

MASSACHUSETTS PAIN INITIATIVE

MassPI Winter/Spring Bulletin 2008

Volume 12



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 2008!

The **Massachusetts Pain Initiative Spring General Meeting** is scheduled to take place on Wednesday April 2, 2008 at The Publick House in Sturbridge, MA from 8:00 AM until 12:00 PM.

Registration and a continental breakfast will begin at 7:45 AM.

The session will include a welcome from Mass. PI Co-chairs Anne Marie Kelly and Ann Marie Harootunian.

Each of the councils will provide a brief update prior to presentations on:

"Pain Management and Dr. Oliver Wendell Holmes' 19th Century Evidence-Based Practice" by Ronald Kulich, Ph.D. and "Opioids in Society" by Jane Ballantyne, MD. The working councils will meet following the general session.

Anyone is welcome to join the councils.

To register:

See attached brochure for details!

MassPI Leadership

Steering Council Members

Carol Curtiss, RN, MSN, **Council Advisor**

Clinical Specialist Consultant, Curtiss Consulting, Greenfield, MA

Anne Marie Kelly, BSN, RN-BC, CHPN,

Co-Chair

Pain Management Educator and Consultant, Catholic Memorial Home/Diocesan Health Facilities, Fall River, MA

Ann Marie Harootunian, RN, MS, FNP,

Co-Chair

Nurse Practitioner, Pain Center Caritas Norwood Hospital, Norwood, MA

Hannah Lyons MSN, RN-BC, AOCN, **Public**

Awareness Council Chair

Oncology Clinical Nurse Specialist Hematology/Oncology Inpatient Bone Marrow Transplant Program, Mass. General Hospital, Boston, MA

Cheryl Pacella DNP(c), RN, CNS-BC,

Professional Education Council Chair

Performance Improvement Advisor, Masspro Waltham, MA

Cindy Steinberg, **Legislative Council Chair**

New England Director, American Chronic Pain Association

Jeanne Connolly-Horrigan, MS,

Program Director, Master of Science in Pain Research, Education & Policy, Tufts School of Medicine, Boston, 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

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

Gayle Peterson, RN

Staff Nurse, Massachusetts General Hospital, ASPMN-President-Massachusetts Chapter

Career Opportunity working with Mass PI

Job Opening: Massachusetts Pain Initiative Administrative Assistant

MassPI is currently seeking a part-time administrative assistant to support its work from your home or office space under the direction of the Mass PI Steering Council. Flexible hours and days. Must be a self-directed, independent worker with strong organizational and communication skills. Must have personal computer with Microsoft Office software plus internet service with the ability to send bulk email messages.

Location: Home Office

Start Date: March 15, 2008

Type: Part-time

Salary: \$12/hour, 5-10 hours per week, as needed

Responsibilities

- Maintain database of current members
- Work with MassPI Steering Council to create and distribute program announcements
- Monitor Mass PI telephone and email daily; triage messages/requests for information as appropriate
- Fulfill MassPI information requests including mailing of materials to members and general public
- Communicate with Steering Council to ensure appropriate response to all inquiries
- Monitor and maintain inventory of brochures and other materials
- Coordinate and copy materials in preparation for MassPI meetings
- Maintain records of presentations made to community groups, along with current list of qualified MassPI volunteer presenters
- Maintain storage space for Mass PI materials
- Participate in Mass PI meetings as needed

Additional Qualifications

- Ability to work independently, take initiative and be solution focused
- An interest in non-profit work with demonstrated initiative and a positive attitude
- Strong interpersonal communications, writing, editing, and organizational skills
- Computer proficiency in Microsoft applications and e-mail
- Effective time management of multiple tasks while being attentive to detail
- Demonstrated ability to undertake basic writing assignments

Advantages:

- Flexible work schedule – negotiable hours
- Opportunity for professional experience with non-profit healthcare organization
- Exceptional networking opportunities

How to Apply:

Send a resume and cover letter to Jeanne.Connolly@tufts.edu.

News & Important Highlights

What have our members been up to?

Betty Morgan, Ph.D. APRN-BC conducted a pre-conference presentation at HPNA (Hospice and Palliative Nurses Association) in Tampa FL on Psychiatric Patients and End of Life Care.

The **Eastern Massachusetts Chapter of the American Society for Pain Management Nursing (ASPMN)** recently hosted a pain program at the Braintree Sheraton Hotel on Tuesday February 5, 2008. The guest speaker was Dr. Rick Leskowitz from Spalding Rehab. The topic was "Integrative Medicine and Chronic Pain." Ann Marie Harootunian is the current President. Anyone interested in membership in the organization should contact Jan Cameron-Calef at jcameron-calef@partners.org

Cindy Steinberg, Chairperson of the Legislative Council, is part of a national network of pain advocates established by the American Pain Foundation. Cindy is also the Power Over Pain Action Network Leader for Massachusetts, a national network of pain advocates established by the American Pain Foundation. The Boston-area Chapter of the American Chronic Pain Association, which Cindy leads, was featured by ABC News on their web site segment On Call + Pain Management on abcnews.com.

Hannah Lyons has recently left her role at Metrowest Medical Center to assume a position as Oncology CNS in the Hematology/Oncology Bone Marrow Transplant Program at MGH.

MassPI Leadership Meets for Strategic Planning:

Members of the Steering Council and the Chairpersons of the Legislative, Professional Education and Public Awareness Councils met on January 16, 2008 to map out strategies for MassPI's structure and work in the coming months. In addition to our on-going work, MassPI will focus on recruiting and retaining members and fund raising to support projects and activities. Anyone interested in volunteering to help with MassPI activities or to join a Council should contact Jeanne Connolly (Jeanne.Connolly@tufts.edu) or Carol Curtiss (carol.curtiss@verizon.net).

In the News...

Did you know that chronic pain is the second most common reason for seeking medical care? The number one reason, according to a November 20, 2007 article in *The New York Times*, is respiratory infections. The author, Jane Brody, then goes on to describe the various classifications of medications used to treat pain including NSAIDS and opioids. She also discusses the benefits of taking a combination of medications that may include antidepressants and anticonvulsants. Brody also makes reference to non-pharmacological approaches including TENS units, acupuncture, guided imagery. It's good to know that this type of information is getting out to the public! *Thanks to Amy Goldstein for passing along this information!*

An article in Medscape (www.medscape.com) written by Laurie Barclay, MD and posted December 17, 2007, discusses the benefit of massage as an effective treatment for postoperative pain, even for patients who underwent major surgery. In addition to helping ease pain, massage also helps to decrease anxiety. It's unfortunate that many nurses have abandoned the practice of giving massages to our patients; maybe it's time to re-visit that lost art.

In a February 2008 newsletter *Pain: Clinical Updates* put out by the International Association for the Study of Pain (IASP) the topic of opioid-induced hyperalgesia is raised as a possible explanation for inadequate pain control. This should be considered in some individuals when increasing the opioid dose does not achieve the desired analgesic effect. In some individuals, tapering the dose may in fact prove to be more beneficial. For more information, access the IASP website at www.iasp-pain.org

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. Since the program was started in 2004, 46 POP programs have been provided to the public by our volunteer presenters; 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 is available to active POP presenters. 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, 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) Update

MassPI is coordinating The Pain Improvement Partnership. The goal of the nine-month long program is to improve pain management in long term care facilities, home care agencies and small community hospitals throughout the region. Seventeen teams are participating. Teams completed 30 patient/resident pre-program surveys and examined the structures in place related to pain assessment and management in their organizations. A two-day conference was held in November 2007 where teams developed written Action Plans for their organization to improve pain assessment and management. Coordinator, Carol Curtiss, MSN, RN-BC works with the teams over the nine-month period. Teams will reconvene in March for additional education and opportunities to highlight their achievements via poster presentations. Post-program patient/resident surveys and structural assessments will be done to measure progress in achieving pain management goals. The program is sponsored by MassPI with a grant from the Alliance of State Pain Initiatives and the Lance Armstrong Foundation. Congratulations to everyone who is participating in this exciting program!

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

The Public Awareness Council has revised the Massachusetts Pain Initiative brochure to reflect a focus on the general public. The brochure is now available in PDF format on the Mass PI website. In addition, the Public Awareness Council has completed revisions to the Partners Against Pain education booklet called *Taking Control of Your Pain* that is distributed on a national basis. The revised booklet is currently being printed and will be available late Spring 2008.

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 recently been revised and up-dated.

Our Pocket Tools have been a big success. Some minor modifications have been made in February 2008. Pregabalin (Lyrica) is now listed as a valuable medication for the treatment of neuropathic pain and fibromyalgia. The new version is currently with the printer and will be available soon. To date, more than 10, 000 copies have been distributed.

The Professional Education Council has held several conference calls this year and has 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
- Provide training for new Power Over Pain presenters
- Work with other members of MassPI to maintain an accurate list of MassPI members and contacts

We're happy to report that MassPI programs can now qualify as continuing education programs recognized by the American Nurses Credentialing Center (ANCC). This is thanks to the work of Hallie Greenberg and The Rhode Island State Nurses Association. We're looking into the capability of providing CME's for physicians.

As always, the Professional Education Council welcomes new members. For further information, please contact Cheryl Pacella at cpacella@maqio.sdps.org or 781-419-2798. We plan to meet again in April at the Spring Meeting, following the General Session.

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

Legislative Council by Cindy Steinberg, Chair

The Legislative Council met in person at our general MassPI fall meeting on October 25th, 2007. We plan to meet by conference call on February 6th and again in person at our April 2, 2008 general spring meeting. The following update includes items we have accomplished since the fall as well as current issues we are working on:

Bills Before the Legislature

We testified as a panel on November 7, 2007 before the Joint Committee on Mental Health and Substance Abuse in opposition to SB 1135, 1136 and HB 1880 which propose to reclassify (as a Schedule I drug) and criminalize possession of OxyContin and controlled-release hydromorphone as well as SB 1137, which proposes to require education in order to prescribe OxyContin. We testified in support of HB 1913, which proposes to require pain management and prescription medication abuse training of prescribing practitioners in order to be permitted to prescribe controlled substances. We also submitted written testimony to the committee on these five bills.

Meetings with Lawmakers

We have held meetings this fall and winter with several key lawmakers to discuss general pain-related issues as well as our views on specific legislation such as pain management education and prescription monitoring. In particular, we have met with Representative Ruth Balser, Chairwoman of the Joint Committee on Mental Health and Substance Abuse and Representative Steven Walsh as well as legislative aides to Representative Peter Koutoujian, Chairman of the Joint Committee on Public Health and Senator Susan Fargo, Co-chair of the Public Health Committee.

Professional Board Pain Policy Statements

We have completed drafts of a proposed Nursing Pain Policy Statement and Pharmacy Pain Policy Statement. We are in the process of preparing packages of documents to submit with these statements to Lieutenant Governor Tim Murray. These will include a history of our previous work on this issue, sample statements that have been adopted by other state professional boards and endorsement letters from Massachusetts nursing and pharmacy associations.

Other Activities

We have begun investigating the possibility of distributing Dr. Scott Fishman's book *Responsible Opioid Prescribing* to physicians in the state. This book is an attempt to translate the FSMB's *Model Policy for the Use of Controlled Substances for the Treatment of Pain*, which the Mass BORM adopted in December 2004, into practical terms for clinical practice. We are following the progress of the National Pain Care Policy Act (HR 2994) in the House of Representatives. It now has 36 co-sponsors. We will be working to help move it forward.

The Legislative Council welcomes new members. If you are not on our 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 MassPI at www.masspaininitiative.org Click on "Contact Us."

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. Carol Curtiss, MassPI volunteer, is co-author with Stevenson and Dahl of the Teaching Guide that accompanies the DVD. 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.

Continuing Education is available through www.medscape.com This is a great link for health care professionals looking for articles on current research related to assessment and treatment of pain. Upon accessing the site, you will be asked to provide contact information and then you will start receiving periodic articles that cover a wide array of health-related topics.

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 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 an excellent resource 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.). The pocket tool has just recently been updated (February 2008) to include the most current information. An order form and a copy of the pocket tool are located on the 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 2008

The **New England Pain Association (NEPA)**, a regional section of the American Pain Society, is holding their annual meeting from April 11 – 13, 2008 at the Back Bay Hilton Hotel in Boston. The focus this year is on Pain in Special Populations. Please access the website for further information: www.ampainsoc.org The conference is jointly sponsored by NEPA and the University of Massachusetts. Topics include pain in children, pain in soldiers and veterans, pain in women, pain in older persons and medical-legal issues related to pain. CE credits will be offered for physicians, psychologists, and nurses. You can contact neap@rcn.com or call NEPA at 508-740-8324 for details.

Do you like to travel? Then you might be interested in attending the International Association for the Study of Pain (IASP) 12th World Congress on Pain scheduled to take place in Glasgow, Scotland from August 17 – 22, 2008. Access their website at www.iasp-pain.org for more information. The IASP is an international organization that brings together professionals from a variety of settings for the purpose of promoting pain relief worldwide.