

## THE MASSACHUSETTS PAIN INITIATIVE: HELPING TO SOLVE THE PROBLEM OF PAIN

### MASSPI MISSION STATEMENT

The Massachusetts Pain Initiative (MassPI) is a statewide, nonprofit, volunteer organization dedicated to ending needless suffering from persistent and acute pain and to improving the quality of life for all people affected by pain.

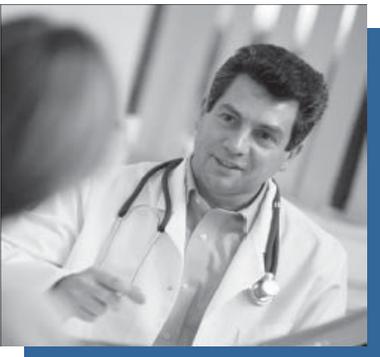
### WHO ARE WE?

MassPI is a group of healthcare professionals, including doctors, nurses, social workers, caregivers, and community members who are interested in helping people with pain.

MassPI works to...

- ◆ Share accurate pain management information.
- ◆ Educate doctors, nurses and other health care providers about state of the art pain management.
- ◆ Raise community awareness about pain.
- ◆ Influence government representatives to change laws to improve access to effective pain management.

MassPI is a member of the Alliance of State Pain Initiatives.



### WHY IS PAIN A PROBLEM?

Pain is the number one reason people seek medical care in the United States and under-treatment is a major public health problem. Today it is estimated that over 125 million Americans will suffer with pain that interferes with their daily activities. Some of those are among the 25 million who will experience acute pain from surgery or injury this year. However, more than 100 million Americans have chronic pain lasting months or years; 25 million of these people suffer from so much pain that they are unable to work or care for themselves fully. In Massachusetts, three out of five residents experience pain on a monthly basis.

Pain has become one of the most common and costly health problems facing our country. It is estimated that pain costs over \$100 billion every year in lost workdays, healthcare expenses, and other benefit costs.

### DO YOU OR SOMEONE YOU LOVE HAVE PAIN THAT INTERFERES WITH YOUR LIFE?

If your answer is yes, MassPI would like to help you. Some of the things we can do to help you include teaching you about:

- ◆ How pain affects your health and well-being
- ◆ What people in pain and their caregivers can expect from healthcare providers.
- ◆ Effective ways to talk about your pain with your doctor or healthcare provider.
- ◆ The ways that you can participate in your treatment plan.

### HELP ACHIEVE POWER OVER PAIN

MassPI increases public awareness about effective pain management through programs like "Power Over Pain" (POP), a free public education program. Mass PI offers POP presentations to community and non-profit organizations. POP is available to large or small groups such as churches, synagogues, civic and community groups, hospitals, health centers, businesses, and athletic clubs. MassPI presenters will travel to any Massachusetts location.



MassPI trains all POP presenters, many of whom have clinical experience with pain management. Other presenters are experienced educators or are pain patients themselves.

POP is a one-hour presentation but can be customized for your group. Presentations are available in English, Spanish or Portuguese.

To learn more about bringing a POP presentation to your community, please contact MassPI at [info@masspaininitiative.org](mailto:info@masspaininitiative.org) or by calling 1-508-270-4653.

## WORKING TOWARD A BETTER FUTURE

As medical advances open new possibilities for pain relief, increased awareness of the treatments that are already available can make an immediate difference in people's quality of life. MassPI is part of a nationwide network of organizations dedicated to pain relief. Working together, MassPI members, Massachusetts residents and others can help people living with pain to lead more comfortable and productive lives.

### INFORMATION FOR PROFESSIONALS

POP presentations are also available for healthcare professionals. The presentations address:

- ◆ The scope of the pain problem
- ◆ Comprehensive pain assessment
- ◆ An introduction to treatment for pain including the use of equianalgesic tables
- ◆ How to talk to patients about their pain

To learn more about bringing a POP presentation to your organization, please contact MassPI.

In addition, a **Pain Management Pocket Tool** for healthcare professionals is available from the Professional Education Council. This 6.75" X 3" laminated tri-fold card includes the most pertinent information about pain management, assessment, and treatment. View the Pain Management Pocket Tool at, <http://www.masspaininitiative.org/PainManagementPocketTool.pdf>. Small quantities are available free of charge and large quantities may be purchased by contacting the MassPI at [info@masspaininitiative.org](mailto:info@masspaininitiative.org) or 1-800-270-4653.

## BECOMING A MEMBER

Membership is free. Both individuals and organizations can become MassPI members. By becoming a member, you will receive:

- ◆ Invitations to two meetings a year which include a presentation on a topic related to pain management
- ◆ E-mail newsletters
- ◆ Information about pain-related events and volunteer opportunities

For membership information, go to <http://www.masspaininitiative.org/membership.htm>

### MASSPI VOLUNTEERS

There are many ways to make a difference:

- ◆ Join MassPI public awareness initiatives
- ◆ Plan professional education programs
- ◆ Support legislation to advance pain relief
- ◆ Contribute to the MassPI website
- ◆ Assist with administrative support
- ◆ Join the MassPI Development Team

### MASSACHUSETTS PAIN INITIATIVE

To learn more about MassPI and find information on a wide range of pain-related subjects:

- ◆ Visit the MassPI website at [www.masspaininitiative.org](http://www.masspaininitiative.org),
- ◆ Contact us at [info@masspaininitiative.org](mailto:info@masspaininitiative.org) or
- ◆ Call us at 1-508-270-4653

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