

MASSACHUSETTS PAIN INITIATIVE

MassPI Summer Bulletin 2006

Volume 8



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.

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SEPTEMBER IS PAIN AWARENESS MONTH!

If you haven't started, it's time to begin planning activities for September to promote optimal pain management. Some ideas for the month include:

- *Pain speakers for professional education*
- *Pain Fairs to include various ways of treating pain*
- *Write an op-ed article about your experience with pain*
- *Buttons, pens, other "give aways" to promote pain management*
- *Grand rounds*

Questions? Contact Amy at amy.goldstein@cancer.org or 508-270-4653

SAVE THE DATE!

MassPI Fall Meeting, time & date to be determined ASAP and will be emailed to you

American Alliance of Cancer Pain Initiatives 19th Annual Meeting to be held June 21-23 at the Radisson Hotel, Boston. Keynote: Ira Byock, MD. Questions? Contact Amy Goldstein, amy.goldstein@cancer.org, 508-270-4653

News & Important Highlights

Top Cancer Groups Fund Study of State Pain Policies

The American Cancer Society is joining with the Susan G. Komen Breast Cancer Foundation and the Lance Armstrong Foundation in unprecedented public policy collaboration to promote better pain control. The three groups announced June 14 that they are jointly funding a nationwide project to evaluate pain management policies in the states. The funding will be applied as a three-year grant to the Pain & Policy Studies Group (PPSG) at the University of Wisconsin Comprehensive Cancer Center to examine policies that govern pain management practices for cancer patients in all 50 states and the District of Columbia. PPSG will issue three report cards during the life of the grant that grade states on their pain policies. The first report card will be issued in September. PPSG is headed by David E. Joranson, MSSW, and Aaron M. Gilson, PhD, internationally known experts on pain control policy who implemented a first-of-its-kind study in 2003 comparing pain policies throughout the country. The results of that study, reported in *Achieving Balance in State Pain Policy: A Progress Report Card*, revealed positive trends in many states, but also showed that much more progress can be made. A total of 38 states received a grade of C or worse, demonstrating inadequacies in their pain management policies. Many states reacted to the 2003 report by amending their policies to be more balanced. The grant announced this week is intended to identify where progress is needed to encourage positive momentum for pain relief and palliative care.

John R. Seffrin, PhD, the Society's chief executive officer, said the following about the grant: "The American Cancer Society has long advocated for stronger policies affecting cancer pain control in states across the country. We view this joint project as an important step toward enhancing the quality of life for cancer patients, survivors and their families."

Congressional Briefing Draws Attention to Pain Epidemic

On June 13th, members of Congress and their staff turned out to learn more about the problem of inadequately treated pain. The briefing featured the perspectives of nationally renowned pain management experts Howard Heit MD, and Rollin Gallagher MD, as well as the testimony of Mary Vargas who spoke about the personal impact of pain on her life. The briefing offered an opportunity to encourage members of Congress to support the National Pain Care Policy Act (HR 1020), which calls for greater national investment in pain research, treatment and awareness. Read a summary of the briefing on the American Pain Foundation's website at <http://www.painfoundation.org>

Celebration on the Hill Sending Six MassPI Members to Washington, DC

Celebration on the Hill 2006 is an American Cancer Society Cancer Action Network event celebrating cancer survivorship and empowering survivors and others to advocate for laws that will help fight the disease. On September 19-20, 2006, nearly 4,000 American Cancer Society "Celebration Ambassadors" will gather in Washington, DC for Celebration on the Hill 2006—a unique event that will show our country's lawmakers how the American Cancer Society is waging the fight against cancer in communities nationwide. The MassPI members participating as Ambassadors for Celebration on the Hill are: Kristin Barnum, Roberta Bernstein, Peggy Flood, Ann Marie Harootunian, Nancy Kowal, and Bryna Kaufman. Congratulations to all of them and we look forward to hearing reports upon their return!

American Cancer Society names first Chief of Diversity

The American Cancer Society has named its first-ever chief diversity officer, Aurelia "Ree" Stanley, formerly national vice president of human resources for the Society. Ms. Stanley will be responsible for helping the charity recruit and retain a diverse professional staff, as well as recruiting and training a more diverse group of volunteers. John R. Seffrin, CEO of the American Cancer Society, said becoming a more diverse organization has been a growing priority for the organization, and is one of five categories on which the Board of Directors evaluates his job performance. Becoming more diverse will aid the Society both in understanding why some minority or ethnic groups have higher incidences of pain, or higher death rates from, certain types of cancer, and in getting critical information out to these groups.

Prescription Monitoring Updates

MassPI Invited to Participate in Task Force on Clinical Use of Prescription Data

MassPI Coordinator, Amy Goldstein, was invited to attend an inaugural meeting of the Prescription Monitoring Program's Task Force on Clinical Use of Prescription Data (TCUP) on June 28 at Brandeis University. The Department of Public Health's Drug Control Program (DCP) has been undertaking a new federally funded initiative to enhance the Massachusetts Prescription Monitoring Program (PMP). As part of this initiative, DCP has proposed amendments to regulations at 105 CMR 700.000: Implementation of M.G.L. c. 94C, which would, along with companion regulations of the Board of Registration in Pharmacy, improve data quality, increase data utility and utilization, reduce the opportunities for drug diversion and increase prevention of and facilitate interventions in drug addiction and abuse. An important part of the project and proposed amendments would authorize the Department to provide practitioners with certain PMP data for use in clinical assessments of patients who are at risk for or involved in prescription drug abuse and diversion.

Study Done on Effects of Prescription Monitoring Programs in Curbing Drug Abuse

Robert Twillman, PhD, head of the Kansas Pain Initiative, and program director of pain management at the University of Kansas Hospital, recently studied the effects of prescription monitoring programs (PMPs) on retail drug distribution patterns and measures of substance abuse. Twenty-two states currently have a system that tracks the prescribing of controlled substances. Dr. Twillman presented his findings at the annual meeting of the American Pain Society earlier this month. His evaluation indicates that 1) states with PMPs, compared to those without PMPs, report less prescribing of most C-II opioids, especially

morphine and oxycodone, while they report significantly greater prescribing of C-III opioids; and 2) states with PMPs do not report lower rates of abuse of prescription opioids, but in fact, actually report higher rates on one measure of such abuse. When dividing states according to the type of PMP, those with PMPs that monitor both C-II and C-III opioids do not differ significantly from states with no PMPs in prescribing of any opioid except hydrocodone (with PMP states prescribing 68% more hydrocodone than states without PMPs). The pattern of findings with respect to drug abuse holds for these states. States that monitor only C-II opioids report significantly less prescribing of morphine, oxycodone, and hydrocodone, compared to states that monitor both C-II and C-III opioids. This study suggests that PMPs are not effective in reducing drug abuse (and by extension, probably not effective in reducing drug diversion), and depending on the schedules monitored by the PMP, may result in "downscheduling" of medications prescribed to patients and in a sharp increase in prescribing of hydrocodone (which is the most commonly abused prescription opioid). You can view Dr. Twillman's presentation on the AACPI website at <http://aacpi.wisc.edu/policy.htm>

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 Amy Goldstein, MassPI Coordinator at amy.Goldstein@cancer.org or 508-270-4653. Trainings for presenters last about 1.5 hours and are done around the state.

MassPI Receives 10K Grant To Enhance POP this Fall

Thanks to the American Alliance of Cancer Pain Initiatives (AACPI) and the American Pain Foundation (APF) for this important grant. MassPI will begin with a focus group to analyze and modify our current POP in order to reach more people in the Commonwealth. The goal is to develop a two-fold DVD training tool for new presenters to be trained and to use for doing presentations.

Recent/Upcoming POP sessions:

MassPro	Hingham Dept of Elder Services
Emerson Manor Senior Center	William B Rice Eventide Home
Holyoke Jewish Senior Center	MA College of Pharmacy – multidisciplinary providers

MassPI Working Council Updates

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

The Council continues to focus their Power Over Pain activities in the elderly population. Thirty-five POP's have occurred at Councils on Aging (COA) over the past eighteen months. During the Spring, MassPI conducted four trainings for new POP presenters in Greenfield (two), Worcester and Framingham. Seven new presenters were trained, totaling more than 65 presenters.

Professional Education Council, Chair Anne Marie Kelly, BSN, RN C

The Professional Education Council is focused on expanding outreach of Power Over Pain for healthcare professionals. During the Spring, MassPI conducted four trainings for new POP presenters in Greenfield (two), Worcester and Framingham. Seven new presenters were trained, totaling more than 65 presenters. Professional Education Council members continue to meet by phone and email to strategically plan for future educational opportunities. Currently, the emphasis is on education for long term care professionals. To date, more than 8000 pocket tools have been distributed statewide and nationally. In October, Anne Marie's term ends and Cheryl Pacella, MSN, RN, CS will take her place as Chair of this Council.

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

MassPI continues communication with legislators and membership in response to issues surrounding opioids for pain management. MassPI's April meeting about access and policy issues with pain management was a success! Over 80 people attended the meeting in Natick. The council continues to explore any barriers that might impede pain management and strategize responses to these issues.

MassPI Member Highlights

Cheryl Pacella is Performance Improvement Advisor at MassPro

Cheryl Pacella MSN, RN, CS has accepted a new position at Masspro. Masspro is one of the leading performance improvement organizations in the United States, dedicated to advancing healthcare quality. Masspro transforms healthcare through developing and disseminating innovative solutions across all sectors of the healthcare delivery system.

Paul Arnstein is Mayday Pain Fellow and New Director of MGH Cares About Pain Relief Program

Paul Arnstein, PhD, APRN-BC is one of six people chosen (announced July 14, 2006) to be a Fellow under the Mayday Pain & Society Fellowship. Established in 2003, the Fellowship provides leaders in the pain management field with tools and skills to advocate on behalf of better treatment for pain. Fellows learn how to better communicate to media and policymakers and raise visibility for their issues. To date, the program has supported 12 Fellows. The Mayday Fund will fund the Fellowship through 2009, allowing for two more generations of Fellows. Furthermore, Paul has accepted the position vacated by Thomas Quinn, RN, MSN at Massachusetts General Hospital as Director of the "MGH Cares about Pain Relief" program. He has made a decision to transition from his academic position to a full-time clinical position so "I can focus 100% of my time to promoting optimal pain control". Paul continues, "this is a Clinical Nurse Specialist position that will permit me the latitude to serve as a clinician, educator, researcher and consultant for a variety of patient types and pain-related issues". The transition will take place over the next year as he will be part-time in this new role while completing his final year at Boston College.

Amy Goldstein is Manager of New England Pain Initiatives for the American Cancer Society

Amy Goldstein, MSW, the coordinator for MassPI since October 2002 has accepted a position to become the Manager for New England Pain Initiatives for the American Cancer Society. This position oversees pain activity in six states - Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, and Connecticut. Patricia Trotta, RN, MSN who was previously in this role has accepted a joint position with the American Cancer Society and the Department of Public Health to oversee Comprehensive Cancer Control planning for CT. Amy will continue to support the activities of MassPI in addition to her new job responsibilities.

Have you changed jobs? Let us know by emailing amy.goldstein@cancer.org

Resources, Continuing Education, and Training **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/>.

Fall 2006 courses: Neuroanatomy, Neurochemistry & Pharmacology of Pain; Ethical and Sociocultural Aspects of Pain; Public Policy, Legislative and Forensic Issues in Pain; Pharmacoeconomics; Palliative Care and End of Life issues

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!

American Pain Foundation is an Amazon Affiliate

Now you can buy any books, CDs, DVDs or other items through Amazon.com and support the American Pain Foundation. You can consider shopping for a pain book or other item and support APF in bringing hope and power over pain. Each purchase helps APF to eliminate the undertreatment of pain in America. <http://www.painfoundation.org/page.asp?file=Donate/amazon.htm>

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

Upcoming Events Calendar 2006-07

July 19, 2006

Pain Management Certification Prep Course, Community VNA, Attleboro 9-4, for more info go to <http://www.thinkhomecare.org/calendar.cfm>

September 7-10, 2006

American Academy of Pain Management, Orlando, FL

September 14, 2006

Western MA Regional Meeting, 2-4pm, Cooley Dickinson Hospital, Northampton. More details to follow. Contact Ginger Newell-Stokes at virginia.newell@bhs.org

September 19, 2006

MA Compassionate Care Coalition Networking Event, contact Arlene Lowney alowney@comcast.net, <http://www.massccc.org/>

September 27, 2006

Pain Awareness Day Conference, sponsored by St. Anne's Hospital and Diocesan Health Facilities. Focus will be on Advocacy, Access, and Quality, 8am to 4pm, Rachel's Lakeside, 950 State Road, Dartmouth, MA. Contact hours offered for nurses, physicians, social workers, chaplains, and nursing home administrators. Contact Anne Marie Kelly, annek130@aol.com or 508-679-0011.

September 29, 2006

No Pain Left Behind, 12th Annual Maine Pain Initiative Symposium, Holiday Inn by the Bay, Portland, ME

October 18, 2006

NHHPCO 11th Annual Fall Conference, Radisson Hotel, Manchester, NH
<http://www.nhhpc.org/conference.htm>

November 1-2, 2006

Hospice & Palliative Care Federation of MA Annual Educational Conference, two-days, two plenaries, 51 workshops, exhibit hall and book fair, Holiday Inn, Boxborough. For more information, call 781-255-7077

November 2-4, 2006

Building Palliative Care Programs In Hospitals: Tools and Strategies for Success, Center to Advance Palliative Care, Chicago, IL <http://www.capc.org>

June 21-23, 2007

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

MassPI Steering Council Members:

Don Freeman

Hallie Greenberg, MS-PREP, RN

Lewis Hays, MD

Jeanne Connolly-Horrigan, MS

Jennifer Cruickshank

Edna Smith, RN, MEd

Mary Whalen, RN, BA, MSN

Paul Ross Ed.D, M.Ed., S.B.Ed

Jane Gannon, BS, MS

Kathy Keough, MS

Gayle Peterson, RN

Amy Goldstein, MSW

Carol Curtiss, RN, MSN, Consulting Chair