AAPM E-NEWS
for AAPM's 26th Annual Meeting

Don't miss AAPM's Annual Meeting for the latest information on:
...The Science of Pain
...The Practice of Pain
...The Changing Healthcare Environment

New this year: Earn up to 53.75 Pain CME.
Visit the 2010 Annual Meeting section of the AAPM website.

New and Improved AAPM Career Center
On April 15, AAPM launched a new interactive job board, the AAPM Career Center. Aimed at assisting physicians, non-physician professionals and employers in the field of Pain Medicine, the AAPM Career Center offers an easy-to-use and highly targeted resource for online employment connections.
Visit the AAPM Career Center.

View exhibitor information

AAPM Live!
AAPM Collaborates with the

February 1, 2010 - Your Latest News on the Specialty of Pain Medicine

LATEST NEWS from the American Academy of Pain Medicine

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AAPM Annual Meeting

AAPM's 26th Annual Meeting
The Science and Practice of Pain Medicine in a Changing Healthcare Environment
Henry B. Gonzalez
Convention Center
February 3-6, 2010 in San Antonio, TX
with Preconference Sessions
February 2 - 3

REGISTRATION WILL BE AVAILABLE ONSITE BEGINING MONDAY, FEBRUARY 1 at 5pm.

Download Annual Meeting Registration Form
Download AAPM Membership Application

Follow AAPM's Annual Meeting on Twitter

Visit the AAPM's Annual Meeting Section, where you can:

- View schedules and details for specific sessions.
- Read AAPM E-News interview with the Annual Meeting Co-Chairs
- View AAPM's Annual Meeting slideshow
American Academy of Family Physicians
AAPM and the American Academy of Family Physicians (AAFP) are joining together to present half-day workshops for primary care physicians on pain in five markets across the country. The next workshops will be held:

February 20, 2010 Seattle, WA
Faculty: Bill McCarberg, MD (FP); Myra Christopher, Scott Fishman, MD

March 13, 2010 Atlanta, GA
Faculty: Bill McCarberg, MD (FP); Myra Christopher, Scott Fishman, MD

AAPM Releases Pain Position Paper
Visit AAFP Research in the News

AAPM Grant Opportunity

2010 AAPM/Pfizer Visiting Professorships in Pain Medicine
Application Deadline: February 12, 2010

Pfizer Inc. is proud to sponsor the AAPM/Pfizer Visiting Professorships in Pain Medicine. This program facilitates in-depth, educationally focused visits by prominent experts to US-based schools of medicine, colleges of osteopathic medicine, nursing schools, pharmacy schools, and schools of public health. These unrestricted educational awards are nationally competitive, and award recipients are chosen by an independent academic advisory board of recognized leaders in Pain Medicine.

Read more information about this grant program...

Practice Management & Coding Updates

CODING UPDATES

CPT 2010 introduced four new codes (63661, 63662, 63663, and 63664) to report the removal and revision of neurostimulator electrode procedures. Code 63660 (Revision or removal of spinal neurostimulator electrode percutaneous array[s] or plate/paddle [s] ) was deleted and replaced with codes that better differentiate the work involved in revision and replacement procedures as compared to removal services. The new codes also delineate the services for a percutaneous electrode from those of a “plate/paddle” electrode array procedure. Read more...

New 2010 Coding Information
2010 Common Pain Medicine CPT® codes are available now. Read more...

PRACTICE MANAGEMENT

The Practice Management section of the AAPM website offers practical tools and resources for you to use in your pain practice, as well as coding updates, reimbursement news, and other information that impacts your practice.

Visit this helpful section on the website.

Pain Research in the News

Breakthrough Cancer Pain is Top Challenge for Cancer Patients, Even When Using Pain Treatments, A New Survey Reveals
January 28, 2010 [Source: American Pain Foundation]
The American Pain Foundation released a new survey that found breakthrough cancer pain (BTCP) is one of the most challenging aspects of having cancer according to three out of four U.S. adults who have ever been diagnosed with cancer. Forty-four percent indicated that their BTCP is not adequately controlled. Full story...
'Mirror Therapy' Appears to Reduce Post-Amputation Pain
January 27, 2010 [Source: Business Week]
Researchers from the Naval Medical Center in San Diego found that mirror therapy significantly reduced phantom pain in four soldiers who suffered severe leg injuries that led to amputation. Patients sit with a mirror vertical between the legs and arms, which makes it look like the injured arm or leg is healthy and normal. This visually tricks the brain and spinal cord into believing the arms or legs are intact and without pain. Full story...
For more information on this topic...

Alcohol Affects Baby's Pain Regulation
January 27, 2010 [Source: Business Week]
Researchers in Canada found that children exposed to alcohol in the womb showed a “blunted response” to heel-lance blood collection, at which time the stress hormone cortisol decreased compared to the control group, which was unchanged. Full story...

Chronic Morphine Use Delays Wound Healing
January 23, 2010 [Source: ScienceDaily]
Researchers at the University of Minnesota examined wound healing in a mouse model of chronic morphine use/abuse. The study found that in the presence of inflammation, chronic morphine exposure resulted in a marked decrease in wound closure, compromised wound integrity, and increased bacterial sepsis. The data suggests that the immunosuppression due to morphine treatment delays immune cell recruitment, leading to lack of bacterial clearance and delayed wound closure. Full story...
View abstract

Slow Breathing Reduces Pain
January 22, 2010 [Source: Medical News Today]
Research from Barrow Neurological Institute at Joseph's Hospital and Medical Center found that fibromyalgia patients reported less pain while breathing slowly, unless they were overwhelmed by negative feelings, sadness or depression. Full story...

Leading Cause of Medical Evacuation Out of War Zones: It's Not Combat Injury
January 21, 2010 [Source: EurekAlert!]
Results from a study at John Hopkins found that the most common reason for medical evacuation of military personnel from war zones in Iraq and Afghanistan had not been from combat injuries, but from fractures, tendonitis and other musculoskeletal and connective tissue disorders. AAPM member Steven P. Cohen MD was the study leader. Full story...

Used as Prescribed, Opioids Relieve Chronic Pain With Little Addiction Risk
January 19, 2010 [Health Behavior News Service]
A review in a recent issue of The Cochrane Library examined the findings of 26 clinical studies, comprising 4,893 participants that had chronic pain and were treated 6 months or longer with opioids. The researchers found that “taking
The AAPM Power Point Presentation on the Federal Regulations for Prescribing has been updated as of 10/07/2009. Download this new presentation.

Revised AAPM Ethics Charter
Includes statement on conflicts of interest.

Need Facts on Pain?
Updated: Visit AAPM's "Facts on Pain" section in the Patient Center of the AAPM website, which now includes detailed references to each fact. These are helpful to have on hand for media calls. Read more...

Affiliate Membership
Are the members of your pain team AAPM members? Affiliate membership information...

The American Board of Pain Medicine (ABPM) is committed to the certification of qualified physicians in the field of Pain Medicine. Visit abpm.org to view ABPM's mission, vision, and objectives.

Pain Medicine:
January, 2010

Highlights:

ORIGINAL RESEARCH ARTICLE
A Comprehensive Protocol to Diagnose and Treat Pain of Muscular Origin May Successfully and Reliably Decrease or Eliminate Pain in a Chronic Pain Population

OPIOIDS, SUBSTANCE ABUSE

opiods long term is associated with clinically significant pain relief in some patients with a very small risk of addiction. Full story...

View abstract

Morphine May Help with Wounded Soldiers and PTSD
January 14, 2010 [Source: EmaxHealth]
A recent study in the New England Journal of Medicine found that the prompt treatment of morphine to combat casualties in Iraq may decrease the chances of troops developing post-traumatic stress disorder by half. This finding could have significant implications for the timing of treatment for other traumas that have the risk of developing a significant psychiatric disorder. Full story...

View abstract

Database Created to Supplement Commercial Microarray Coverage of Addiction-Related Genes
January 2010 [NIDA NewsScan]
Researchers funded by NIDA assembled a list of 910 genes known or suspected to be associated with addiction and found that commercial microarrays did not completely cover the possible genetic variations (SNPs) found in these genes. The researchers developed a publicly available database for addiction researchers to use that contains SNPs for the 910-gene set. Full story...

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Pain Treatments/Trials in the News

Omeros Announces National Institute on Drug Abuse's Support for Phase 2 Clinical Study in Addiction Program
January 28, 2010 [Source: PR Newswire]
NIDA will fund most of the costs of a Phase 2 clinical trial to be conducted by researchers at the New York State Psychiatric Institute on proprietary compositions that Omeros is developing. The compositions include peroxisome proliferator-activated receptor gamma (PPAR-gamma) agonists for the prevention and treatment of addiction to substances of abuse. Full story...

INSYS Therapeutics, Inc. Announces Completion of Efficacy Trial for Fentanyl Sublingual Spray
January 25, 2010 [Source: Earthtimes]
A Phase III efficacy clinical trial for INSYS Therapeutics' fentanyl sublingual spray for treatment of breakthrough cancer pain in opioid-tolerant patients reached its primary efficacy endpoint, Summed Pain Intensity Differences at 30 minutes after dosing. Full story...

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FDA News, Recalls & Warnings

FDA Urges Drug Makers to Pay More Attention to Abuse Potential
January 28, 2010 [Source: Chicago Tribune]
The FDA released a draft of voluntary guidelines to drug manufacturers to give more attention to the potential of abuse in new drugs. AAPM Director at Large, Past President (2005), and AAPM Chair of Legislative and Regulatory Affairs, Scott Fishman MD, comments on these proposed guidelines. Full story...

To view draft guidelines

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State Legislative Issues
AND ADDICTIONS
Estimating Attractiveness for Abuse of a Not-Yet-Marketed "Abuse-Deterrent" Prescription Opioid Formulation

TRANSLATIONAL RESEARCH
Studies of Synergy between Morphine and a Novel Sodium Channel Blocker, CNSB002, in Rat Models of Inflammatory and Neuropathic Pain

SPINE
Cooled Radiofrequency (RF) of L5 Dorsal Ramus for RF Denervation of the Sacroiliac Joint: Technical Report

View all topics slated for the next issue of Pain Medicine Journal or go to the Clinical Information section of the AAPM website for more information.

MEMBERSHIP
AAPM Membership Renewals
Membership renewals are currently being sent out. Don't miss the opportunity to continue being a part of the primary organization for physicians practicing in the specialty of pain medicine. As a member you will continue to receive the AAPM E-News, Pain Medicine, the official journal of AAPM, as well as representation and advocacy in Washington DC, up-to-date coding information, discounts on AAPM's Annual Meeting, and a host of other member benefits.

Renew online or for phone assistance, please call customer service at 847/375-4731.

Bring in a new, paid, active AAPM member and receive the Plenary Proceedings of the 24th Annual Meeting, which contains exciting, forward thinking perspectives currently driving the emerging field of Pain Medicine. A $79 value. Contact phenderson@connect2amc.com to receive your thank you for referring a new AAPM.

AAPM Member Honors & Distinctions
The American Academy of Pain Medicine is pleased to announce the recipients of this year's Presidential Commendations and Awards. The following individuals will be recognized for their exceptional service to the field of Pain Medicine at this year's Annual Meeting on Thursday, February 4 during President Gallagher's Welcome Address.

Presidential Commendations
The following recipient is honored in recognition of his sponsorship of the National Institutes of Health's National Pain Care Policy Act of 2009.

Congressman Gene Green, Texas.

The following recipient is honored in recognition of his support of the Pain Care Policy Act of 2009 and for his instrumental role in developing the Decade of Pain Control & Research effort.

Senator Orrin Hatch, Utah

The following recipient is honored in recognition of her dedicated work as an Oregon Pain Care Advocate.

Jennifer Wagner
Executive Director, Western Pain Society

The following recipient is honored for his tireless advocacy to promote the safe use of opioids and his successful creation of the local pain initiatives effort, which has resulted in AAPM representation in almost all 50 states.

Lynn R. Webster, MD
CEO/Medical Director, Lifetree Pain Clinic

Awards
The Founders Award is given to an individual for outstanding contributions to the science or practice of Pain Medicine. This award is given for continued contributions for the basic or clinical science of Pain Medicine or for demonstration of clinical excellence or innovation in the practice of Pain Medicine.

David E. Joranson, MSSW
American Academy of Pain Medicine (AAPM) has provided education, training, advocacy and research in the specialty of pain medicine. Consider joining AAPM today and become part of this growing medical specialty society. Visit www.painmed.org for more information.

AAPM on Social Networking Sites
Join the AAPM Linked-In Group and become a “fan” of AAPM on Facebook

AAPM Members in the News

**Migraines Force Sufferers to Do Their Homework**
AAPM member, Joel Saper MD, is featured in this New York Times article discussing effective treatments for migraine. Full story...

**Center for Pain Management Doctors Named to Spine Universe Editorial Board**
January 28, 2010 [Source: dBusinessNews]
AAPM member, Edward J. Kowlowitz MD, was named to the SpineUniverse.com’s editorial board, a website offering thousands of peer-reviewed articles, case studies and other resources for people affected with back or neck problems. Full story...

**Is Marijuana a Medicine?**
The state of New Jersey has become the 14th state to allow therapeutic use of marijuana. The U.S. Department of Justice has said it will not generally prosecute ill people under doctors’ care if they comply to state rules, but more scientific studies are needed. AAPM Director at Large, Past President (2005), and AAPM Chair of Legislative and Regulatory Affairs, Scott Fishman MD, comments on the topic. Full story...

The *Philipp M. Lippe, MD Award* is given to a physician for outstanding contributions to the social and political aspect of Pain Medicine. Social and political accomplishments could be those that benefit the science, the practice or the recognition of the specialty.

Michel Y. Dubois, MD
Attending Anesthesiologist, Director Education & Research, Pain Program, New York University Medical Center

The *Patient Advocacy Award* recognizes activity of an individual in advocating for appropriate evaluation and treatment of patients suffering from pain. This award was created to honor those healthcare professionals whose deeds reflect their recognition of the importance and impact of the specialty of Pain Medicine.

Myra Christopher
President and CEO, Center for Practical Bioethics

The *Distinguished Service Award* is given to an individual for commitment and contributions to the American Academy of Pain Medicine. This award is given to an individual for specific outstanding contributions.

Scott M. Fishman, MD
Department of Anesthesiology and Pain Medicine
University of California, Davis

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**Pain Abstracts in the News**

**Smokers More Prone to Long-Term Prescription Painkiller Use**

January 2010 [Source: Journal of Pain]

Abstract: Our objective was to assess predictors of self-reported opioid use among patients with back pain due to lumbar disc herniation or spinal stenosis. Data were from the Spine Patient Outcomes Research Trial (SPORT), a multi-site observational study and randomized trial.

[Read more...]

**Increased Spontaneous Electrical Activity at a Latent Myofascial Trigger Point After Nociceptive Stimulation of Another Latent Trigger Point**

February 2010 [Source: The Clinical Journal of Pain]

Abstract: Objective: To investigate the changes in surface and intramuscular electromyographic (EMG) activity at latent trigger points (TrPs) in the extensor carpi radialis brevis muscle after injection of either glutamate or isotonic saline into latent TrPs in the infraspinatus muscle.

[Read more...]

**Serum Ropivacaine Concentrations and Systemic Local Anesthetic Toxicity in Trauma Patients Receiving Long-Term Continuous Peripheral Nerve Block Catheters**

BACKGROUND: Ropivacaine is a long-acting local anesthetic used frequently for peripheral nerve blocks and continuous peripheral nerve block catheters.

[Read more...]

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**Pain Abstracts**

The following abstracts are posted at PubMed.gov

**Are Psychological Treatments Effective for Fibromyalgia Pain?**

Thieme K, Gracely RH.
Center for Neurosensory Disorders, University of North Carolina, CB#7280, 3330 Thurston Building, Chapel Hill, NC 27599, USA.
This article considers four broad classes of psychological techniques and their effects on fibromyalgia (FM) pain. A literature search identified 14 randomized controlled trials (RCTs) of cognitive-behavioral therapy (CBT) and operant-behavioral therapy (OBT), five relaxation RCTs, five biofeedback RCTs, five hypnotherapy RCTs, and two writing intervention RCTs. For psychoanalytic therapy in FM, no RCTs have been published. The highest effect sizes (r = 0.53-2.14) for pain reduction are found after CBT and OBT group treatments. Relaxation as a single treatment has not been proven useful. Hypnotherapy and writing intervention have demonstrated mild treatment effects, whereas psychological treatment is effective in FM pain. Considering the heterogeneity of FM, the promising effects of matched interventions such as CBT and OBT with pharmacotherapy, exercise, and other treatment domains require further research.

PMID: 19922735 [PubMed - in process]
[Read more...]

**Effectiveness of Ultrasound-Guided Corticosteroid Injection for the Treatment of Gluteus Medius Tendinopathy**

Labrosse JM, Cardinal E, Leduc BE, Duranceau J, Rémillard J, Bureau NJ, Belblidia A, Brassard P.
Department of Radiology, Centre Hospitalier de l'Université de Montréal
OBJECTIVE: The objective of our study was to evaluate the effectiveness of ultrasound-guided corticosteroid injection for the treatment of gluteus medius tendinopathy. SUBJECTS AND METHODS: We prospectively evaluated 54 consecutive patients (48 women, six men; mean age, 54.7 years; mean body mass index, 26 kg/m²) with a clinical diagnosis of gluteus medius tendinopathy. Pain assessment using a 10-cm visual analog scale (VAS) was obtained as part of the initial clinical evaluation of all patients. A hip ultrasound study was performed followed by a gluteus medius peritendinous ultrasound-guided injection of 30 mg of triamcinolone combined with 3 mL of bupivacaine 0.5% using an anterior oblique coronal plane. One month after treatment, participants were reassessed clinically, and they were asked to quantify their pain using the VAS pain score and their satisfaction with the outcome of the injection using a 4-point rating scale (very satisfied, somewhat satisfied, somewhat dissatisfied, or very dissatisfied). Statistical analysis included a paired Student's t test (comparison of pain levels before and after treatment, p=0.05) and a multivariate analysis of covariance. RESULTS: There was a 55% average reduction of pain level before versus after treatment (mean VAS pain score, 6.4 vs 2.9 cm, respectively; p<0.001). One month after treatment, 72% of the patients showed a clinically significant improvement in pain level, which was defined as a reduction in the VAS pain score of >or=30%. Seventy percent of patients were satisfied with the results of the intervention. No correlation was shown between treatment outcome and any of the clinical variables or ultrasound findings. CONCLUSION: Our study shows that a peritendinous ultrasound-guided corticosteroid injection may be an effective treatment of gluteus medius tendinopathy.

PMID: 20028924 [PubMed - indexed for MEDLINE] Read more...

NIH Clinical Studies & Trials

The following studies and trials are posted at ClinicalTrials.gov

Study Of Pregabalin In Patients With Painful Diabetic Peripheral Neuropathy
This study is not yet open for participant recruitment.
First Received: January 26, 2010 No Changes Posted
Sponsor: Pfizer
Information provided by: Pfizer
ClinicalTrials.gov Identifier: NCT01057693
Stated Purpose: Patients will be switched from their current medication for painful diabetic peripheral neuropathy to evaluate the safety and efficacy of pregabalin as compared to placebo. All patients will receive pregabalin, and half of patients will receive placebo at some point during the study.
Read more...

The Use of Intrathecal Morphine in the Management of Acute Pain Following Decompressive Lumbar Spinal Surgery (ITMP)
This study is currently recruiting participants.
First Received: January 19, 2010
Sponsor: University of Calgary
Principal Investigator: Stephan J du Plessis, MD, FRCSC, Chairman, University of Calgary Spine Program
Information provided by: University of Calgary
ClinicalTrials.gov Identifier: NCT01053039
Stated Purpose: The primary aim of this study is to assess the impact of intrathecal morphine on post-operative pain following instrumented fusion for degenerative lumbar spine disease. Secondary objectives of this study aim to assess side effects, overall narcotic use and duration of hospital stay following administration of intrathecal morphine. Based on our literature review, we expect a significant improvement in pain scores and functional status and minimal side effects with the use of intrathecal morphine. With improved pain and function we would also expect shorter hospital stays in those patients receiving intrathecal morphine.

Cognitive Behavioral Therapy, Self-Efficacy, and Depression in Persons With Chronic Pain
This study is enrolling participants by invitation only.
First Received: January 21, 2010 Last Updated: January 22, 2010
Sponsor: Mayo Clinic
Principal Investigator: Virginia R Nash, RN, MS, CNS Mayo Clinic
Information provided by: Mayo Clinic
ClinicalTrials.gov Identifier: NCT01055665
Stated Purpose: The investigators are exploring the role of Cognitive Behavioral Therapy (CBT), a treatment for depression, on self-efficacy (feeling empowered to accomplish a given task) and depression in persons with chronic pain and depression. Past research has shown that persons with chronic pain show improvement in self-efficacy and depression scores when they are using CBT. The Pain rehabilitation Center (PRC) at Mayo Clinic is adding CBT focused groups to better understand the role of CBT on self-efficacy and depression in persons with chronic pain and depression.

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