

MASSACHUSETTS PAIN INITIATIVE

MassPI Fall Bulletin 2007

Volume 11



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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DON'T MISS - SAVE THE DATE IN 2007!

The **Massachusetts Pain Initiative Fall General Meeting** is scheduled to take place on Thursday Oct. 25, 2007 at Masspro in Waltham. Registration and a continental breakfast will begin at 7:45 AM. The session will include a welcome from Mass. PI Co-chairs Jeanne Connolly and Anne Marie Kelly. Each of the councils will provide a brief update prior to a presentation on "The Intersection of Pain Management and Addictive Illness" by Thomas A. Quinn APRN, MSN, AOCN, CHPN. The working councils will meet following the general session. Anyone is welcome to join the councils. From 12:00 – 1:30 there will be an Advocacy Workshop offered by Chris Lucas and Corinne Moore from the American Cancer Society. The purpose of this workshop is to demystify the legislative and regulatory processes that influence pain management policy in Massachusetts and to identify gatekeepers, obstacles, and opportunities specific to Mass PI in achieving an ambitious legislative agenda. The workshop will also discuss media and grassroots engagement and building support for our issues among our constituency and legislators alike. So, please plan to stay following the general meeting. There will be an opportunity to purchase lunch.

To register:

See attached brochure for details!

MassPI Leadership **Steering Council Members**

Carol Curtiss, RN, MSN, **Consulting Chair**
Clinical Specialist Consultant, Curtiss Consulting, Greenfield, MA
Jeanne Connolly-Horrigan, MS, **Co-Chair**
Program Director, Master of Science in Pain Research, Education & Policy, Tufts School of Medicine, Boston, MA
Peggy Flood, RN, BC, MS, AOCN, *Clinical Nurse Specialist Emerson Hospital, Concord, MA*
Hallie Greenberg, MS-PREP, BSN, BC
Nurse Education, Brigham & Women's Hospital, Boston, MA
Ann Marie Harootunian, RN, MS, FNP
Nurse Practitioner, Pain Center Caritas Norwood Hospital, Norwood, MA

Anne Marie Kelly, BSN, RN-BC, CHPN, **Co-Chair**
Pain Management Educator and Consultant, Catholic Memorial Home/Diocesan Health Facilities, Fall River, MA
Christopher Lucas
Coordinator of Media Advocacy, American Cancer Society, Boston, MA
Srdjan S. Nedeljkovic, MD
Brigham & Women's Hospital, Pain Management Center, Dept. of Anesthesiology, Perioperative and Pain Medicine, Boston, MA
Ginger Newell-Stokes, MS, RN
Clinical Nurse Specialist, Franklin Medical Center, Greenfield, MA
Gayle Peterson, RN
Staff Nurse, Massachusetts General Hospital, ASPMN-President-Massachusetts Chapter

Professional Education Council Chair: Cheryl Pacella MSN, RN, CS *Performance Improvement Advisor, Masspro Waltham, MA*

Public Awareness Council Chair: Hannah Lyons MSN, RN-BC, AOCN *Oncology Clinical Nurse Specialist Metrowest Medical Center Cancer Care, Framingham, MA*

Legislative Council Chair: Cindy Steinberg, *New England Director, American Chronic Pain Association*

News & Important Highlights

September is (was) Pain Awareness Month

Even though it is now October it's never too late to start planning what you can do at your agency. You might want to access one of the websites to prepare posters, or why not educate staff about complementary therapies? There are lots of great resources out there!

September was indeed a very busy month for MassPI members. The MetroWest Medical Center held two "Pain Fair" days with various theme booths and speakers. The Diocesan Health Facilities and St. Anne's Hospital sponsored the second annual Pain Awareness Symposium on Sept. 26th.

Mass PI recently received word from Endo Pharmaceuticals (makers of **OPANA ER**, oxymorphone HCL) that the manufacturer is changing the appearance of the extended-release tablets. Effective October 1, 2007, OPANA ER tablets will be changed from an imprinted tablet appearance to a debossed tablet appearance. Instead of black lettering, the pills will appear to be engraved. This is a cosmetic change only and will not impact how the medication is metabolized or its efficacy.

Pain & Fatigue Classes Now Available Online from ACS

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

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. To date, 46 POP presentations for the public have been provided by our volunteer presenters since the program was started in 2004; of those 33 have been presented at Councils on Aging and Senior Centers. The MassPI has a team of volunteer POP presenters, several of whom are available to present the program in Spanish. You can learn more about POP by visiting <http://www.masspaininitiative.org/power.htm>. The revised Power Over Pain Presentations CD ROM will be available to active POP presenters this month. Changes include revisions to the Professional Education presentation and new "stand-alone" modules on Pain Assessment, Pain in the Elderly, and a Skills Module on dosing and equianalgesic conversions. If you would like to become a trained POP volunteer or want more information, please contact [Hannah Lyons](mailto:Hannah.Lyons@masspaininitiative.org), Public Awareness Council Chair at 508-383-8540 or via e-mail at info@masspaininitiative.org. Hannah will assist in coordinating POP presentations for health

care professionals and/or the public. Trainings for presenters last about 1.5 hours and are conducted around the state.

The Pain Improvement Partnership (PIP) is an exciting program offered by MassPI. This 9 month long program is offered to long term care facilities, home care agencies and small community hospitals throughout the Massachusetts area. Participating organizations complete a comprehensive assessment of their organization's structure and processes for assessing and managing pain, complete 30 randomly selected patient/resident surveys and attend a 2 day conference in November to learn more about pain management and quality improvement. Organizations design and work on an action plan and return for a second conference in March of 2008 to share their successes. More than 15 organizations are currently participating. Carol Curtiss is coordinating this project for MassPI with grants from the Alliance of State Pain Initiatives, the Lance Armstrong Foundation and Purdue Pharma.

A Progress Report Card

Did you know that the state of MA ranks among the top 11 in the country in terms of our state pain policies related to improving patient care and enhancing pain management? The results of the study, conducted by the Pain & Policy Studies Group at the University of Wisconsin, can be found at: http://www.painpolicy.wisc.edu/Achieving_Balance/index.html We currently rate "B+" which is significant improvement from "C" in the year 2000. Only Kansas, Michigan, Virginia, and Wisconsin score an "A."

MassPI Working Council Updates

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

In 2007 the Public Awareness Council has continued their efforts to provide Power Over Pain (POP) presentations to lay people around the state. They have also revised the Massachusetts Pain Initiative brochure to reflect a focus on the general public. In addition, Purdue Pharma offered MassPI the opportunity to participate in the current revision of the education booklet called *Taking Control of Your Pain* that is distributed on a national basis. The booklet was originally developed by The Boston Cancer Pain Education Program which is no longer existence. The Public Awareness Council has reviewed the booklet and submitted its recommendations for revisions to Purdue for the next phase of the review process. The final draft will then be reviewed by Mass PI. If approved, Mass PI will have their name and logo included in the book for attribution.

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

The Professional Education Council is focused on expanding outreach of Power Over Pain (POP) for healthcare professionals. A number of presentations to professional staff have taken place thus far and we would like to expand the program even further. The content of the POP program has been revised and up-dated. I am happy to say, that with the help of Carol Curtiss and a small sub-committee, the new version is finally ready-to-go! 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 has held two conference calls this year and have identified a couple of goals for the group:

- Reach out to the various Nursing Staff Education Departments at hospitals to promote the professional version of Power Over Pain, we will provide speakers and CEU's
- Reach out to Long-Term Care Facilities to further promote education about pain assessment and interventions to professional and non-professional staff
- Develop a Speakers' Bureau to help organizations plan their own individual programs
- Review and update the content on the MassPI website specific to the Council

- Work with the Public Awareness council to ensure that we have an accurate list of presenters and that they have been kept up-to-date regarding the new version of the program
- Work with other members of MassPI to maintain an accurate list of MassPI members and contacts

As always, the Professional Education Council welcomes new members. For further information, please contact Cheryl Pacella at pacella24@comcast.net

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

Legislative Council by Cindy Steinberg, Chair

The Legislative Council met on July 31st by conference call. Our next meeting will in person at the general MassPI fall meeting on October 25th. The following update includes items we have accomplished since the spring as well as current issues we are working on:

Bills Before the Legislature – We attended the hearing in May and submitted written testimony in support of SB1208, the Chronic Intractable Pain Bill. We testified in support of HB2176, the Mandatory Physician Education Bill at the hearing in late June and also submitted written testimony to the committee in support of this bill. We drafted written testimony on HB2175, the Prescription Monitoring Program Enhancement Bill supporting certain aspects of the bill but raising concerns about other features of the bill. We plan to testify in opposition to HB1880 and SB1135 which propose to reclassify Oxycontin as a Schedule I drug and in support of SB1137 and HB1913 which require practitioner education in pain management and prescription drug abuse before being permitted to issue prescriptions for controlled substances or Oxycontin.

Professional Board Pain Policy Statements – We decided to revisit the issue of trying to get the Mass Nursing and Pharmacy Boards to adopt Model Policy Statements on pain. Eleven state nursing boards and 13 state pharmacy boards have already done so. We contacted Tim Murray, the Lieutenant Governor who said he would assist us with this issue. We reviewed numerous state policies and then drafted suggested nursing and pharmacy policies for Mass. The MassPI Steering Committee has now approved both drafts. We are in the process of putting together a package of materials for Tim Murray's office.

Pain and Policy Study Group (PPSG) Report Card – In July PPSG released their 2007 State Pain Policy Report Card. Massachusetts moved from a B to a B+ by adopting a law to ensure that pain management and palliative care is available to pediatric patients.

National Pain Care Policy Act - In July, the National Pain Care Policy Act of 2007 (HR2994) was introduced in the U.S. House of Representatives. The bill will improve pain research, education and access to care. The Legislative Council recommended that MassPI endorse the bill. MassPI has signed on to endorse the bill and we will be working to move it forward.

Advocacy Training Workshop – Chris Lucas from ACS will be offering a 1 – 2 hour advocacy training session immediately following our fall MassPI meeting on October 25th. All are welcome!

Next Meeting – The Legislative Council will meet in person at the MassPI fall meeting at MassPro in October 25th. All are welcome to participate. If you are not on the Legislative Council e-mail list but would like to be, send an e-mail to Cindy Steinberg at csteinberg@rcn.com.

Have you changed jobs? Let us know by emailing Jeanne Connolly at jeanne.connolly@tufts.edu or Carol Curtiss at carol.curtiss@verizon.net

Resources, Continuing Education, and Training

New Pain Management Tool Kit Available: Pain and Dementia

The Resource Center of the Alliance of State Pain Initiatives (ASPI) has an 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.

Online Resource for People with Chronic Pain

Chronic pain sufferers have a free, 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@inflexion.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 Inflexion, Inc.

Resource for People Living with Pain

The American Pain Foundation released a new resource, “Treatment Options: A Guide for People Living with Pain”. Written and reviewed by leading pain specialists, including two members of the Advisory Council for the Alliance of State Pain Initiatives, the guide provides credible, comprehensive information about medications, psychosocial interventions, complementary approaches, rehabilitation therapies, surgical interventions and much more. For information about the guide, go to the APF’s website at www.painfoundation.org

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 Announces New 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 2007

The newly formed **Eastern Massachusetts Nursing Collaborative Group** is hosting a pain program at the Braintree Sheraton Hotel on Tuesday October 16th from 8:30 AM to 12:30 PM. The topics addressed include depression, pain management, and insomnia. The cost is \$25. (\$10. for students). which includes breakfast and CEU's. For further information, contact Ann Marie Harootunian at Ann_Marie_Harootunian@cchcs.org

The Brigham and Women's Hospital Center for Nursing Excellence is sponsoring The **6th Annual Pain Management Conference** on October 18th and 19th at the Four Points Sheraton Norwood Hotel and Conference Center. The program runs from 7:00 AM to 4:30 PM. The fee for one day is \$120. and \$220. for both days. To register, call William "Buster" Hall at 617-525-7531.

See attached information for the **Mass PI Fall Meeting** on October 25th at Masspro in Waltham. It's not too late to sign up and walk-ins are also welcome!

The **End-Of-Life Education Consortium** has run a number of educational programs focusing on providing nurses and nurse educators with the essential training in end-of-life and palliative care needed to improve health care nation-wide. The next course will be "Critical Care" in November 2007. You can contact Kathe Kelly RN, BSN, OCN City of Hope Nursing Research & Education Duarte, CA Phone: 626.256.4673 ext. 63840 Email: kkelly@coh.org for further information.

The Tufts University School of Medicine Master of Science in Pain Research, Education and Policy is holding **The 8th Annual Sackler Lecture** on Thursday Nov. 1st from 3:30 – 5:00 PM. The speaker is Paula Kamen, author of *All in My Head*. The goals of the program are to describe gender differences in chronic pain, to emphasize the under treatment of women and to review reported pain disorders. To register, contact Evelyn Hall at 617-636-9710 or ehall@tufts-nemc.org