AAPM E-NEWS

AAPM's Education Receives ACCME's Accreditation with Commendation

Patient Education Resources

NEW! AAPM’s website is host to new patient education videos that include 22 topics that you can share and promote with your patients.

Link to the AAPM website in your waiting/patient rooms or send the links to the videos in your regular patient communications.

View videos...

Other Patient Education Videos Available Online Include:

View "Finding Relief: Pain Management for Older Adults" video

View "Managing Chronic Pain, A Guide for Patients" video

Educational Booklet and DVD

Copies of the educational booklet and DVD, Finding Relief: Pain Management for Older Adults, are available to members free of charge, with the addition of a modest shipping fee. To request copies of this resource email: info@painmed.org.

February 7, 2012 - Your Latest News on the Specialty of Pain Medicine

LATEST NEWS from the American Academy of Pain Medicine

Pain in the News
State Legislative News
Pain Research in the News
Annual Meeting

---Online Registration Ends February 13 at 8:00 AM (CST)
Primary Care

---Safe Opioid Prescribing Course Registration Deadline: February 20

Drug Take-Back Events
Practice Management & Coding Updates
Cost of Pain
Substance Abuse & Addiction
Pain Treatments/Trials in the News
AAPM Members in the News
Ethics
Pain Abstracts in the News
PubMed Pain Abstracts
NIH Clinical Studies & Trials

Pain in the News

Pain Clinics: Pharmacies Deny Pain Meds to Patients (Florida)
February 1, 2012 [Source: MarketWatch]
The Florida Society of Pain Management Providers issued a press release regarding the rising rate of chronic pain patients in Florida that "are being denied their prescribed medications by pharmacists without any legitimate reason." Full story...

ProPublica Fumbles Painkiller Story; Seattle Times Scores Touchdown
January 31, 2012 [Source: STATS, George Mason University]
The non-profit, non-partisan Statistical Assessment Service (STATS) comments on the recent media coverage of CDC statistics from the November 4, 2011 Morbidity and Mortality Weekly Report (MMWR) which focused on deaths attributable to overdose of prescription opioid pain relievers. Full story...

The War Over Prescription Painkillers
January 29, 2012 [Source: Huffington Post]
The first article in a three-part series discusses how the war on drugs has affected the treatment of chronic pain. Full story...

The Dangerous Panic Over Painkillers
January 27, 2012 [Source: Alter.net]
Time magazine online health reporter, Maria Szalavitz, discusses the epidemic of painkiller abuse and its effect on the legitimate chronic pain patient. Full story...
**Designate AAPM on Your AMA Membership Ballot**

If you are an AMA member, you should be receiving your Memberships Benefits in the mail shortly. Please take a moment and complete your Specialty Society Representation Ballot, either with the self-addressed postcard or on the Internet at www.ama-assn.org/go/ballot.

**State Legislative News**

**AAPM Advocacy Efforts to the Senate H.E.L.P. Committee**

This past weekend 730 AAPM members in 21 states were encouraged by their AAPM State Representatives to contact their Senators serving on the Senate H.E.L.P. Committee and urge them to attend the upcoming Senate H.E.L.P. committee hearing (currently slated for the afternoon of February 14, 2012). The hearing will focus on the report by the Institute of Medicine (IOM) entitled, *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education and Research*. The lead witnesses are expected to be Dr. Larry Tabak, Deputy Director of NIH representing HHS, and Dr. Phil Pizzo, Co-Chair of the IOM pain committee that authored the report. Each member received an email cover sheet and email address of the Senator’s relevant staff member, as well as a letter to the Senator, streamlining the process of advocating for changes in pain care in the U.S.

**Sales of Oxycodone by Doctors Fall in Florida**

According to the this *Miami Herald* article, the DEA reports that oxycodone sales from Florida pharmacies have dropped by 14 percent from 2010 to 2011.

Full story...

**'Preferred' Pain Drug Now Called Last Resort**

Washington State Medicaid officials issued an emergency public-health advisory to the state's pharmacists, drugstores, and licensed healthcare professionals that singled out the unique risks of methadone. State officials plan to review methadone’s role on the state’s preferred drug list at a meeting in February.

Full story...

**Delaware Medicaid Tightening Restrictions on Opioids**

Effective March 1, 2012, Delaware's Medicaid program will require state authorization for more than 60 30-milligram tablets of immediate release oxycodone or 240 15-milligram oxycodone pills per year (current plan pays for 200 quick-acting oxycodone pills per month without documentation from a prescribing physician).

Full story...

**AAPM has more than 40 state representatives** who monitor local issues. Click here to find your AAPM state representative and inform them of any pain medicine issues occurring in your state.

**Pain Research in the News**

**Need an Excuse to Book a Massage? Research Shows it Reduces Inflammation and Promotes Growth of New Mitochondria Following Strenuous Exercise**

Researchers at the Buck Institute for Research on Aging and McMaster University (Hamilton, Ontario, Canada) found that massage dampened the expression of inflammatory cytokines in the muscle cells and promoted biogenesis of mitochondria.

Full story...

**Cyberknife Radiation Successful For Treating Trigeminal Neuropathy**
Qualified Pain Education by Top Experts and Researchers in the Field of Pain Medicine. For more information...

Revised AAPM Ethics Charter
Includes statement on conflicts of interest.

January 31, 2012 [Source: MedPage Today]
New research from Winthrop University Hospital, Mineola, NY, showed that 88 percent of patients with refractory trigeminal neuralgia who underwent cyberknife radiosurgery responded favorably, with partial or complete relief from their symptoms. Full story...

View related article in the International Journal of Otolaryngology...

Cancer Patients' Pain Can Be Helped By Psychosocial Interventions
January 30, 2012 [Source: Moffitt Cancer Center]
Researchers at Moffitt Cancer Center and five other universities analyzed 37 studies to assess the effects of psychosocial interventions on patient pain and found that the most successful psychosocial, non-pharmacological pain interventions were either skill-based interventions or educational. Full story...

Study of One Million Americans Shows Obesity and Pain Linked
January 26, 2012 [Source: Stony Brook University]
An analysis by researchers at Stony Brook University of 1,010,762 respondents who were surveyed by telephone, found that 63 percent were classified as overweight (38 percent) or obese (25 percent). Of this group, 20 percent reported higher rates of pain compared to individuals with low to normal weight, even when the data was controlled for specific diseases. Full story...

Read related article at NIH Public Access in Pain...

Scientists Provide New Understanding of Chronic Pain
January 23, 2012 [Source: The Scripps Research Institute]
The discovery of dimethylsphingosine (DMS), a small-molecule byproduct of cellular membranes in the nervous system, by The Scripps Research Institute may provide a possible target for drug development. DMS was found at abnormally high levels in the spinal cords of rats with neuropathic pain and appeared to induce pain when injected into healthy rats. Full story...

The APS/AAPM Opioid Treatment Guidelines Revisited
January 2012 [Source: Anesthesiology News]
Anesthesiology News asked the authors of APS/AAPM's Opioid Treatment Guidelines: Clinical Guidelines for the Use of Chronic Opioid Therapy in Chronic Non-Cancer Pain to revisit the guidelines three years after the initial release. Full story...

View Guidelines...
Discuss in the Members' Community...

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Annual Meeting

Plan to Attend AAPM's 28th Annual Meeting
February 23–26, 2012, Palm Springs, CA

Don't miss the chance to attend AAPM's 28th Annual Meeting in Palm Springs. Last Day to Register Online is February 13, 2012 at 8:00 A.M., Central time. Registration is available after the online registration deadline by calling 847-375-4731, or by FAX at 847-375-6477.

"If there is one compelling reason that we could give you as to why you should attend the AAPM meeting this year, it would be 'This is our time!'" In light of the recent IOM report on pain, this meeting provides the perfect forum to gather and embrace the latest knowledge on the science, practice and advocacy issues that surround pain." Perry G. Fine, MD

Need to add a Pain Physician to your practice?
Post your ad with AAPM's Career Center and reach more than the 2,400 members of AAPM. The network reaches beyond 30,000 professionals in healthcare. View jobs...

Read this month's President's Message
Visit PainPoints
Pain Medicine's new blog, and read posts by AAPM's Director at Large, Gilbert Fanciullo MD, MS.

State-by-State Opioid Prescribing Policies on Medscape
View summary of state laws related to prescribing controlled substances.

Register Now
Cutting-edge Conference Workshops
AAPM’s cutting-edge workshops bring you to the forefront of pain news and include sessions that focus on the breaking news, public health and reform, evidence evaluation, and military concerns. To view workshop schedule and speakers...

Click here for the NEW Speaker Search...

AAPM Announces 2012 Annual Meeting Plenary Speakers:

- Linda R. Watkins, PhD, will discuss breaking scientific news on the immune and glial factors within the peripheral and central nervous systems that relate to chronic pain states.
- Daniel J. Clauw, MD, will take us to the forefront of central mechanisms in pain syndromes.

Preconference sessions begin February 22, 2012:

- AAPM's Cadaver Workshop (Last chance to register. Registration ends tonight, February 7th at midnight.)
- Essential Tools for Treating the Patient in Pain™

Order your copy TODAY
Price: $79

4 easy ways to order:
Phone: 847-375-4731
Fax: 847-375-6477
Email: info@painmed.org
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P.O. Box 839
Glenview, IL 60025-0839

ORDER FORM

E-News is supported by:
Supported by an unrestricted grant; content is completely and independently selected and edited by AAPM staff and members.

Primary Care
Safe Opioid Prescribing: February 25-26, in Palm Springs, Runs Concurrent with the Annual Meeting
Registration Deadline: February 20, 2012
AAPM’s newest educational offering is specifically created to be a practical, didactic course for primary care and mid-level prescribers from the experts in pain. The course will provide the opportunity to learn the facts about better pain care, while it scientifically dispels common myths and reveals lesser-known facts about safe opioid prescribing.

Invite your Primary Care Associates to Attend AAPM’s 2012 Safe Opioid Prescribing Course For Your Chance to Win an Apple iPad
In order to encourage you to help us spread the word, AAPM began weekly iPad drawings for registrants of its New 2012 Safe Opioid Prescribing course for Primary Care Providers. Each Primary Care iPad winner will be asked if an Academy Member referred them, and if they say YOU invited them, you will receive an iPad as well. A total of 18 Apple iPads will be given away. So hurry and forward this to your friends in primary care. The sooner they register, the more chances you will have to win. Please feel free to forward this e-newsletter or download the brochure and send it to those in your network.

Get More Information

Watch a video message about the Safe Opioid Prescribing course from Program Chair, Lynn R. Webster, MD and AAPM Vice President for Scientific Affairs, Sean Mackey, MD PhD
Presentation on the Federal Regulations for Prescribing has been updated effective 11/01/2010. View this new presentation.

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, 2012

Highlights:

ORIGINAL RESEARCH ARTICLE
Advancing a National Agenda to Eliminate Disparities in Pain Care: Directions for Health Policy, Education, Practice, and Research

SPINE SECTION
On the Geometry of Fluoroscopy Views for Cervical Interlaminar Epidural Injections

PSYCHOLOGY, PSYCHIATRY & BRAIN NEUROSCIENCE SECTION
The Communal Coping Model of Catastrophizing: Patient–Health Provider Interactions

OPIOIDS, SUBSTANCE ABUSE & ADDICTIONS SECTION
A History of Being Prescribed Controlled Substances and Risk of Drug Overdose Death

NEUROPATHIC PAIN SECTION
Sustained-Release Oxycodone Tablets for Moderate to Severe Painful Diabetic Peripheral Neuropathy

MUSCULOSKELETAL SECTION
The Utility of Faces Pain Scale in a Chronic Musculoskeletal Pain Model

View all topics slated for the January issue of Pain Medicine Journal or go to the Library section of the AAPM

Drug Take-Back Events

C.A.R.E.S. Alliance Supports AAPM's Efforts to Host a Drug Take-Back Event: February 18, 2012
The C.A.R.E.S. (Collaborating & Acting Responsibly to Ensure Safety) Alliance is sponsoring a Drug Take-Back Event on Saturday, February 18 from 10 a.m. – 2 p.m., in Palm Springs, CA, in cooperation with AAPM and just ahead of AAPM's New Safe Opioid Prescribing Course that runs concurrent with the Annual Meeting. For more information and locations...

National Take-Back Initiative April 12, 2012
January 2012 [Source: DEA]
The next DEA National Prescription Drug Take-Back Day will take place across the country on Saturday, April 28, 2012, from 10:00 AM – 2:00 PM. The DEA will post the locations in March. Full story...

Practice Management & Coding Updates

2012 Coding for Pain Webinars--Tell Your Office Manager
Four 90 minute Coding for Pain Webinars by AAPM coding experts Fred Davis MD, Eduardo Fraifeld MD and Emily Hill PA will be held in 2012. All sessions will include a live Q&A session. Dates and topics are listed below. Sign up early for a free iPad drawing.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tr>
<td>March 28, 2012</td>
<td>Coding for Multiple Services on the Same Day</td>
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<td>June 20, 2012</td>
<td>Medicare Guidelines for Documenting E/M Services</td>
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<tr>
<td>September 26, 2012</td>
<td>Principles of ICD-10 Coding</td>
</tr>
<tr>
<td>December 12, 2012</td>
<td>Coding Update for 2013</td>
</tr>
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Special rates for 2012 Pain Coding Books are available. Visit our website for information on ordering: www.painmed.org/coding

NEW 2012 Pain Management Codes Posted on Website. For more information...

February 2012 [Source: Anesthesiology]
View guidelines in Anesthesiology...

Cost of Pain

The Cost of Pain
January 27, 2012 [Source: University of Pennsylvania School of Nursing]
A recent article in Pain Medicine focuses on under-treated pain of low-income
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.

Pay dues 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.

Join AAPM Now
With membership at an unprecedented level, more than 2,400 physicians and their pain teams are part of this premier medical specialty society, practicing in pain medicine from origins in anesthesiology, neurosurgery, neurology, physiatry, and psychiatry. Now in its 27th year, the American Academy of Pain Medicine (AAPM) continues to provide 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
Urlacher Says Toradol Use Isn't Rampant
AAPM Treasurer, Lynn R. Webster, MD, discusses the use of Toradol by NFL players in this Chicago Tribune article.

Substance Abuse & Addiction

Measures to Counteract Prescription Drug Diversion, Misuse and Addiction
January 25, 2012 [Source: American Society of Addiction Medicine]
The American Society of Addiction Medicine issued a public policy statement on measures to counteract prescription drug diversion, misuse and addiction which includes recommendations for prescriber education, patient education, medical school and residency education, prescription drug monitoring programs, and continuing research.

Pain Treatments/Trials in the News

Lubiprostone Meets Primary Endpoint in Phase 3 Clinical Trial for Opioid-Induced Bowel Dysfunction (OBD)
February 2, 2012 [Source: MarketWatch]
In a Phase 3 clinical trial, Sucamoo Pharmaceuticals, Inc. and Takeda Pharmaceuticals U.S.A., Inc. announced that lubiprostone met the primary endpoint (overall spontaneous bowel movement) for the treatment of opioid-induced bowel dysfunction in patients with chronic, non-cancer pain (excluding those taking methadone).

Acura Pharmaceuticals Provides Update on Opioid Product Licensed to Pfizer
January 23, 2012 [Source: MarketWatch]
Pfizer announced that OXECTA (R), oxycodone HCI, USP) Tablets CII are now available and utilizing Acura's AVERSION(R) Technology.

Marijuana-Based Painkiller Seeks FDA Approval
January 23, 2012 [Source: Time]
GW Pharma plans to seek FDA approval in 2013 for Sativex (contains delta 9-THC and cannabidiol), a mouth spray to treat cancer that is developed from raw marijuana instead of synthetic equivalents.

Acura Pharmaceuticals Provides Update on Opioid Product Licensed to Pfizer
January 23, 2012 [Source: MarketWatch]
Pfizer announced that OXECTA (R), oxycodone HCI, USP) Tablets CII are now available and utilizing Acura's AVERSION(R) Technology.
Pain is Top Concern in Ohio and the Nation
January 24, 2012 [Source: Cleveland.com]
AAPM Member, Salim Hayek, MD, PhD, discusses the negative effects of underdiagnosing and undertreating pain. Full story...

Doctor Donates Surgery to Help Patient in Pain
January 23, 2012 [Source: newstimes.com]
AAPM Member, David Kloth, MD, donated his time to perform minimally invasive laser surgery on one of his patients who was unable to get the procedure approved through insurance. Full story...

Ethics
Money for Drugs: Should Physicians Be Paid for Pharmaceutical Development and Clinical Investigations?
January 2012 [Source: Clinical Oncology Today]
The first in a three-part series discusses the controversial issue of pharmaceutical/physician relationships. Full story...

Pain Abstracts in the News
Statin Use and Musculoskeletal Pain Among Adults With and Without Arthritis
February 2012 [Source: The American Journal of Medicine]
Abstract: Background: Musculoskeletal symptoms are common adverse effects of statins, yet little is known about the prevalence of musculoskeletal pain and statin use in the general population. Read more...

Inhaled Oxygen for Cluster Headache: Efficacy, Mechanism of Action, Utilization, and Economics
January 28, 2012 [Source: Current Pain and Headache Reports]
Abstract: Inhaled normobaric oxygen is an essential abortive treatment of cluster headache. Recognition of its efficacy for cluster headache goes back a half a century, but very little has actually been written on the use of inhaled oxygen for cluster headache. This article examines various issues regarding inhaled oxygen and cluster headache, including efficacy, proposed mechanism of action, utilization, and the economics of oxygen usage for cluster headache patients. Read more...

Is Magnesium Citrate Treatment Effective on Pain, Clinical Parameters and Functional Status in Patients with Fibromyalgia?
January 24, 2012 [Source: Rheumatology International]
Abstract: The aims of this study were to investigate the relationship between magnesium levels and fibromyalgia symptoms and to determine the effect of magnesium citrate treatment on these symptoms. Sixty premenopausal women diagnosed with fibromyalgia according to the ACR criteria and 20 healthy women whose age and weight matched the premenopausal women were evaluated. Read more...
View related article in Clinical Rheumatology...
patients presenting with back and leg pain in primary care. The ATLAS study protocol.

Abstract (provisional): Background: Low-back related leg pain with or without nerve root involvement is associated with a poor prognosis compared to low back pain (LBP) alone. Compared to the literature investigating prognostic indicators of outcome for LBP, there is limited evidence on prognostic factors for low back-related leg pain including the group with nerve root pain.

Tolerability of NGX-4010, a Capsaicin 8% Patch, in Conjunction with Three Topical Anesthetic Formulations for the Treatment of Neuropathic Pain

Background: The objective of this study was to assess the safety, tolerability, and preliminary efficacy of NGX-4010, a capsaicin 8% patch, following pretreatment with three different topical anesthetics in patients with peripheral neuropathic pain.

[Read more...]
[Read full article in BMC Musculoskeletal Disorders...]
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Pubmed Pain Abstracts

Epidural steroid injections

Wilkinson IM, Cohen SP.
Source: Department of Surgery, Walter Reed Army Medical Center, Washington, DC, USA.
Abstract: Epidural steroid injection (ESI) is the most commonly performed intervention in pain clinics across the United States. This article provides an evidence-based review of ESI, including data on efficacy, patient selection, comparison of types, and complications. The data strongly suggest that ESI can provide short-term relief for radicular symptoms but are less compelling for long-term effects or relief of back pain. Although it has been asserted that transforaminal ESIs are more efficacious than interlaminar injections, the evidence supporting this is limited.
PMID: 22090263 [PubMed - in process]
[Read more...]
[View related article in International Journal of General Medicine...]
[View related article in BMJ...]

Pain management for inflammatory arthritis (rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and other spondylarthritides) and gastrointestinal or liver comorbidity

Radner H, Ramiro S, Buchbinder R, Landewé RB, van der Heijde D, Aletaha D.
Source: Division of Rheumatology, Department of Internal Medicine 3, Medical University Vienna, Waehringer Guertel 18-20, Vienna, Austria, 1090.
Abstract: BACKGROUND: Even with optimal disease-modifying treatment and good control of disease activity, persistent pain due to structural damage is common in people with inflammatory arthritis and therefore additional treatment for pain might be required. Because comorbidity is highly prevalent in people with inflammatory arthritis, it is important to consider comorbidities such as gastrointestinal or liver diseases in deciding upon optimal pharmacologic pain therapy.
Pregabalin Beneficial Effects on Sleep Quality or Health-Related Quality of Life Are Poorly Correlated With Reduction on Pain Intensity After an 8-Week Treatment Course
Perez-Lloret S, Rojas GM, Menoni MC, Ruiz G, Velásquez C, Rodríguez H, Rey MV, Cardinali AD; for the PGB Study Team.
Source: *Pharmacology Department, Paul Sabatier University, Toulouse, France; †Servicio de Endocrinología y Metabolismo del Hospital Central, and ‡Centro Médico Santa Clara, Asunción, Paraguay; and §Centro de Investigación y Desarrollo, Facultad de Ciencias Médicas, Pontificia Universidad Católica Argentina, Buenos Aires, Argentina.
Abstract: BACKGROUND: Pregabalin (PGB) has been shown to improve sleep quality and health-related quality of life (HRQoL) as well as pain intensity in patients with neuropathic pain. OBJECTIVE: The objective of the study was to explore the magnitude of the correlations between changes in pain intensity, sleep quality, and HRQoL after PGB treatment.
PMID: 22156921 [PubMed - as supplied by publisher]
Read more...
Tramadol Extended-Release (ER) for Posttraumatic Stress Disorder (PTSD)

This study is currently recruiting participants.

First Received on January 23, 2012. Last Updated on January 24, 2012
Sponsor: INTRuST, Post-Traumatic Stress Disorder - Traumatic Brain Injury Clinical Consortium
Collaborator: U.S. Army Medical Research and Materiel Command
Principal Investigator: Thomas Geracioli, MD, University of Cincinnati
Information provided by (Responsible Party): INTRuST, Post-Traumatic Stress Disorder - Traumatic Brain Injury Clinical Consortium
ClinicalTrials.gov Identifier: NCT01517711

Stated Purpose: This is a six-week pilot study testing the efficacy of tramadol extended-release (ER) for posttraumatic stress disorder (PTSD). Men and women aged 21-65 years with combat-related PTSD (n=20) or PTSD resulting from a civilian trauma (n=20) will be recruited. Blinded tramadol ER will begin with a 100 mg daily dose for the first week, with an option to increase to 200 mg/day for the 2nd week. Dose adjustments, using a range of 100-300 mg tramadol ER per day (or 1 to 3 placebo tabs), are permitted thereafter.

Read more...

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