February 11, 2014 - Your Latest News on the Specialty of Pain Medicine

LATEST NEWS from the American Academy of Pain Medicine

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Thinking of attending the AAPM 2014 Annual Meeting?
See what last year’s attendees said about it: Click Here.

AAPM Business

Your Vote Needed: AAPM Bylaws Revision
Voting members, your participation is needed in an Academy-wide vote to make revisions to the AAPM Bylaws. For the first time since 2008, AAPM’s Bylaws Committee, Executive Committee and Board are recommending updates to the Academy’s governing document.

Voting Online
To log in to the ballot, click Vote Now and type in the User ID and password sent to you, via email, by AAPM. If you need assistance logging in, please contact AAPM at (847) 375-4702.

For information about the proposed bylaws revisions, visit AAPM Bylaws Revisions.

YOUR VOTE IS ESSENTIAL! We need your voice to ensure effective, up-to-date governing documents for the Academy, as we continue to dedicate ourselves to serving the specialty of Pain Medicine. Please take a few minutes for this important vote. Thank you.

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Pain Research in the News
First Evidence-Based Diagnostic Criteria for TMD Developed by Researchers
February 7, 2014 [Source: University of Buffalo]
BUFFALO, N.Y. – In the past, diagnostic criteria for temporomandibular disorders (TMD), which affect an estimated 10 to 15 percent of Americans, have been based on a consensus of expert opinions and often reflect a shared clinical perspective. None had been rigorously tested by scientists. Full story...

Pain Sensitivity May be Influenced by Lifestyle and Environment
February 4, 2014 [Source: Kings College London, UK]
Researchers at King's College London have discovered that sensitivity to pain could be altered by a person's lifestyle and environment throughout their lifetime. The study is the first to find that pain sensitivity, previously thought to be relatively inflexible, can change as a result of genes being switched on or off by lifestyle and environmental factors – a process called epigenetics, which chemically alters the expression of genes. Full story...

Mind over Matter: Beating Pain and Painkillers
February 4, 2014 [Source: Science Codex]
With nearly one-third of Americans suffering from chronic pain, prescription opioid painkillers have become the leading form of treatment for this debilitating condition. Unfortunately, misuse of prescription opioids can lead to serious side effects—including death by overdose. A new treatment developed by University of Utah researcher Eric Garland has shown to not only lower pain but also decrease prescription opioid misuse among chronic pain patients. Full story...

Stanford Chemist Joins with Radiologists to Locate Source of Pain – with Help from Newts
January 29, 2014 [Source: Stanford University]
This cross-discipline research that began with campus newts has led to discovery of a way to highlight the location of pain in a living animal. In the long run, this work, centered in Stanford’s Bio-X program, could also produce a new type of drug for treating pain. Full story...

Brain Uses Serotonin to Perpetuate Chronic Pain Signals in Local Nerves
January 23, 2014 [Source: John Hopkins Medicine]
Setting the stage for possible advances in pain treatment, researchers at The Johns Hopkins University and the University of Maryland report they have pinpointed two molecules involved in perpetuating chronic pain in mice. The molecules, they say, also appear to have a role in the phenomenon that causes uninjured areas of the body to be more sensitive to pain when an area nearby has been hurt. A summary of the research will be published on Jan. 23 in the journal Neuron. Full story...

Seeking Treatment for Brain’s 'Perfect Storm'
January 2014 [Source: Missouri State University, Mind's Eye Blog]
Research isn’t all about microscopes and test tubes. It’s about helping people. Dr. Paul Durham’s lab at the Jordan Valley Innovation Center is paving the way and discovering new interventions for those experiencing intense, chronic pain. Full story...

Surgery vs. Non-invasive Treatment—Which is Better for Herniated Discs?
December 27, 2013 [Source: Spine]
Philadelphia, Pa. (December 27, 2013) - For patients with herniated discs in the lower (lumbar) spine, surgery leads to greater long-term improvement in pain, functioning, and disability compared to nonsurgical treatment, concludes an eight year follow-up study in Spine. Full story...

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AAPM 2014 Annual Meeting

Register Now for AAPM's 30th Annual Meeting
March 6-9, 2014
Preconference sessions: March 5-6, 2014
Phoenix Convention Center - Phoenix, AZ

Register Now

30th Annual Meeting Shows Why Pain Medicine Merits National Attention
If the Phoenix, AZ, location for the American Academy of Pain Medicine’s (AAPM’s) 30th Annual Meeting, March 6–9, is not enough incentive to attend, the breadth of the educational and scientific sessions should be. This year’s annual meeting co-chairs have assembled a top-notch faculty covering a broad array of topics designed to appeal to virtually all members, whether they treat chronic or acute pain, are military or civilian practitioners, or have little or extensive experience in the pain medicine field.

Concurrent sessions range from new research that may have the potential to change clinical practice to novel interventions and quality initiatives that are improving patient outcomes. Other sessions delve into special-interest subjects such as cancer pain, intractable headaches, and muscle pain syndrome. Click here to read the Preshow Annual Meeting Pain Medicine Network Newsletter, featuring a detailed review by Annual Meeting Co-Chairs, Chester "Trip" Buckenmaier III, MD COL MC USA and W. Michael Hooten, MD.

View the Annual Meeting Brochure for more highlights and learn from the Best of the Best in Pain Medicine

See what last year's attendees said about AAPM's Annual Meeting - View Videos...

New! Annual Meeting Bookstore
Plan to visit the Bookstore at this year’s Annual Meeting, featuring books from this year’s faculty.

Plan to Attend a Special Event for the Academy’s Journal, Pain
Rollin Gallagher MD MPH, Editor of Pain Medicine, will moderate a panel of experts that will discuss how to select the right journal for your research, prepare your paper for submission, and navigate the peer-review process that can be complicated and confusing. This session will provide an overview on tactics and strategies to improve your chances of success at publishing in peer-reviewed journals.

Pain Treatments/Trials in the News

Acetaminophen, Opioids, and Safety
February 5, 2014 [Source: Medscape]
The View From the FDA, an interview with Sharon Hertz, MD, Deputy Director, Division of Anesthesia, Analgesia, and Addiction Products, Center for Drug Evaluation and Research at the FDA. Full story...

Data Update Supports Infiltration with EXPAREL® into the Transversus Abdominis Plane for Postsurgical Pain Management
January 29, 2014 [Source: Pacira Pharmaceuticals, Inc.]
PARSIPPANY, N.J.--(BUSINESS WIRE)--Jan. 29, 2014-- Pacira Pharmaceuticals, Inc. (NASDAQ:PCRX) today announced key findings supporting the use of EXPAREL® (bupivacaine liposome injectable suspension) infiltrated into the transversus abdominis plane (or iTAP) for postsurgical pain management. Full story...

Substance Abuse and Addiction Research

SAMHSA's New Report Tracks the Behavioral Health of America
January 31, 2014 [Source: SAMHSA]
SAMHSA's new report, the "National Behavioral Health Barometer" (Barometer), provides data about key indicators of behavioral health problems including rates of serious mental illness, suicidal thoughts, substance abuse, underage drinking, and the percentages of those who seek treatment for these disorders. The Barometer shows this data at the national level, and for each of the 50 states and the District of Columbia. Full story...

Overdose Deaths from Prescription Pain Meds Drop 27 Percent
OLYMPIA -- Fewer people in Washington died from prescription pain medication overdoses between 2008 and 2012, after an eightfold increase in the last decade. The overdose death rate dropped by 27 percent and the number of deaths went from 512 in 2008 to 388 in 2012; this was tempered by an increase in heroin deaths, which rose from 146 in 2008 to 231 in 2012. Full story...

State Legislative News

OH: House Bill Will Require the Reporting Of Drug-Dependent Newborns
Advocacy

Interagency Pain Research Coordinating Committee Meeting
February 4, 2014 [NIH Interagency Pain Research Coordinating Committee]
The IPRCC was charged by the Office of the Assistant Secretary for Health to create a comprehensive population health level strategy for pain prevention, treatment, management, and research. View videocast from the February 4, 2014 meeting...
For more information about the IPRCC...

Practice Management & Coding Updates

Why Physicians are Backing SGR Repeal Bill
February 10, 2014 [Source: AMA]
Joint legislation to repeal Medicare’s fatally flawed physician payment formula, announced Thursday, received AMA support Monday in a call for Congress to fast-track the landmark legislation. Full story...
View SGR Repeal and Medicare Provider Payment Modernization Act, Section by Section
Provided by House Committees on Energy & Commerce and Ways & Means and the Senate Committee on Finance Staff.

Order your copy today of the new 2014 Coding Book
2014 Illustrated Coding and Billing Expert for Anesthesia/Pain Medicine
The first shipment of the 2014 Coding Book has already sold out, with a second shipment to arrive shortly. Order your copy today to receive a copy from the new shipment. For more information...
Check www.painmed.org/coding for Coding Books, Webinar archives and other coding resources.

AAPM Members in the News

Guest Blog: The Truth about Pain and Your Diet by Lynn Webster, MD, a Leading Physician and Researcher in the Pain Community
January 31, 2014 [Source: TheseThree.com]
To view blog entry...

AHRQ Request for Comments

AHRQ Seeks AAPM Members to Comment on Low Back Pain Research Review
AHRQ is seeking AAPM members that are interested in providing feedback on a research review for the Diagnosis and Treatment of Low Back Pain. If
Principles for Safer Opioid Prescribing

Eight Principles for Safer Opioid Prescribing, Points 6, 7 and 8:

6. **Assess for sleep apnea in patients on high daily doses of methadone or other opioids and in patients with a predisposition.**
   Research has shown a high prevalence of sleep apnea in patients on chronic opioid therapy [22,27]. The data suggest a dose relation, and the sleep apnea can be life threatening on moderate-to-high doses of opioids [22]. Patients who require greater than 50 mg of methadone or greater than 150 mg morphine equivalent of other opioids should be referred for formal sleep apnea evaluation. So should those with a predisposition or risk factors for sleep apnea. At-risk patients may require inpatient evaluation to monitor for and determine safety of opioid therapy.

7. **Tell patients on long-term opioid therapy to reduce opioid dose during upper respiratory infections or asthmatic episodes.**
   Because of a decreased margin of safety [28], patients should be advised to reduce their daily opioid doses, particularly their evening doses, by at least 30% during events with acute respiratory tract compromise. These include flu, pneumonia, and upper respiratory infections.

8. **Avoid using long-acting opioid formulations for acute, postoperative, or trauma-related pain.**
   Most long-acting opioids, including transdermal patches [29], should be reserved for patients who have developed tolerance to opioids.

References:

unfavourable side-effects. The angiotensin II type 2 receptor (AT2R) is a new target for neuropathic pain. EMA401, a highly selective AT2R antagonist, is under development as a novel neuropathic pain therapeutic agent. We assessed the therapeutic potential of EMA401 in patients with postherpetic neuralgia.

Read more...

**Differential Methylation of the TRPA1 Promoter in Pain Sensitivity**

February 4, 2014 [Source: Nature Communications]

Chronic pain is a global public health problem, but the underlying molecular mechanisms are not fully understood. Here we examine genome-wide DNA methylation, first in 50 identical twins discordant for heat pain sensitivity and then in 50 further unrelated individuals. Whole-blood DNA methylation was characterized at 5.2 million loci by MeDIP sequencing and assessed longitudinally to identify differentially methylated regions associated with high or low pain sensitivity (pain DMRs).

Read more...

**Mindfulness, Acceptance and Catastrophizing in Chronic Pain**

January 29, 2014 [Source: PlosOne]

Abstract: Objectives: Catastrophizing is often the primary target of the cognitive-behavioral treatment of chronic pain. Recent literature on acceptance and commitment therapy (ACT) suggests an important role in the pain experience for the concepts mindfulness and acceptance. The aim of this study is to examine the influence of mindfulness and general psychological acceptance on pain-related catastrophizing in patients with chronic pain.

Read more...
Mindfulness-Oriented Recovery Enhancement (MORE), a multimodal intervention designed to simultaneously target mechanisms underpinning chronic pain and opioid misuse. Results: MORE participants reported significantly greater reductions in pain severity (p = .038) and interference (p = .003) than SG participants, which were maintained by 3-month follow-up and mediated by increased nonreactivity and reinterpretation of pain sensations. Compared with SG participants, participants in MORE evidenced significantly less stress arousal (p = .034) and desire for opioids (p = .027), and were significantly more likely to no longer meet criteria for opioid use disorder immediately following treatment (p = .05); however, these effects were not sustained at follow-up. Conclusions: Findings demonstrate preliminary feasibility and efficacy of MORE as a treatment for co-occurring prescription opioid misuse and chronic pain. (PsycINFO Database Record (c) 2014 APA, all rights reserved).

PMID: 24491075 [PubMed - as supplied by publisher]

Read more...

Effects of Vitamin D on Patients with Fibromyalgia Syndrome: A Randomized Placebo-Controlled Trial
Wepner F1, Scheuer R2, Schuetz-Wieser B2, Machacek P2, Pieler-Bruha E2, Cross HS3, Hahne J2, Friedrich M2.

Abstract: The role of calcifediol in the perception of chronic pain is a widely discussed subject. Low serum levels of calcifediol are especially common in patients with severe pain and fibromyalgia syndrome (FMS). We lack evidence of the role of vitamin D supplementation in these patients. To our knowledge, no randomized controlled trial has been published on the subject. Thirty women with FMS according to the 1990 and 2010 American College of Rheumatology criteria, with serum calcifediol levels <32ng/mL (80nmol/L), were randomized to treatment group (TG) or control group (CG). The goal was to achieve serum calcifediol levels between 32 and 48ng/mL for 20weeks via oral supplementation with cholecalciferol.

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PMID: 2443877 [PubMed - in process]

Read more...

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NIH Clinical Studies & Trials

The following studies and trials are posted at ClinicalTrials.gov:

Complementary and Alternative Medicine (CAM) for Fibromyalgia
This study is not yet open for participant recruitment.
First received: January 30, 2014
Sponsor: Oregon Health and Science University
Information provided by (Responsible Party): Scott Mist, Oregon Health and Science University
Principal Investigator: Scott D Mist, PhD, MAcOM Oregon Health and Science University
ClinicalTrials.gov Identifier: NCT02053090

Stated Purpose: This study is an acceptability and feasibility study of two adjunctive interventions: group education with stretching; and group acupuncture. The study population will be women with primary fibromyalgia who have not previously tried acupuncture. Both interventions will be 10 weeks in length and will be conducted at the Oregon Health & Science University. The primary hypothesis is that both arms will be acceptable and feasible in the study population.

Read more...

Pain Management for Veterans Filing Compensation Claims (SBIRT LBP)
This study is not yet open for participant recruitment.
Stated Purpose: This proposal will develop and test an indicated prevention strategy, Screening, Brief Intervention and Referral to Treatment with Pain-Management advice (SBIRT-PM), in Veterans who have filed a claim for a (military) service-connected injury for which they have requested financial compensation. Although typically only an information-gathering, forensic-styled examination, the Compensation examination is a crucial point of entry to VA care.