attendance at this meeting is encouraged! It is close enough to drive this year (last year it was in Pasadena, CA) so we hope you will take advantage of this opportunity. It is a great learning and networking experience for multidisciplinary pain professionals. Find out more details at <http://www.aacpi.wisc.edu> Contact: Lorre Kolb, likolb@wisc.edu or ask Amy Goldstein, amy.Goldstein@cancer.org.

June 18, 2004

Dana Farber/Harvard Cancer Center Program in Psychosocial Oncology and Palliative Medicine Presents: The Cellular Basis of Suffering: A neuroscience perspective on the biology of suffering, 1:00-5:00pm, Jimmy Fund Auditorium, Dana-Farber Cancer Institute. There will be a reception immediately following symposium in the Faculty Lounge, Dana-Farber Cancer Institute, Smith Building-1st Floor. To RSVP for the event please contact Wendy Katz, 617-724-9509 wkatz@partners.org

MassPI Steering Council Members:

Carol Curtiss, RN, MSN,
Ginger Newell-Stokes, MS, RN,
Peggy Flood, RN, MS, AOCN,
Ann Marie Harootunian, RN,MS,FNP,

James Lomastro, Ph.D., M.ED,
Roberta Bernstein
Marybeth Singer, MS,APRN,BC,AOCN
Judy Iwanski, JD