

MASSACHUSETTS PAIN INITIATIVE

MassPI Spring Bulletin 2007 Volume 10



If you have events to share or would like more information about MassPI, please visit MassPI website at <http://www.masspaininitiative.org> or contact MassPI by calling (508) 270-4653, or emailing info@masspaininitiative.org

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IMPORTANT DATES TO SAVE!

MassPI Fall Meeting on October 25, 2007, “The Intersection of Pain Management and Addictive Illness”, presented by Tom Quinn, MSN, RN, AOCN (more details to follow).

Alliance of State Pain Initiatives (ASPI) 18th Annual Meeting to be held June 21-23 at the Radisson Hotel, Boston. You will not want to miss this national pain conference. There is an outstanding roster of plenary speakers and a stimulating variety of workshops to meet the varied needs of the meeting participants. Ira Byock, MD, will give the keynote address, with other primary speakers being Dan Carr, MD, Art Lipman, PharmD, June Dahl, PhD, and Georgia Decker, MS, RN. Also, be sure to sign up for the Friday night event – a Boston duck tour and dinner at Legal Seafood for only \$25 (thanks to the American Cancer Society as sponsor) Registration available online at <http://www.aspi.wisc.edu>. Student rates available and a limited number of scholarships are available through MassPI. Questions? Contact info@masspaininitiative.org

News & Important Highlights

APS Selects Brigham & Women’s Pain Management Center for Distinguished Award

The American Pain Society selected Brigham & Women’s Hospital Pain Management Center as one of the recipients for the 2007 Center of Excellence. From a pool of ninety-four strong applicants, the review process was rigorous, and only six programs were awarded this distinction. Staff from BWH Pain Management Center stress a unified approach to evaluation and management of pain problems. As such, the center serves as a model of interventional and noninterventional treatment approaches. The center receives national and international referrals, including from other tertiary care center pain programs. Among its offerings are: patient-centered care for a wide variety of acute and chronic medical pain conditions; state-of-the-art approaches to procedural and implantable techniques; biobehavioral therapies and complementary medicine methods such as biofeedback, hypnosis, acupuncture, massage, and mind/body techniques; evidence-based patient selection criteria for treatment protocols; weekly team meetings and case conferences; rigorous surveys and electronic diary data collection to determine efficacy of therapy; interpreter services and indigent care; domestic violence counselors. According to BWH Pain Management Center Fellowship Director and MassPI member, Dr. Srdjan S. Nedeljkovic, the center is a model of innovation and excellence. The center, for example, uses longitudinal medical records, note scanning, and electronic diary technology, and implements a developed system of assessment of risk/benefit potential to tailor treatment to patient profiles. The BWH Pain Management Center staff is committed to advancing scientific knowledge. Staff members contribute an average 15 publications a year, sit on editorial boards of four pain journals, and frequently grant interviews to local and national press, among other things. The BWH Pain Management Center offers a

superb educational program in pain medicine, and maintains a highly competitive fellowship accredited by the American Council on Graduate Medical Education. Each year, eight fellows graduate from the program, which is a key teaching site for approximately 35 residents per year and has hosted trainees from other national and international educational programs. Upon completion of the program, many of the graduates of the BWH Pain Medicine fellowship continue as leaders in their field, both in academics and private practice settings.

ASPI Awards MassPI Scholarship for Practice Change Program in the Commonwealth

The Alliance of State Pain Initiatives (ASPI) has invited the Massachusetts Pain Initiative to be one of two States to participate in the Pain Improvement Partnership Program for 2007-2008. In collaboration with ASPI, MassPI will invite home care agencies, long term care agencies and community hospitals to participate in a pain quality improvement project designed to make pain assessment and management an institutional priority. The grant is awarded through a cooperative agreement with ASPI and the Lance Armstrong Foundation. Stay tuned for more information. If your home care agency, long term care agency or community hospital is interested in participating, please contact info@masspaininitiative.org or carol.curtiss@verizon.net.

Change in MassPI Leadership this Spring

Amy Goldstein will be leaving her role with MassPI and ACS as of March 22. Amy has been coordinating MassPI activities since October 2002 and has also been acting as the New England Cancer Pain Initiatives Manager for the American Cancer Society since July 2006. Amy will continue working in the field of pain management and through support of her new employer, Cullari Group, will follow through on MassPI plans for the ASPI June conference in Boston. MassPI Advisory Board and Working Councils are primed and ready to keep initiative activities continuing into the future. Please email info@masspaininitiative.org with any questions or if you are interested in volunteering with MassPI in any capacity. Any help you could provide is much appreciated. Some volunteer opportunities include continuing education facilitation, webmaster, membership recruitment/retention, resource procurement, website/newsletter content.

September is Pain Awareness Month

Now is the time to start planning awareness activities at your organization. There are many pain-related websites to access for resources - <http://www.masspaininitiative.org/links.htm>. There are some links to more info specifically about this month (for example, <http://www.painawarenessmonth.org>). Some ideas include: preparing posters, organizing educational opportunities for staff, or even creating a larger-scale awareness event during September. Anne Marie Kelly has helped organize a Pain Awareness Fair in her region and is happy to answer any questions at annemariekelly@verizon.net. There are lots of great resources out there to use!

Apply to become a Trained Pain Advocate through Mayday Fund

The Mayday Fund is once again offering the Mayday Pain and Society Fellowship to persons interested in honing their communications skills and increasing their impact in the public sphere to benefit people in pain. Several State Pain Initiative leaders have been selected for the fellowship in the past and have used the experience to enhance their ability to work with the media and policymakers on important issues in pain treatment and management. The program starts with a four-day communications and policy training in Washington, D.C., from October 22-25, 2007. Over the course of the five months following the training, you get the chance to work one-on-one with communications professionals to develop a media strategy for a goal that you choose. Applications are due June 1st, 2007. For information visit: <http://painandhealth.org/maydayfellows/fellows.html>

NIH Pain Consortium Open to the Public

The NIH Pain Consortium invites you to attend a Symposium on May 1, 2007 at the NIH campus, entitled: "Advances in Pain Research" The intent of the symposium is to present new and exciting advances in pain research and pain management, featuring work done through NIH support. Topics will include mechanisms and management of neuropathic pain, visceral pain, inflammatory pain, and treatment-induced pain. The NIH Pain Consortium was established to enhance pain research and promote

collaboration among researchers across the many NIH Institutes and Centers that have programs and activities addressing pain. For more information on the NIH Pain Consortium see: <http://painconsortium.nih.gov> Registration to the Symposium is required, but free. For the agenda, directions, and registration information see the symposium link at: <http://www.edjassociates.com/pain2007> On-line Registration is expected to open in mid-March. **For more information contact Victoria Wang by telephone at 240-221-4037 or by email pain2007@edjassociates.com**

POWER OVER PAIN (POP) UPDATE

Power Over Pain (POP), MassPI's grassroots public awareness program in Massachusetts, has reached over 1400 people, both public and professionals. The goal of this program is to educate healthcare professionals and communities in Massachusetts to understand and advocate for good pain management. You can learn more about POP by visiting <http://www.masspaininitiative.org/power.htm>. If you would like to become a trained POP volunteer or want more information, please contact [Hannah Lyons](#), Public Awareness Council Chair at 508-383-8540 or via e-mail at info@masspaininitiative.org. Trainings for presenters last about 1.5 hours and are done around the state.

MassPI Working Council Updates

Public Awareness Council by Hannah Lyons, MSN, RN-BC, AOCN, Chair

In 2006 the Public Awareness Council continued their focus on providing Power Over Pain (POP) presentations to elders in the state. To date, over 35 POP presentations for the public have been provided at Councils on Aging and Senior Centers by our volunteer presenters. Over 1000 people have participated in these and other public POP programs. At present the Massachusetts Pain Initiative has trained 72 volunteer POP presenters, several of whom are available to present the program in Spanish. The Public Awareness Council is planning to expand their outreach efforts in 2007 to include other community organizations and groups. In addition, the Council is working to enhance its outreach efforts by developing a Massachusetts Pain Initiative brochure focused on the general public and updating the list of resources (pain specialists, clinics and support groups) in the state.

Professional Education Council by Cheryl Pacella, MSN, RN, CS, Chair

The Professional Education Council is focused on expanding outreach of Power Over Pain for healthcare professionals. 20 presentations to 400 professional staff have taken place thus far. The content of the program is currently under review and we expect to have a more current version of the material in 2007. At the Council would like to reach out to Long-Term Care Facilities to further promote education about pain assessment and interventions to professional and non-professional staff. The Pocket Tools have been a big success. The most current version is from June 2005. More than 10,000 have now been distributed. The Professional Education Council is looking to develop a Speakers' Bureau to help organizations plan their own individual programs. We welcome new ideas!

Legislative Issues & Access To Care Council by Cindy Steinberg, Chair

The Council met by conference call on 1/16 and 2/28 and in person on 3/14 after the general MassPI spring meeting. Council members studied the PPSG's 9/06 report card looking for promising avenues to pursue improvements in Mass pain policy. Massachusetts received a grade of "B"; 8 states scored higher. Through that research, we uncovered many policy improvement ideas and are now focusing closely on two of them: 1) Getting the MA Pharmacy and Nursing Boards to adopt a Model Policy or Policy Statement on the Treatment of Pain and 2) Amending the "Patient Rights" section of Mass Public Health law to include a statement about the right to appropriate and effective pain treatment. We drafted a letter to Tim Murray, Lieutenant Governor, asking for his support on the Nursing and Pharmacy Board adoption of Model Policies and delivered it to him on 3/16. We will be following up with his office. We are monitoring pain-related legislation that has been introduced into this legislative session, some of which is favorable; unfortunately, most of which is not. We will be making plans to visit our state lawmaker to educate them on pain issues and ask for their support on policy initiatives. Other issues for action include

increasing number of pain-related CME offerings and attendance at them, as well as monitoring the new health reform connector plans for pain-related coverage. Our next meeting will be by conference call on 4/25, 12-1. We welcome anyone with an interest in policy to join our council. If you would like to participate, please send an e-mail to Cindy Steinberg at csteinberg@rcn.com

Resources, Continuing Education, and Training

Pain & Fatigue Classes Now Available Online from ACS, for Patients, Families

The American Cancer Society's free, interactive online I Can Cope classes are a quick, convenient way to answer questions about a variety of topics related to a cancer diagnosis. Classes are self-paced. It usually takes about 20-30 minutes to complete a class, but it may take longer if one watches the videos and reads the linked information. A person will need to register the first time he or she takes a class. To learn what classes are available and to answer other questions about these online classes, visit http://www.cancer.org/docroot/ESN/content/ESN_3_1x_I_Can_Cope_Online.asp

New Pain Management Tool Kit Available: Pain and Dementia

The Resource Center of the Alliance of State Pain Initiatives (ASPI) has a new educational tool for detecting pain in patients with dementia. "Detecting Discomfort in Dementia: Focus on Behaviors - What Nursing Assistants Need to Know About Pain," was developed under the direction of Karen Stevenson, MS, RN, Manager of Professional Education and Institutional Change Programs for ASPI and June Dahl, PhD., Senior Advisor for ASPI. The 13-minute educational video and the accompanying booklet, "Tools for Inservice Education" provide the necessary information to help nursing assistants understand the role they play in practicing good care for cognitively impaired residents in pain. For information on how to order "Detecting Discomfort in Dementia: Focus on Behaviors," please visit the ASPI website at: www.aspi.wisc.edu or call: 608.262.0978. The cost for the DVD and Training Booklet is \$49.99.

New, Online Resource for People with Chronic Pain

Chronic pain sufferers now have a free, new online resource to help them develop personalized pain management strategies.

www.PainACTION.com features:

- Self-paced, self-assessment tools
- Online pain journal to monitor pain and track progress
- Self-help strategies for pain management
- Research findings and evidence-based pain treatments
- Tips from national pain management experts
- Recent pain-related news to keep patients up-to-date on new developments

PainAction.com brochures are available to distribute to patients. For copies or more information, email painaction@inflexxion.com or call Evelyn Corsini, MSW, at (800)848-3895 X232. The site is funded through an unrestricted educational grant from Endo Pharmaceuticals, and is powered by Inflexxion, Inc.

IASP Spring Clinical Update on Opioid Side Effects

The International Association for the Study of Pain issues 'Pain: Clinical Updates' several times a year. For April 2007, the topic is Opioid Side Effects and the author, Ewan McNicol, is a graduate of Tufts University School of Medicine, Master of Science in Pain Research, Education & Policy,. You can view this and other clinical updates on their website at www.iasp-pain.org and click on Pain: Clinical Updates.

Pain Management Pocket Tools Available

MassPI's Pain Management Pocket Tool is excellent for all healthcare professionals. The tool includes principles of pain management, management of breakthrough pain, switching from one opioid to another, opioid equianalgesic chart, adjuvant analgesic drugs, commonly used non-opioid analgesics, and management of opioid side effects. You may request 5 tools for your facility, at no charge. For additional tools, cost is \$1 a tool, from 1-100. For quantities above 100, cost is 50 cents a tool (i.e. 150 tools cost \$125). An order form and a copy of the pocket tool is located on MassPI website at <http://www.masspaininitiative.org/pros.htm#pain>

Tufts University School of Medicine, Master of Science in Pain Research, Education and Policy and Certificate of Advanced Study in Pain Topics

Research on the mechanisms, nature and treatment of pain has advanced enormously in the past decade making the field of pain exciting, dynamic and full of opportunity. The Tufts University School of Medicine Master of Science in Pain Research, Education and Policy and the Certificate of Advanced Study in Pain Topics is meeting the needs of practicing health care professionals to provide optimal pain management by offering a unique, interdisciplinary program that sets the standard for pain education. For more information, contact Jeanne Connolly at jeanne.connolly@tufts.edu or 617-636-3631 or go <http://www.tufts.edu/med/prep/>.

American Nurses Credentialing Center and the American Society for Pain Management Nursing Offer Certification for Pain Management Nurses

ANCC introduced this important nursing certification in collaboration with the American Society for Pain Management Nursing (ASPMN), the nation's leading organization for nurses committed to improving the way pain is managed. The first certification exam took place in October 2005. The certification is available to licensed, registered nurses, whose clinical practice includes work with diverse patient populations experiencing pain. To download a pdf version of ANCC's Pain Management Certification for Registered Nurses, please visit <http://www.nursecredentialing.org/cert/PDFs/PainMgmtCat.pdf>
Congratulations to all of our members who have recently passed this exam! Please let us know who you are!

For a list of other resources and links, please visit: <http://www.masspaininitiative.org/links.htm>

Upcoming Events Calendar 2006-07

April 24, 2007

MA Compassionate Care Coalition Annual Meeting, 8a-12p, 'I'm still here: Later-stage compassionate care for people with Alzheimer's Disease', College of the Holy Cross, Hogan Campus Center, Worcester, MA, \$50, register online at www.massccc.org.

April 25, 2007

Eastern Mass Chapter of ASPMN, Evidence Based Practice - A Pilot Study: Is Guided Imagery Effective in Reducing Pain and Anxiety in the Post-op Total Knee Arthroscopy Patient? Presented by Diane Lavoie, RN, MS and Harriet Desrochers, RN-C, BSN, ONC, 1 contact hour awarded through MARN, Sheraton Braintree Hotel, Braintree, MA, 5:30-7:30 PM, Registration required before April 20, Members \$30; non-members \$40, contact Anmarie.Harootunian@caritaschristi.org

May 1, 2007

Tufts University School of Medicine, Master of Science in Pain Research, Education & Policy, is hosting The 7th Annual Sackler Lecture, 'Why Persons Differ in their Response to Pain and Analgesics: Insights from Genetic Research' Raymond A. Dionne, DDS, PhD, Scientific Director, National Institute of Nursing Research, 3:30 - 5:00 p.m. Wolff Auditorium, Tufts-New England Medical Center, 800 Washington Street, Boston, RSVP: Evelyn Hall 617-636-9710 or ehall@tufts-nemc.org Walk-ins welcome. CME available

May 18 - 20, 2007

Migraine, Headache, and Facial Pain, Royal Sonesta Hotel Cambridge, MA, Headache and pain medicine are continually evolving multidisciplinary specialties. New techniques and discoveries are frequently being introduced to clinicians at the basic science level. This course will offer generalists and specialists a state-of-the-art perspective in scientific inquiry and clinical practice, relevant to the application of pain medicine to headache and facial pain. Please visit cme.med.harvard.edu/courses/headache

June 7-8, 2007

5th Annual The Art and Science of Palliative Nursing, featuring Cynda Rushton, PhD, RN, FAAN, Assoc Prof of Nursing, Johns Hopkins. Contact venus_watson@dfci.harvard.edu, 617-582-7859, Newton, MA

June 21-23, 2007

American Alliance of Cancer Pain Initiatives 18th Annual Meeting, Radisson Hotel, Boston, MA
<http://www.aacpi.wisc.edu>. Please email info@masspaininitiative.org if you're interested in attending.

September 26, 2007

Second Annual Pain Awareness Symposium, 8am to 4pm, sponsored by St. Anne's Hospital and Diocesan Health Facilities. Rachel's Lakeside, Dartmouth, MA, Contact: Anne Marie Kelly, 508-679-0011

October 25, 2007

MassPI Fall General Meeting, "The Intersection of Pain Management and Addictive Illness", presented by Tom Quinn, MSN, RN, AOCN, at MassPro in Waltham (more details to follow).

MassPI Advisory Board Members:

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