

MASSACHUSETTS PAIN INITIATIVE

MassPI Winter Bulletin 2006-07

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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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DON'T MISS - SAVE THE DATE IN 2007!

MassPI Spring Meeting, March 14, Topic: “Complementary Therapies: Integrating Selected Therapies Into Plans of Care”, Presenters: Mary Jane Ott, MN, MA, APRN,BC, RYT and Don Freeman, Sturbridge Publick House, 8-noon, cost is \$20

Alliance of State Pain Initiatives (ASPI) 18th 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

New American Cancer Society Pain Control Goal

In November 2006, the ACS National Board put a stamp of approval on the importance of conquering cancer pain by voting at the annual meeting to create a brand new 2015 nationwide pain control objective under the Quality of Life Leadership Role: "By 2015, all 50 states and the District of Columbia will have received a grade of B or higher and 10 states will have received a grade of A on the Pain Policy Progress Report Card." From a government relations perspective, ACS views pain control as low hanging fruit that is ready for enhanced, coordinated nationwide advocacy action to improve one key element of quality of life for cancer patients, survivors, and their loved ones.

New Report Evaluates States' Progress in Improving Pain Care

States are making steady progress in adopting effective policies that help people with pain to alleviate their suffering, according to the report, *Achieving Balance in State Pain Policy: A Progress Report Card*. This was released at the end of September by the Pain and Policy Studies Group and jointly funded by the American Cancer Society, the Lance Armstrong Foundation and the Susan G. Komen Breast Cancer Foundation. PPSG researchers evaluated whether state pain policies and regulations enhance or impede pain management. In the report, each state is assigned a grade from 'A' to 'F' that reflects the effectiveness of its pain policy. PPSG also evaluated policies in place in 2000 and 2003 to determine what changes have been made over time. Results show continued momentum for positive policy change over the six-year evaluation period. "We're seeing positive results because healthcare regulators have adopted policies encouraging pain management, palliative care and end-of-life care," said Aaron Gilson, PhD, associate director of US policy research of the PPSG. "Additionally, many state legislatures have repealed restrictive or ambiguous policy language that has prevented healthcare professionals from aggressively treating pain."

New Name Reflects 20 Years of Progress

The American Alliance of Cancer Pain Initiatives (AACPI) has changed its name to the Alliance of State Pain Initiatives (ASPI) to reflect the growth of the State Pain Initiative movement and the National Office in improving the management of cancer and other types of pain. The first state Cancer Pain Initiative was established in Wisconsin in 1986 to address the unmet pain management needs of persons with cancer pain. Since then, advocates for better pain care established similar organizations in many other states. State Cancer Pain Initiatives soon became widely recognized as an effective force in improving the management of cancer pain, and many expanded their educational, outreach and advocacy efforts to address the under treatment of other types of pain.

ACS, ASPI, others Ask DEA to Modify Proposed Rule on Multiple Scripts

In written comments to the Drug Enforcement Administration (DEA), the American Cancer Society, the Alliance of State Pain Initiatives and many other organizations jointly expressed concerns with a proposed rule by the DEA that allows clinicians to issue multiple prescriptions for Schedule II controlled substances on the same day with instructions to fill on later dates. Although the ASPI supports the practice of issuing multiple prescriptions, it is concerned with certain provisions in the proposed rule that could negatively impact patient care. Read the letter at <http://www.aspi.wisc.edu/position.htm>

Pain Highlighted in Major National Health Report

The Center for Disease Control's annual national health report looks at the problem of inadequately treated pain in the United States. Amy Bernstein, lead study author, says, "We chose to focus on pain in this report because it is rarely discussed as a condition in and of itself – it is mostly viewed as a byproduct of another condition. We also chose this topic because the associated costs of pain are posing a great burden on the health care system, and because there are great disparities among different population groups in terms of who suffer from pain." The report finds that the most commonly reported complaints were low back pain, severe headaches (including migraines), and joint pain and/or stiffness. The joint causing the most pain is the knee and knee replacement surgeries increased nearly 90% between 1992 and 2004 in the 65-and-over age group. Other pain statistics cited in the press release include:

- Twenty percent of adults 65-and-over say they had pain of at least 24 hours duration in the past month.
- Nearly 60% of older adults who had pain said it had lasted for a year or longer.
- More than 25% of adults had low back pain in the last three months.
- Fifteen percent of adults had migraines or other severe headaches in the last three months, and adults aged 18-44 were nearly three times as likely as adults over 64 to have severe headaches.
- The incidence of joint pain increases with age. Ten percent of women report "severely painful joints," compared to 7% of men.

For more information on the CDC's report, Health United States-2006, visit:

<http://www.cdc.gov/nchs/pressroom/06facts/hus06.htm>

Prescription Monitoring Updates

Twenty-eight States Have Adopted Laws Establishing Prescription Monitoring Programs

According to a recent review performed by the Pain & Policy Studies Group (PPSG), 28 states (including all New England states except NH) have adopted laws establishing Prescription Monitoring Programs (PMPs). The purpose of PMPs is to monitor the prescribing of certain controlled substances to detect illicit prescribing and dispensing and identify patients who are obtaining prescriptions from multiple sources. All 28 PMPs rely on electronic transmission of data from pharmacies. Evidence indicates a continuing increase in the number of states with PMPs or that are considering PMP. The PPSG encourages research to evaluate the impact of PMPs on both access to medications for patients needing controlled substances for legitimate medical purposes and the incidence of drug abuse and diversion. Through these efforts, an accurate assessment of the success of PMPs in achieving a balanced approach can be made.

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

Thanks to the Alliance of State Pain Initiatives (ASPI) 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.

Upcoming POP Presentations

Emerson Hospital
Acton Senior Center

MassPI Working Council Updates

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

In 2006 the Public Awareness Council continued their focus on providing Power Over Pain (POP) presentations to elders in the state. To date, over 35 POP presentations for the public have been provided at Councils on Aging and Senior Centers by our volunteer presenters. Over 1000 people have participated in these and other public POP programs. At present the Massachusetts Pain Initiative has trained 72 volunteer POP presenters, in 10 training sessions held throughout the Commonwealth. Several of the presenters are available to present the program in Spanish which will allow us to reach additional communities. The Council is hoping to expand their target audiences in 2007 to include other community organizations and groups. In addition, the Council is working to enhance its outreach efforts by revising the POP presentation, developing a Massachusetts Pain Initiative brochure targeting the public and updating the list of resources (pain specialists, clinics and support groups) in the state.

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

The Professional Education Council is focused on expanding outreach of Power Over Pain for healthcare professionals. 17 presentations to 360 professional staff took place this past year. The content of the program is currently under review and we expect to have a more current version of the material in 2007. We have begun outreach to the Schools of Nursing in the state of MA and will also look at Long-Term Care Facilities to further promote education about pain assessment and interventions. The Pocket Tools have been a big success. The most current version is from June 2005. 10,000 have now been distributed. The Professional Education Council is looking to develop a Speakers' Bureau to help organizations plan their own individual programs. We welcome new ideas!

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

The Legislative Issues and Access to Care Council met on October 24th after the general Mass PI fall meeting. Next meeting is by phone on January 16 from 12-1 (see below for more details). The following issues will be focused on over the next several months:

Letters to Mass. Gubernatorial Candidates – We sent letters to Deval Patrick and Kerry Healey based on comments made regarding Oxycontin abuse during the fall campaign. Our letter discussed the large numbers of Mass. residents who depend on prescription pain medication to live their lives. We urged them to pursue a balanced approach in which efforts to control pain meds do not occur at the cost of pain sufferers. We encouraged the future governor to call upon us for expertise regarding this issue.

Pain and Policy Studies Group (PPSG) Report Card – Massachusetts received a B in the 2006 report released this fall. We would like to improve our score. One avenue we are pursuing is examining the states' criteria that scored above us to see where we might improve.

New Mass. Health Care Reform Plan – We are reviewing portions as they become available to see if there are any issues regarding pain and palliative care treatment and medication coverage.

Definitions of “Pain Management” and “Palliative Care” in State Regulations – Do state regs define these terms and if so, what definitions do they use? If not, how can we get definitions we create accepted into state regs? We plan to research this issue.

Compensation for 30-day Prescription Refill Limit – Because of the CSA 30 day prescription limit on pain medications, pain sufferers don't receive discounts that others do. Could the ADA, equal protection or consumer protection law be used to argue that equivalent discounts should be offered to pain sufferers? We plan to research this issue.

Requirements for Pain and Palliative Care Continuing Medical Education Credits – the Mass. Medical Society told us that Pain Management CME's do satisfy risk management requirements. We need to publicize this with docs. We will explore whether there are enough pain management courses offered for CME and if not, how we can help to increase and publicize the offering.

Educating Lawmakers – We would like to be in a position to respond quickly to key Mass. lawmakers should the need arise on pain issues. Since lawmakers listen closest to their own constituents, we on the council decided to report back who our own lawmakers are and to collect the names of Mass PI members who might be willing to attend meetings, write letters or call their Mass. reps should the need arise. We also discussed the idea of proactively visiting/educating key Mass. lawmakers on pain issues after the new legislative session begins.

Next Meeting – We have scheduled a **conference call from noon – 1 on Tuesday January 16, 2007.** Cindy will e-mail everyone the toll free number to dial if you would like to participate in the call. 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.

In Memory of our MassPI Member

Memorial Service for Annabel Edwards

It is with great sadness that we report the death of Annabel Edwards, of the MGH Pain Center. Annabel died peacefully on November 18, 2006, with her family at her bedside, after a two-year battle to overcome multiple myeloma. She understood the seriousness of her diagnosis, but never lost hope that she would one day return to helping others cope with painful and life-threatening illness. She began her nursing training at the MGH Institute of Health Professions in 1984, and has been providing direct patient care at MGH ever since. In 1991 she joined the MGH Pain Center and made pain management the focus of her career. This year she was the President of the American Society of Pain Management Nurses - a role she was thrilled to have been elected to, and to have been able to fulfill. Annabel loved her patients and colleagues, and her quiet and wise counsel was greatly valued by many people at MGH. A memorial service was held in the MGH Chapel on Monday, December 18, from 11:15 am - 12:15 pm.

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

Resources, Continuing Education, and Training

New 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 2006-07

January 10, 2007

Methadone for Pain Management, American Society for Pain Management Nursing & Hospice & Palliative Nurses Association, Constance Dahlin, APRN, BC, PCM Sheraton Braintree Hotel Registration :30-6, Dinner, 6pm, Program 6:30-7:30. 1.2 contact hours, \$35 ASPMN /HPNA members \$25

February 8-9, 2007

Maintaining Compassionate Care...In Times of Uncertainty. Sponsors - MGH Institute of Health Professions, The Ethics Initiative. Contact Elizabeth Pipes 617-726-0968, www.mghihp.edu/directions

March 14, 2007

MassPI Spring General Meeting, "Complementary Therapies: Integrating Selected Therapies Into Plans of Care", Presenters: Mary Jane Ott, MN, MA, APRN,BC, RYT and Don Freeman, Sturbridge Publick House, 8-noon, cost is \$20

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.

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