

MASSACHUSETTS PAIN INITIATIVE

MassPI Autumn Bulletin 2004

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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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SEPTEMBER IS PAIN AWARENESS MONTH!!!

Our highlighted event for Pain Awareness Month is the Pain Resource Fair on September 29 at White's Restaurant in Westport, MA. This is sponsored by Diocesan Health Facilities and spearheaded initially by Anne Marie Kelly, BSN, RN, C, MassPI Professional Education Chair. Please let us know what you are doing in your facility for Pain Awareness Month! We'll publicize the list in the next issue of the Bulletin—so you can start planning for Pain Awareness Month 2005! amy.goldstein@cancer.org or 508-652-4360.

MassPI Pocket Tools Now Available

Under the leadership of Anne Marie Kelly, the Professional Education Council has finished the MassPI Pain Management Pocket Tool. This is an excellent tool for all professionals who are working with pain management. The tool includes principles of pain management, management of breakthrough pain, switching from on opioid to another, opioid equianalgesic chart, adjuvant analgesic drugs, commonly used non-opioid analgesics, and management of opioid side effects. Special thanks to MassPro for funding the printing costs for this tool. This tool would not have been possible without the efforts from Hallie Greenberg, Anne Marie Kelly, Carol Curtiss, June Dahl, Dan Carr, Ewan McNicol, Jane Niemi, Professional Education and Steering Councils. For information on how to receive this tool, please contact amy.goldstein@cancer.org or call 508-652-4360.

MassPI has Strategic Planning Meeting in November

In order to look at where MassPI has gone in the past two years, where it wants to go in the future, and how MassPI will get there, a Strategic Planning Meeting is scheduled for November 8, 2004, in Sturbridge. Steering Council members, chairpeople, and a few others members will meet with facilitator Mary Bennett, MS, Outreach Director for American Alliance for Cancer Pain Initiatives. If you are interested in learning more or have thoughts to share about future plans, please contact amy.goldstein@cancer.org or call 508-652-4360

MassHealth Update

MassHealth adding new prior authorization requirements for Medicaid patients

MassHealth will be implementing dose limits on Long-Acting Opioids on September 1st and Short-Acting Opioids on October 1st. Below is the notification that is posted on the MassHealth Drug List website: http://www.mass.gov/portal/index.jsp?pageID=eohhs2terminal&L=4&L0=Home&L1=Provider&L2=Guidelines+for+Clinical+Treatment&L3=MassHealth+Drug+List&sid=Eeohhs2&b=terminalcontent&f=masshealth_provider_pharmacy_druglist_intro&csid=Eeohhs2#Anchor-19823

Change in Prior-Authorization Requirements:

1. MassHealth requires prior-authorization for quantity limits for the following medication, effective September 1, 2004: ketorolac (Toradol) > 20 units/month.

2. MassHealth requires prior-authorization for the dose for the following schedule II long-acting narcotic analgesics, effective September 1, 2004:

levorphanol (Levo-Dromoran) > 32 mg/day	morphine controlled release (MS Contin, Oramorph SR, generics) > 360 mg/day
Methadone (Dolophine, Methadone) > 120 mg/day	morphine sustained release (Kadian) > 360 mg/day.

3. MassHealth requires prior-authorization for the following schedule II short-acting narcotic analgesics effective October 1, 2004:

codeine > 360 mg/day	meperidine (Demerol) >750 mg/day
hydromorphone (Dilaudid) > 60 mg/day	morphine immediate release (MS/L, MSIR, OMS, Roxanol) > 360 mg/day
oxycodone immediate release (Endocodone, Oxydose, OxyFast, Oxy IR, Roxicodone) > 240 mg/day.	

4. The following medications will continue to require prior-authorization.

Actiq (fentanyl transmucosal system)	oxycodone controlled release (generics)
Avinza (morphine extended-release)	OxyContin (oxycodone controlled release)
Duragesic (fentanyl transdermal system)	Percocet (oxycodone/acetaminophen)

Reporting Medication Safety Issues

MassPI member, Nancy Reges, recently reported a dangerous medication labeling issue. A patient was prescribed generic sustained-release oxycodone with generic immediate-release oxycodone for breakthrough pain. The nearly identical labels from a community pharmacy led the patient to take the long-acting medication for breakthrough pain and the short-acting version as the scheduled dose. Luckily, the error was caught before the patient suffered serious consequences. "Look alike" and "sound alike" drugs should receive special attention, such as supplementary warning labels. In the home as well as in the pharmacy they should be stored in designated places away from each other. A second person should confirm that the correct drug has been selected. Charles Young, Executive Director of the Massachusetts Board of Registration in Pharmacy, recommends that errors of this nature be reported to the Institute for Safe Medication Practices (ISMP), which has an easy online error report form. ISMP publicizes these errors to a wide audience and reports them to both the Food and Drug Administration (FDA) and the United States Pharmacopeia (USP). <http://www.ismp.org/Pages/communications.asp>

New Reports, Policies, Guidelines, Commissions, etc.

State enacts Bill MA03RHB 4925 establish commission to investigate Oxycontin and other drug use. MassPI has suggested Bob Jamison, PhD to be appointed to this commission to ensure a balance for addressing pain patient's rights. The bill reads: "There shall be a special commission to study the impact and effects on youth of the abuse of OxyContin and other prescription and illicit drugs including, but not limited to, Duragesic, Klonopin, Methadone, Morphine, Vicodin, as well as their generic equivalents, and cocaine, heroin, GHB, and MDMA. The commission shall consist of 3 members appointed by the speaker of the house, including the house chair of the joint committee on health care, 3 members appointed by the senate president, including the senate chair of the joint committee on health care, the commissioner of mental health, the commissioner of public health drug control program and three persons to be appointed by the governor, all of whom shall be members of the medical and substance abuse treatment community with specialty experience in drug regulation, prescription, treatment and abuse. The commission shall study the prescription, dispensing, treatment and education with respect to those drugs and shall submit a report, including legislative recommendations, if any, to the clerk of the house of representatives who shall forward the same to the joint committee on health care and the house and senate committee on ways and means on or before April 1, 2005."

A Balanced Approach to Prescription Pain Medications

On August 11, 2004 the U.S. Drug Enforcement Administration released an FAQ in cooperation with pain and addiction experts, the Last Acts Partnership and the University of Wisconsin Pain & Policy Studies Group. The FAQ stresses the need for education of clinicians, law enforcement and regulators about "balance", so that efforts to treat pain avoid contributing to abuse and efforts to stop diversion do not interfere with pain management. You may contact the DEA to obtain hard copies of the FAQ by calling (202) 307-7297. The FAQ is available at www.medsch.wisc.edu/painpolicy or <http://www.stoppain.org/faq.pdf>

Article in JPSM Updates Opioid Medical Use/Abuse Trends

Pain and Policy Studies Group has used recent data to update trends in the medical use and abuse of opioid analgesics, in which there is also a discussion of the implications for controlling diversion of pain medications. The article appears in the August 2004 issue of the *Journal of Pain and Symptom Management*, available at <http://www.medsch.wisc.edu/painpolicy/publicat/04jpsm/index.htm>. This article updates earlier research published in *JAMA* in 2000, and uses federal data on retail distribution of controlled substances and emergency department mentions of drug abuse from 1997 through 2002. The study examines trends in the medical use and abuse of fentanyl, hydromorphone, meperidine, morphine, and oxycodone, and compares abuse of opioids to other drug classes. Marked increases were noted in both the medical use and abuse of these pain medications; opioids accounted for 9.85% of all drug abuse in 2002, up from 5.75% in 1997. Although increased medical use of opioids is considered a general indicator of progress in providing pain relief, growing opioid abuse and diversion is an important public health concern and should be addressed in a balanced manner, without interfering in legitimate medical practice or patient care. The authors provide a discussion about the principle of balance, and a rationale for understanding, tracking, and addressing sources of abuse and diversion. The article was reviewed by numerous experts in pain and addiction medicine and law. Funding was provided by grants from the Robert Wood Johnson Foundation and The Project on Death in America.

New Primer Of Palliative Care Available

The American Academy of Hospice and Palliative Medicine has released the third edition of its Primer of Palliative Care. This introductory guide to hospice and palliative care is recommended for all physicians, nurses, social workers, and counselors who care for terminally ill or dying patients. The Primer includes information on pain management; dyspnea; nausea and vomiting; constipation; delirium; anorexia; anxiety and depression; and psychosocial and spiritual distress. An annotated bibliography is also included. The Primer complements other, more in-depth educational materials developed by the Academy. The compact, easy-reference Primer of Palliative Care is available for \$8 to AAHPM members and \$10 to nonmembers. To place an order or for more information about the Primer contact AAHPM Member Services at 847/375-4712, e-mail info@aahpm.org or visit the web site at www.aahpm.org.

Group Advocates On Behalf Of Women In Pain

Recognizing the unique issues faced by women with pain, a group of women who are leaders in pain and chronic illness advocacy have formed a group called "Women in Pain" to ensure the ethical and equal treatment of all women in pain. The initiative will provide the foundation for women of all backgrounds to have their pain managed effectively and without bias through public awareness, healthcare professional education, and legislative action. For more information visit <http://www.forgrace.org/womeninpain/index.html>

Intercultural Cancer Council

Pain Fact Sheet for African Americans and Hispanics. <http://iccnetwork.org/cancerfacts/ICC-CFS7.pdf>
There are also links to other fact sheets that may be of interest. <http://iccnetwork.org/cancerfacts/cfs7.htm>.

Survey of Americans Living With Pain

The American Chronic Pain Association (ACPA) released results from a survey of persons with chronic pain that shows over one-third have lived with pain for more than 10 years. The survey is intended to capture the attitudes and perceptions of persons with pain. More than one-half of survey respondents

expressed concern about taking pain medications including fear of side effects. You can review the survey results on the ACPA website at: <http://www.theacpa.org/>

Power Over Pain project (POP)

POP Training for Volunteer Presenters – we want you!

MassPI is implementing the Power Over Pain (POP) pilot, a grassroots public awareness project in Massachusetts. The goal of this program is to educate as many Massachusetts' residents as possible about how to advocate for good pain management. *Power Over Pain* presentations have begun for audiences statewide, including nursing homes, public library, hospitals, healthcare professional organizations and more. There are many volunteer training sessions scheduled over the next months, *including training for bilingual presenters*. We are looking for more clinicians to become trained as POP volunteers and help educate both public and professionals about pain. You can learn more about POP by visiting <http://www.masspaininitiative.org/power.htm>. If you would like to become trained or want more information about Power Over Pain, please contact Amy Goldstein, MassPI Coordinator at amy.Goldstein@cancer.org or 508-652-4360. Each training will be about 2.5 hours and will be located around the state.

Scheduled POP Presentations for the Public:

9/27/04 – Cooley Dickinson Hospital in Northampton with Jeff Zesiger, MD & Lois Kelley, RN

10/17/04 – Emerson Hospital in Concord with Peggy Flood, RN, MS, AOCN

10/04 – Latino Center of Chelsea, Spanish POP, Silvia Lobo-Lobo

11/8/04 - Boston College with Paul Arnstein, RN, Ph.D.

Grants and Awards

The Eastern Pain Association honored **Dr. Daniel Carr** at its 30th anniversary annual scientific meeting in New York City on September 10. The **26th Annual John J Bonica Lectureship award** was presented to **Dr. Daniel Carr** who spoke on "Translating Clinical Research to Clinical Practice: A Never Ending Challenge."

The MayDay Fund Announces Winners of the New MayDay Pain Society Fellowship.

Six fellows poised to become leaders and advocates for change in the pain field. <http://www.painandhealth.org/maydayfellows/fellows-news-1.html>

MassPI Working Council Updates

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

The Public Awareness Council has been very busy this summer with Power Over Pain programming. There have been three trainings for twenty health care professionals to become POP presenters, including one that trained bilingual presenters who speak Spanish, Portuguese, and Hindi. Several POP public trainings occurred around the state and more are scheduled in the weeks ahead. Also, there have been three excellent media trainings in order to develop fifteen MassPI spokespeople to be effective spokespeople and stay on message when media needs arise. In honor of September as National Pain Awareness Month, MassPI is being proactive in gaining media exposure around pain issues. On September 2nd, Health on the Hill newsletter distributed an article entitled "Power Over Pain – the Hidden Epidemic" to over 2,000 people via email. Also, TV and newspapers are interested in covering this story in September, like the Springfield Republican, Lawrence Eagle Tribune, Fall River Herald, Channel 5, etc.

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. This council was very busy this summer finalizing the details for MassPI's Pain Management Pocket Tool for professionals. Thanks to the generosity of MassPro, a healthcare quality organization, MassPI is able to make these tools available to professionals in our state. Many members of this council are trained Power Over Pain presenters and will continue to educate healthcare professionals around important pain issues. This fall, the Professional Education council will be discussing strategic plans for future projects.

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

The Legislative Council is pursuing adoption by the Boards of Medicine, Pharmacy, Dentistry and Nursing of the newly approved "Model Policy for the Use of Controlled Substances for the Treatment of Pain." To that effect, MassPI is on the October agenda of the Board of Registration in Medicine to discuss this issue. Council members are also working with MassHealth to advocate for Medicaid patients in need of medications for pain management. Three face-to-face meetings have occurred to date with MassHealth. MassPI has provided MassHealth with a list of pain experts to be considered for upcoming DUR pain workgroups to discuss these important issues. (See related article on Page 1)

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.

SPECIAL AWARDS AND ACKNOWLEDGEMENTS

Welcome to our new MassPI Steering Council Members for October 2004-October 2006 Term:

Congratulations to Jeanne Connolly-Horrigan, MS, Project Director for the Masters Degree program in Pain Research, Education, and Policy at Tufts-NEMC, Lewis Hays, MD, Medical Director for Hospice of the North Shore, Mary Whalen, RN, BA, MSN, Vice President, VNA Care Hospice, Jane Gannon, BS, MS, Director of Pharmacy, Coram Healthcare, Paul Ross, Ed.D, M.Ed., S.B.Ed, President, Paul A. Ross and Associates, Jennifer Cruickshank, Media and Advocacy Coordinator, American Cancer Society.

A very, very special thank you to our Steering Council members who are stepping down: Peggy Flood, RN, MS,AOCN, Co-chair, Oncology Clinical Nurse Specialist, Emerson Hospital, Marybeth Singer, MS, APRN, BC, AOCN, Oncology Nurse Practitioner Coordinator, Tufts-NEMC, Judy Iwanski, JD, Massachusetts Director for Government Relations, American Cancer Society, James Lomastro, Ph.D, M.ED, Treasurer

Awards given for exemplary volunteer service at the September 15 meeting to: **Carol Curtiss, Ginger Newell-Stokes, Peggy Flood, Marybeth Singer, Anne Marie Kelly, Ann Marie Harootunian, Roberta Bernstein, Srdjan Nedeljkovic, Tom Quinn, James Lomastro, Nancy Reges, Claire Sampson**

Job changes or announcements...

Nancy Reges, RN, MS, Oncology and Symptom Management Nurse at Caregroup Home Care will be moving to Colorado in October. Thank you, Nancy, for all your efforts with the Pain Resource Guide, and we wish you well in your new home. You will be missed!

Resources

Book Helps Children Deal With Pain

A new book by Joan Drescher called "The Moon Balloon" that uses playful balloon images to help children, families and caregivers deal with difficult emotions. This book has helped many children with cancer in hospitals across the US deal with their emotions and become distracted from their pain. This principles embodied in this book are currently undergoing a clinical study at Mass General Hospital for Children to see if making art while receiving chemotherapy Reduces cancer pain. For more information visit www.themoonballoon.com.

AACPI Patient Education Booklet: "Cancer Pain Can Be Relieved"

The second edition preserves the popular question and answer format of the first edition, published in 1987. <http://wiscinfo.doit.wisc.edu/trc>; for multiple copies (608)262-0978

Complementary and Alternative Medicine

www.WholeHealthMD.com is dedicated to providing the best in complementary and alternative medicine and is developed by a team of leading board-certified physicians and specialists.

American Pharmacists Association: Pain Management CE Book

The American Pharmacists Association has published "Implementing Pain Management Services in Pharmacy Practice," a continuing education monograph for pharmacists; <http://www.pharmacist.com/>.

CME educational content for physicians and nurses. Medtronic Pain Management is partnering with WebMD/Medscape to provide this resource. To access this free CME/CE activity, visit Medscape: members: go to www.medscape.com/clinicalupdate/chronicpain First time visitors: register for free at www.medscape.com

For a list of other resources and links, please visit

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

Autumn 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".

September 28-29, 2004

Maine Pain Initiative's 10th Anniversary Symposium takes place on September 29 and includes a pre-event conference on September 28. Go to the following link for more detail:

<http://mainehospicecouncil.org/MPI/program.htm>

October 5, 2004

MA Hospice-Veteran Partnership, 9:00-11:30 a.m. Ballroom, Hogan Campus Center, College of the Holy Cross, Worcester. Contact Rigney Cunningham, MSW, hospicefed@aol.com

October 9-10, 2004

Pain Management for Non-Pain Specialists, Sea Crest Oceanfront Resort & Conference Center Old Silver Beach on Cape Cod, North Falmouth, MA <http://www.med.harvard.edu/conted>

October 19, 2004

Boston Pain Forum's first meeting - presents "Studying Pain as a Chronic Disease: Early Insights from Candidate Gene Studies" and seminar discussion "Clinical Trials in Pain and Symptom Research", 5:30-8pm, William Prescott House, Boston, MA, RSVP steven.scrivani@tufts.edu, 617-636-3482

October 20, 2004

Baystate Medical Center, Annual Pain Management Symposium, "Managing Persistent Pain", The Log Cabin Conference Center, register online www.baystatehealth.com/learn. Questions, email Johanna.Barnett@bhs.org

January 19, 2004

MassPI 6th General Meeting, 8-12, details TBA

MassPI Steering Council Members:

Carol Curtiss, RN, MSN,
Ginger Newell-Stokes, MS, RN
Ann Marie Harootunian, RN,MS,FNP,
Lewis Hays, MD
Jeanne Connolly-Horrigan, MS
Jennifer Cruickshank

Roberta Bernstein
Mary Whalen, RN, BA, MSN
Paul Ross Ed.D, M.Ed., S.B.Ed
Jane Gannon, BS, MS
Amy Goldstein, MSW