

# MASSACHUSETTS PAIN INITIATIVE

## MassPI Winter Bulletin 2004-05 Volume 4



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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### **MassPI’s 6<sup>th</sup> General Meeting on Wed, Jan. 19, 2005**

“Case Studies Presentation in Managing Persistent Pain”, Dr. James Otis, MD, Boston Medical Center Director of the Pain Management Group, Associate Professor of Neurology at Boston University School of Medicine, Publick House Historic Inn, Sturbridge, MA, 8-11:45am

### Important Highlights

#### **MassPI Pain Management Pocket Tools for Professionals Still Available**

This is an excellent tool for all professionals who are working with pain management. 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 25 tools for your facility, at no charge. For more than 25, cost per tool will range from 50 to 75 cents, depending on number requested. To order tools, please contact [amy.goldstein@cancer.org](mailto:amy.goldstein@cancer.org) or call 508-270-4653.

#### **MassPI had Strategic Planning Meeting in November 2004**

Steering Council members, chair people, and a few others members, totaling 18, had an extremely productive meeting on November 8, with facilitator Mary Bennett, MS, Outreach Director for American Alliance for Cancer Pain Initiatives. MassPI’s strategic plan is now updated for 2005-2007 and will be available to share with membership at our next general meeting in January. If you are interested in learning more about this process, please contact [amy.goldstein@cancer.org](mailto:amy.goldstein@cancer.org) or call 508-270-4653

#### **MA Board of Registration in Medicine Adopts Model Policy for Pain**

MassPI was on the Board of Registration of Medicine’s agenda on December 15, 2004 and they unanimously adopted the Federation of State Medical Board’s “Model Policy for the Use of Controlled Substances for the Treatment of Pain”.

#### **Improved Pain Management in Long-Term Care**

In Massachusetts, the percentage of long-term residents in nursing homes with pain has decreased from 9% to 5%, or a 4% drop from 2002 to 2004. This is a larger decrease than the national percentage, which dropped by 2% in the same time period. The percentage of short-term Massachusetts residents has decreased from 25% to 20%, while nationally the decrease has been 3%. By contrast, the percentage of long-term residents has remained steady over the same time period both nationally and in Massachusetts. The efforts of MassPI and their partners has contributed to this decline. Increased awareness and education has created an environment where patients are more informed and therefore less tolerant of being in pain. Likewise, health care workers have more knowledge to assist in better managing the discomfort of their patients.

## **MassHealth Issues**

Please email Amy ([amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org)) with any of your professional or personal concerns regarding 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, where and if appropriate.

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

### **DEA Responds To Withdrawal of Document on Pain Meds**

In early October the Drug Enforcement Administration (DEA) withdrew a document titled, "Prescription Pain Medications: Frequently Asked Questions and Answers for Health Care Professionals and Law Enforcement Personnel." The document was a collaborative effort by representatives of the DEA and experts in the pain field. In response to its withdrawal, the DEA has issued an Interim Policy Statement (IPS) in the "Federal Register" (Vol. 69, No. 220). The DEA describes "misstatements" in the document and explains how the agency plans to address them and the issue of dispensing controlled substances for the treatment of pain in a future Federal Register. You can read the DEA's statement at:

<http://a257.g.akamaitech.net/7/257/2422/06jun20041800/edocket.access.gpo.gov/2004/pdf/04-25469.pdf>.

A related disturbing development that affects access to opioids and causes hardship for many patients in pain is the apparent withdrawal of a previous DEA position on writing prescriptions to be filled on a future date. The DEA had previously ruled that, as long as a prescription is signed and dated on the day it is written, a further instruction such as "Do not fill until \_\_\_\_\_" (future date) is considered legal. DEA has now ruled that writing a prescription to be filled on a future date is tantamount to authorizing refills, which is a violation of Federal law.

### **Neuropathic Pain Network Launches Website**

The Neuropathic Pain Network, a global coalition of organizations that provides support for people with neuropathic (nerve) pain, recently unveiled a website that includes information about the NPN and background on neuropathic pain for people with the condition. The site is available in English, French, German and Spanish, and can be found at: [www.NeuropathicPainNetwork.org](http://www.NeuropathicPainNetwork.org)

### **JAMA Reviews Fibromyalgia Syndrome**

A clinical review of Fibromyalgia Syndrome (FMS) is available in the November 17th issue of the Journal of American Medical Association (JAMA). Approximately 500 peer-reviewed articles on FMS therapy have been published during the past 25 years. JAMA summarizes the findings of a report commissioned by the American Pain Society (APS) to provide evidence-based guidelines for optimal treatment of FMS. To read more visit the JAMA website or click on the following link.

<http://jama.ama-assn.org/cgi/reprint/292/19/2388.pdf>

### **Pain Management and the Internet**

The Internet is providing unprecedented opportunities for pain and palliative care professionals to access information and enhance communication with colleagues and patients. To what extent is the Internet influencing clinical practice, education and research? This question is explored in the current issue of Cancer Pain Release, the publication of the World Health Organization Pain and Palliative Care Communications Program. The issue features an interview with Dr. Alejandro Jadad, Director of the Center for Global eHealth Innovation at the University of Toronto and an expert on the use of information technologies to transform healthcare. To read this issue online, visit:

[http://www.WHOcancerpain.wisc.edu/eng/17\\_3/17\\_3.html](http://www.WHOcancerpain.wisc.edu/eng/17_3/17_3.html)

### **Intercultural Cancer Council**

Pain Fact Sheet for African Americans and Hispanics. There are also links to other fact sheets that may be of interest. <http://iccnetwork.org/cancerfacts/cfs7.htm>

### **Power Over Pain project (POP) - Results from 2004**

MassPI has been implementing the Power Over Pain (POP) pilot, a grassroots public awareness project in Massachusetts. The goal of this program is to educate as many Massachusetts' residents as possible about how to advocate for good pain management.

In 2004, MassPI has **trained 27 presenters**, including four bilingual presenters.

MassPI has **educated over 200 people in MA** with the POP presentation

MassPI has **educated over 150 healthcare professionals** with the POP presentation

MassPI has **professionally trained 15 spokespeople** to respond to media concerns around issues of pain management

You can learn more about POP by visiting <http://www.masspaininitiative.org/power.htm>. If you would like to become trained or want more information about Power Over Pain, please contact Amy Goldstein, MassPI Coordinator at [amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org) or 508-270-4653. Each training will be about 2 hours and will be located around the state.

More POP sessions are already scheduled in 2005, including:

Dimock Community Health Center in Roxbury for Black History Month in February and a Spanish POP at Latino Center in Chelsea

### **Grants and Awards**

#### **Pain Relief Program receives grant to improve state pain policies**

NE Division has been awarded a \$30,000 grant to support and expand the pain policy advocacy work already being undertaken by the pain coordinators in collaboration with Government Relations and Advocacy staff and Pain Initiative volunteers in each of the six states. Activities will target the state legislative and regulatory policies that deter physicians from prescribing medications or prevent patients' full access to pain treatment.

### **MassPI Working Council Updates**

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

At the end of 2004, Hannah Lyons, RN, MSN, AOCN was appointed as the new Chair of the Public Awareness Council. Hannah is the Oncology Clinical Nurse Specialist and Co-chair of the Pain Initiative at MetroWest Medical Center in Framingham, Massachusetts. The MassPI is deeply appreciative of the leadership of Roberta Bernstein and Ann Marie Harootunian, who are Steering Council members but additionally stepped forward to Co-chair the Public Awareness Council for the past year. Their hard work and commitment have set a solid foundation for the activities ahead. In addition to Power Over Pain, recent Council activity has focused on strategic planning for 2005-2007. Strategies that have been identified by the Council in meeting their goal of providing public education and increasing awareness about pain and its management include: Maximizing the potential of Power Over Pain, Partnering with specific community organizations to promote public education related to pain, and Increasing public outreach by identifying new media outlets.

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

The Professional Education Council is undertaking the task of educating and informing health care professionals about effective pain management. During strategic planning in November 2004, this council identified goals for the future. These include: Informing/educating health care professionals about effective pain management strategies for persons with pain, Developing partnerships with professional groups, and Continuing to utilize Power Over Pain (POP) as basic educational tool This council will be organizing the second revision of the Pain Management Pocket Tool and reaching out for ways to disseminate the information widely. Professional Education Council is revitalizing its core members for a Jan 2005-Jan 2007 commitment in order to better achieve its strategic goals.

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

After months and months of patience, MassPI was on the Board of Registration of Medicine's agenda on December 15, 2004 and they unanimously adopted the Federation of State Medical Board's "Model Policy for the Use of Controlled Substances for the Treatment of Pain". MassPI is now on the agenda for the Board of Registration in Pharmacy for Feb. 15, 2005 and for the Board of Registration in Dentistry for Feb. 16, 2005. Additionally, we are discussing with the Executive Director of the Board of Nursing how to work together around pain management. Strategic goals identified for this council during November 2004 meeting include: Identifying legislative barriers to effective pain management in Massachusetts, CME/Mandatory Pain Management Education for physicians, Initiating outreach and education on Beacon Hill, Addressing issues with MassHealth that affect access to medications for pain.

### **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**

#### **AACPI Patient Education Booklet: "Cancer Pain Can Be Relieved"**

The second edition preserves the popular question and answer format of the first edition, published in 1987. <http://wiscinfo.doit.wisc.edu/trc>; for multiple copies (608)262-0978

#### **Complementary and Alternative Medicine**

<http://www.WholeHealthMD.com> is dedicated to providing the best in complementary and alternative medicine and is developed by a team of leading board-certified physicians and specialists.

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

#### **For a list of other resources and links, please visit**

<http://www.masspaininitiative.org/links.htm>

### **Upcoming Events Calendar 2005**

#### **January 14, 2005**

The National Center for Death Education, Mount Ida College, presents, Intervening in Meaning: Clinical Strategies for Grief Therapists, Robert A. Neimeyer, Ph.D., 9:00-4:00. For more details and registration information please see the attached flyer, or visit our website, [www.mountida.edu/ncde](http://www.mountida.edu/ncde)

#### **January 19, 2005**

MassPI 6<sup>th</sup> General Meeting, "Case Studies Presentation in Managing Persistent Pain", Dr. James Otis, MD, Boston Medical Center, Director of the Pain Management Group, Associate Professor of Neurology at Boston University School of Medicine, Publick House Historic Inn, Sturbridge, MA, 8-11:45am, contact [amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org) for registration form

#### **January 19, 2005**

Cognitive and Late Effects Related to Childhood Cancer, 1:00-2:00PM Eastern Time, A FREE Telephone Education Workshop for parents of children with cancer, their families, friends and health professionals.

This workshop will address an evaluation of the physical, psychological and social development of children with cancer, overcoming the school, social and cognitive obstacles, and supportive services such as rehabilitation and counseling. Featured speaker is Daniel Armstrong, PhD. 1.800.813.HOPE (1.800.813.4673) <http://www.cancercare.org> or [teled@cancercare.org](mailto:teled@cancercare.org).

**February 16, 2005**

Facing Frailty: A Framework for Elder Care, Muriel Gillick, MD, Assoc Professor, Dept of Ambulatory Care & Prevention Harvard Medical School, 7pm, Rehm Library, Smith Hall, College of the Holy Cross, Worcester, sponsored by the Consortium Gerontology Studies Program, 508-754-6829 Ext 3017.

**March 15, 2005**

MA Compassionate Care Coalition's Annual Meeting/Networking Breakfast, 9-11:30am at the Mass Medical Society in Waltham. Dr. Daniel Federman, Harvard Medical School, will speak about "*The Resident as Teacher*" and his/her role in end-of-life care. 860 Winter St. Waltham. Contact Arlene Lowney at [alowney@comcast.net](mailto:alowney@comcast.net).

**March 30-April 2, 2005**

24th Annual Meeting of the American Pain Society, Boston, MA. <http://www.ampainsoc.org>.

**April 7-8, 2005**

Promoting Balance and Consistency in the Regulatory Oversight of Pain Care, Federation of State Medical Board workshop, [www.fsmb.org](http://www.fsmb.org)

**April 20, 2005**

Living with Grief: Ethical Dilemmas at the End of Life, 1:30-4:00PM Eastern Time. Brought to you by Hospice Foundation of America and moderated by Cokie Roberts, this teleconference will examine issues regarding the social perspectives of medical ethics and how various health care settings may influence ethical decisions in hospitals, nursing homes and hospices. For more information, please visit <http://www.hospicefoundation.org>.

**April 21-22, 2005**

The 6<sup>th</sup> Pain Relief Champions course will be offered at Massachusetts General Hospital. This annual course is intended for a multidisciplinary audience and has a multidisciplinary faculty. The goal of the course is to improve the care provided by participants to patients with pain, and also to inspire them to identify and address barriers to pain management in their own settings or patient care units. Approved continuing education units for nurses and physicians will be available. For additional information, contact Tom Quinn at 617-726-0746 or [tquinn1@partners.org](mailto:tquinn1@partners.org).

**May 4-5, 2005**

Pain seminar for pharmacists and other healthcare professionals. 9-3, May 4 – Waltham, May 5 – Springfield. Sponsored collaboratively by MA College of Pharmacy, MassPI, and MA Pharmacists Association. Contact my Goldstein at MassPI: (508) 652-4360 or [amy.Goldstein@cancer.org](mailto:amy.Goldstein@cancer.org).

**June 9-11, 2005**

16<sup>th</sup> Annual Meeting of the American Alliance of Cancer Pain Initiatives (AACPI), Exploring New Gateways to Pain Management, Adam's Mark Hotel, St. Louis, MO, Keynote Speaker: The Honorable W.A. Drew Edmondson, Attorney General of Oklahoma and a national leader in efforts to improve end-of-life care. <http://www.aacpi.wisc.edu>

**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