

# MASSACHUSETTS PAIN INITIATIVE

## MassPI Summer Bulletin 2005

Volume 6



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) 270-4653, [amy.goldstein@cancer.org](mailto:amy.goldstein@cancer.org).

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#### **Disparities program in Boston on September 27, 2005**

A Panel Presentation Addressing Disparities in Pain Management: Are Pain and Suffering Equal Opportunity Maladies? Jointly sponsored by MassPI, Tufts University School of Medicine, Master of Science in Pain Research, Education and Policy and the Mass Medical Society. 5:30-7:30pm, Tufts University School of Medicine, DeBlois B Auditorium, The Sackler Center, 145 Harrison Avenue, Boston, MA 02111, no charge for this event. Continuing education for MD, RN, SW. Register by emailing [amy.goldstein@cancer.org](mailto:amy.goldstein@cancer.org)

#### **MassPI's 8<sup>th</sup> General Meeting on Tuesday, October 25, 2005**

"Using Integrative Pain Management as a Model for Self Care", Harvey Zarren, MD, FACC, Medical Director, The Healing Connection, North Shore Medical Center Sturbridge Publick House, Sturbridge, MA, 8-11:30. Continuing education for MD, RN. To register contact Amy Goldstein at [amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org) or 508-270-4563.

### **Important Highlights**

#### **Palladone is Suspended**

On 7/13/05 Purdue Pharma voluntarily suspended the marketing and sale of Palladone (hydromorphone HCl extended-release) due to FDA's concerns that patients could be at significant risk if they consume alcohol while taking Palladone capsules. More information can be found on FDA's website at <http://www.fda.gov> and on Purdue Pharma's website at <http://www.pharma.com>.  
<http://www.purduepharma.com/pressroom/news/20050713-01.pdf>  
<http://www.fda.gov/cder/drug/infopage/palladone/default.htm>

#### **September is National Pain Awareness Month**

September is right around the corner so remember to schedule special pain management activities in observance of Pain Awareness Month. Some ideas include: scheduled speakers on pain management topics, a facility-wide resource fair, special buttons or awards for exemplary service, poster session including your facility's accomplishments around pain, creation of or revitalization of a multidisciplinary pain resource team. To speak with other MassPI members in your area who have developed pain activities, you can contact Anne Marie Kelly, [annek130@aol.com](mailto:annek130@aol.com) (SE Mass), Tom Quinn, [tquinn1@partners.org](mailto:tquinn1@partners.org) (Boston area), Peggy Flood, [floodpeg@verizon.net](mailto:floodpeg@verizon.net) (Metrowest), Ginger Newell-Stokes, [virginia.newell@bhs.org](mailto:virginia.newell@bhs.org) (Western Mass)

#### **Updated Pain Management Pocket Tool Available Now**

The second revision of MassPI's Pain Management Pocket Tool was completed in June 2005 and is available. This tool is an excellent resource for all professionals who are working in pain management. It 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, with a minimum order of 25. After purchasing 100, the cost per tool decreases significantly. To view the PDF of the tool and for information about pricing and ordering, visit <http://www.masspaininitiative.org/pros.htm>.

### **MassHealth Issues**

Please email Amy ([amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org)) with any of your professional or personal concerns about MassHealth prior authorization requirements for pain medications for Medicaid patients. MassPI will continue to gather information from membership in order to analyze how to focus our efforts.

### **New Reports, Policies, Guidelines, Commissions, etc.**

#### **Commission on Drug Abuse Holds Public Hearing – Need More Balanced Testimony**

In an effort to tackle the problem of the abuse of both prescription and illicit drugs the Massachusetts legislature established a commission to explore these issues, including prescribing, dispensing, treatment and education. The commission is to submit a report to the legislature by Fall 2005 with a list of recommendations. MassPI was successful in lobbying to have Dr. Robert Jamison, a healthcare practitioner with a pain management background, appointed to the commission. The first public hearing took place on March 28 at North Shore Community College in Lynn, the second was on May 23 at Framingham State College and the third was on June 27 at the Bridgewater State College campus. Both MassPI and the Hospice Federation encouraged members to testify at each of these hearings to provide more balance to this issue. The final hearing is to be held at the State House in Boston sometime in September, date TBD. Contact Amy Goldstein at 508-270-4653 for more information or if you would be interested in testifying in Boston.

#### **Partners for Understanding Pain Plans Capitol Hill Visit**

The Partners for Understanding Pain, a coalition of more than 75 organizations with an interest in pain issues, needs pain management advocates to join them during visits to Congressional officials in Washington DC on September 14th to ask Congress to support the National Pain Care Policy Act of 2005 (HB 1020). An excellent guide to help you prepare for a visit with your federal representatives is available on the American Chronic Pain Association's website, <http://www.theacpa.org/>

#### **Fibromyalgia Guideline and Cancer Pain Patient Guide Now Available**

The American Pain Society announces two new publications; "Guidelines for the Management of Fibromyalgia Syndrome Pain in Adults and Children", a peer-reviewed and evidence-based guideline that reflects the significant changes that have occurred in our understanding of the causes of pain and how to assess and manage it to reduce the suffering of people with FMS; and a "Guide for Adults with Cancer Pain," an easy to read guide that uses non-clinical language for patients. This guide provides facts about cancer pain treatment, how to manage cancer pain, information about pain assessment, types of pain, medications, and additional treatments for pain. For more information on these publications visit [http://www.association-office.com/aps/etools/products/tnt\\_products.cfm](http://www.association-office.com/aps/etools/products/tnt_products.cfm)

#### **Congressional Committee to Look at Pain**

Keep an eye out for a Congressional hearing on pain sometime in September. Congressman Nathan Deal (R-Georgia), chairman of the Health Subcommittee for Energy and Commerce, plans for his committee to hear the opinions of leading pain management experts, persons with pain, researchers, and others about the problem of unrelieved pain and what should be done about it. Check the American Pain Foundation's website at [www.painfoundation.org](http://www.painfoundation.org) for updates on the hearing.

#### **World Hospice and Palliative Care**

October 8, 2005 is a new unified day of action to celebrate and support hospice and palliative care around the world. On October 8 events and activities will take place worldwide and a collective global voice comprised of individuals and associations will raise awareness and understanding of the need and importance of hospice and palliative care. To find what you can do for World Hospice and Palliative Care day check out the website at: <http://www.worldday.org/>.

### **Power Over Pain (POP) Update**

Power Over Pain (POP), MassPI's grassroots public awareness program in Massachusetts, is growing stronger but still needs your help. 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 Amy Goldstein, MassPI Coordinator at [amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org) or 508-270-4653. Trainings for presenters last about 2 hours and are done around the state.

### **Next trainings for POP presenters:**

- **Mon 9/05 in Brockton, date and time TBD**
- **Wed, 9/14 at Hallmark Health (Medford) from 10-12**

We are looking for more presenters to become trained as we have a big agenda for the year. The goal of the Public Awareness Council is to do POP for the 353 Councils on Aging throughout the state! Also, the goal of the Professional Education Council is to do POP for the 38 nursing programs in MA.

### **Recent/Upcoming POP sessions:**

Mount St Vincent Nursing Home 7/18	Longmeadow COA 9/8/05	Chicopee COA 9/19/05
Brockton VNA 6/30/05	Springfield COA 9/05	Sheborne Falls 9/05
Palmer COA 7/20	Greenfield COA 9/15/05	Ware COA 9/05

### **Grants, Fellowships and Awards**

#### **Anne Marie Kelly awarded Pain Champion by American Alliance of Cancer Pain Initiatives**

At the American Alliance of Cancer Pain Initiatives' Annual Conference in June 2005 in St. Louis, MO, Anne Marie Kelly, BSN, RN,BC, CHPN was awarded the **Pain Initiative Champion Award**. This new award recognizes individuals who have made outstanding contributions to the growth, development and accomplishments of a State Pain Initiative. Under Ms. Kelly's leadership as MassPI's Professional Education Chair, accomplishments include two versions of the Pain Management Pocket Tool, an institutional change program for 22 facilities in MA, numerous POP presentations, and strategic planning for the future. Additionally, Ms. Kelly helped develop a successful Pain Resource Fair with the Diocesan Health Facilities, for Pain Awareness Month in September. This fair provided pain education to over 200 people in their regional community and received local TV media coverage.

#### **Carol Curtiss Announced New AACPI Advisory Council Member**

The American Alliance of Cancer Pain Initiatives (AACPI) welcomes three new members to its Advisory Council: Carol Curtiss, RN, MSN (Massachusetts Pain Initiative); Dionnetta Hudzinski, RN, MN, CRNH (Washington/Alaska Pain Initiative); Shirley Otis-Green, MSW, LCSW, ACSW, OSW-C (Southern California Cancer Pain Initiative). In addition, Patrick Coyne, RN, MSN, CS (Virginia Cancer Pain Initiative) will assume the position of Chair of the Advisory Council, and Robert Twillman, PhD as the Immediate Past Chair (Kansas Pain Initiative).

#### **AACPI Awards Grants to State Pain Initiatives, including MassPI**

The AACPI National Office is pleased to announce that eleven State Pain Initiatives have been awarded grants to support projects and activities. Grants in amounts up to \$10,000 were awarded for activities pertaining to professional education, patient and family education, organizational development, public awareness, and advocacy. MassPI was awarded \$5,000 to help with professional education, including development of pain management pocket tools.

## **New England News**

### **News from the New Hampshire Pain Relief Project**

New Hampshire will be holding a Strategic Planning Meeting and working session on August 19, 2005 in Concord New Hampshire, bringing together pain management professionals from around the state. Mary Bennett of the American Alliance of Cancer Pain Initiatives will facilitate the meeting.

### **Connecticut Medical Board Adopts Positive Pain Policy**

Kudos to the Connecticut Cancer Pain Initiative and the American Cancer Society-NE Division for their hard work in successfully advocating for the adoption of a state Medical Board policy that promotes pain management. The new policy is based on the Federation of State Medical Boards' "Model Policy for the Use of Controlled Substances for the Treatment of Pain." To view the statement, visit the CT MEB website at:

[http://www.dph.state.ct.us/Public\\_Health\\_Hearing\\_Office/hearing\\_office/Medical\\_Board/CMEB.HTM](http://www.dph.state.ct.us/Public_Health_Hearing_Office/hearing_office/Medical_Board/CMEB.HTM)

### **MassPI Working Council Updates**

#### **Public Awareness Council, Chair Hannah Lyons, RN, MSN, AOCN**

The Council continues to focus their Power Over Pain activity in the elderly population. Fifteen POP's have occurred at Councils on Aging (COA) and six more are scheduled in September. On September 22, MassPI members will conduct a workshop at the Council on Aging's Fall Conference in Sturbridge. The title will be "Promoting Power Over Pain" and nearly 700 participants are expected to attend this three-day conference. Information and brochures will be shared with all participants so senior centers can apply for free pain education through the POP program.

#### **Professional Education Council, Chair Anne Marie Kelly, BSN, RN,BC, CHPN**

The Professional Education Council is focused on expanding outreach of Power Over Pain for healthcare professionals. In June, the second revision of the pocket tool was completed and is now available (see page 1). This fall, the council will reconnect with the 38 Nursing Programs in Massachusetts to offer free education to faculty and students. To date, POP presentation was given to one nursing program in Taunton, MA and it was extremely well received. Professional Education Council members continue to meet by phone and email to stay on track, and will schedule a POP training in September so all council members are trained presenters.

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

MassPI continues communication with legislators and membership about the proposed ban on Oxycontin. To date, MassPI members (clinicians and patients) have met with or contacted 13 of the members of the State Committee on Substance Abuse and Mental Health – the list includes Sen. Tolman, Sen. Antonioni, Sen. Berry, Sen. Wilkerson, Sen. Hart, Sen. Tisei, Rep. Balsler, Rep. Malia, Rep. Story, Rep. Sullivan, Rep. Walsh, Rep. Donelan, Rep. Wallace. For more information about this issue, see the recent Legislative update under "Legislative Issues and Access to Care Council" at <http://www.masspaininitiative.org/councils.htm>. On June 2, six MassPI members, representing RN, MD, SW, Pharmacy, Dentistry and Government Relations, met with the Managers of the Boards of Registration in Pharmacy, Nursing and Dentistry. It was a positive introductory meeting and MassPI has since provided more information to the Managers, as requested by them. The goal is to schedule a subsequent meeting in the fall to continue the discussion around pain management.

#### **MassPI Website, 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](mailto:tquinn1@partners.org).

### **Resources, Continuing Education, and Training**

#### **American Chronic Pain Association (ACPA) Developing Support Groups for Chronic Pain**

The ACPA is trying to expand support groups for people with chronic pain who live in New England. Cindy Steinberg, New England Director for ACPA, has been facilitating a support group (that meets in

Arlington) for the past five and a half years. As a chronic pain patient, Ms. Steinberg is looking for other people with pain to help facilitate support groups in their areas. Both MassPI and ACPA will be able to provide expertise for the expansion of these chronic pain groups in Massachusetts. If you would like to discuss further, please contact Cindy Steinberg at 781-652-0146.

### **Registration Opens For Palliative Care Training**

The nation's six Palliative Care Leadership Centers (PCLCs) are now accepting registrations for 2005. Sponsored by the Robert Wood Johnson Foundation and the Center to Advance Palliative Care, the PCLCs provide on-site training and mentoring to hospitals attempting to start or grow palliative care programs. Healthcare institutions can bring a team to any of the Centers and receive intensive training and a full year of follow-up mentoring in how to design and launch a successful program. Teams develop a business plan, program structure, and cohesiveness, plus educational resources from the Center to Advance Palliative Care (CAPC), audio conferences with mentoring from top palliative care experts, and a comprehensive Guide to Building a Hospital-Based Palliative Care Program. Participants can choose from any of the six Palliative Care Leadership Centers. Teams must register for the Palliative Care Leadership Centers by visiting [www.capc.org/pclc](http://www.capc.org/pclc) or by calling 212-201-2683.

### **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: [www.medscape.com/clinicalupdate/chronicpain](http://www.medscape.com/clinicalupdate/chronicpain). First time visitors: register free at [www.medscape.com](http://www.medscape.com).

### **Certificate of Advanced Study in Pain Topics**

The Tufts University School of Medicine Master of Science in Pain Research, Education and Policy has introduced a new Certificate of Advanced Study in Pain Topics. The goal of the program is to provide targeted postgraduate education for healthcare professionals in the evolving field of pain. Join Master's program students in a dynamic and richly rewarding educational experience that fosters intellectual development. Certificate program students choose a specialty and enroll in one of three tracks: Research, Education, or Policy. Students will complete a total of 20 credit hours of graduate-level courses to earn the Certificate of Advanced Study in Pain Topics.

**Summer, 2005 Course Offerings** · Patient-Provider Interaction · Principles of Biostatistics · Principles of Epidemiology

**Fall, 2005 Course Offerings** · Neuroanatomy, Neurochemistry & Pharmacology · Public Policy, Legislative and Forensic Issues · Ethical and Sociocultural Aspects of Pain · Professional Communications · Health Behavior & Health Communications · Principles of Biostatistics · Principles of Epidemiology

For more information, visit [www.tufts.edu/med/prep](http://www.tufts.edu/med/prep) or contact Jeanne Connolly-Horrigan at [jeanne.connolly@tufts.edu](mailto:jeanne.connolly@tufts.edu) or phone 617-636-3631.

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

### **Upcoming Events Calendar 2005**

#### **Fri & Sat, September 9 and 10, 2005**

EOL Workshop for Social Workers, a two-day workshop designed to advance the skills of social workers in palliative and end-of-life care, in New York City. The workshop is sponsored by the Department of Pain Medicine and Palliative Care at Beth Israel Medical Center in New York, and the Hospice and Palliative Care Association of New York State. To register for the workshop go to:

[http://www.stoppain.org/for\\_professionals/content/education/ProjectRegForm.pdf](http://www.stoppain.org/for_professionals/content/education/ProjectRegForm.pdf) For additional information, contact Terry Altilio, LMSW at 212-844-1467.

**Tuesday, September 13, 2005**

Pain Management Resource Fair Sponsored by Diocesan Health Facilities at White's of Westport, Westport, MA From 9am-2pm. Includes speakers, vendors (pharmacological & complimentary therapies) raffle, prizes, refreshments. Contact Anne Marie Kelly, 508-679-0011

**Tuesday, September 13, 2005**

Massachusetts Hospital Association Presents: End of Life Care – Whose Decision is it Anyway? The Conference Center at Waltham Woods, Waltham, MA, 8:30-3:30, Members \$199, non-members \$279, to register email [mchhav@mhalink.org](mailto:mchhav@mhalink.org), 781-272-8000 X177

**Tuesday, September 27, 2005**

A Panel Presentation Addressing Disparities in Pain Management: Are Pain and Suffering Equal Opportunity Maladies? Jointly sponsored by: Massachusetts Pain Initiative, Tufts University School of Medicine, Master of Science in Pain Research, Education and Policy, Massachusetts Medical Society. Contact Amy Goldstein, amy.Goldstein@cancer.org

**Friday, October 14, 2005**

Chronic pain support group meeting for Arlington Chapter of American Chronic Pain Association. Group meets second Friday of every month from 11-12:30 at the Arlington Robbins (main) Library, 700 Mass Ave, in ground floor Community Room. Contact Cindy Steinberg 781-652-0146.

**Tues & Wed, October 18-19, 2005 (this is a two day course)**

ELNEC Train the Trainer Program (End-of-Life Nursing Education Consortium) Sponsored by Diocesan Health Facilities & St. Anne's Hospital, 7:30am-4:30pm, at White's of Westport, Westport, MA, Contact Anne Marie Kelly, 508-679-0011

**Tuesday, October 25, 2005**

MassPI 8<sup>th</sup> General Meeting, "Using Integrative Pain Management as a Model for Self Care", Harvey Zarren, MD, Sturbridge Publick House, Sturbridge, MA, 8-11:30. Continuing education for MD, RN. To register contact Amy Goldstein at [amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org) or 508-270-4563.

**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