AAPM E-News

Register Onsite
for the 2014 AAPM Annual Meeting in Phoenix, AZ. March 6-9, 2014.
For more information...

The Sheraton Phoenix Downtown Hotel is AAPM's Annual Meeting headquarters hotel. Book hotel now...

AAPM's Education Receives ACCME Accreditation with Commendation

Patient Education Resources
AAPM's website is host to patient education videos that include 21 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...

Donate Now to Better Pain Care


LATEST NEWS from the American Academy of Pain Medicine

AAPM Business
Pain Research in the News
FDA News, Warnings & Recalls
Substance Abuse and Addiction Research
VA-Military Pain Care
Annual Meeting
State Legislative News (news for MO and OR)
Practice Management & Coding Updates
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Industry Corner
Pain Abstracts in the News
PubMed Pain Abstracts
NIH Clinical Studies & Trials

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

Northwestern Medicine Researchers Offer Relief for Severe Facial Pain
February 26, 2014 [Source: Northwestern Memorial Hospital]
Northwestern Medicine® researchers have found a novel, multidisciplinary way to treat some suffering from this nerve disorder by using ultrasound techniques to help administer nerve blocks to stop the facial pain. Full
Phantom Limb Pain Relieved When Amputated Arm is Put Back to Work
February 25, 2014 [Source: Chalmers University of Technology, Sweden]
Max Ortiz Catalan has developed a new method for the treatment of phantom limb pain (PLP) after an amputation. The method is based on a unique combination of several technologies, and has been initially tested on a patient who has suffered from severe phantom limb pain for 48 years. A case study shows a drastic reduction of pain.

Opioid Abuse Initiates Specific Protein Interactions in Neurons in Brain's Reward System
February 24, 2014 [Source: Mount Sinai Hospital]
Identifying the specific pathways that promote opioid addiction, pain relief, and tolerance are crucial for developing more effective and less dangerous analgesics, as well as developing new treatments for addiction. Now, new research from the Icahn School of Medicine at Mount Sinai reveals that opiate use alters the activity of a specific protein needed for the normal functioning of the brain's reward center.

PPAHS Joins Anesthesia Patient Safety Foundation in Call for a "Paradigm Shift" in Opioid Safety
February 19, 2014 [Source: Anesthesia Patient Safety Foundation]
"It's time for a change in how we monitor postoperative patients receiving opioids," declares Dr. Robert Stoelting, president of the Anesthesia Patient Safety Foundation (APSF). "We need a complete paradigm shift in how we approach safer care for postoperative patients receiving opioids."

Could Restless Sleep Cause Widespread Pain in Older Folks?
February 13, 2014 [Source: Keele University, UK]
Researchers in the U.K. report that non-restorative sleep is the strongest, independent predictor of widespread pain onset among adults over the age of 50. According to the study published in Arthritis & Rheumatology (formerly Arthritis & Rheumatism), a journal of the American College of Rheumatology (ACR), anxiety, memory impairment, and poor physical health among older adults may also increase the risk of developing widespread pain.

Within Tarantula Venom, New Hope for Safe and Novel Painkillers Found
February 13, 2014 [Source: Yale University]
Screening more than 100 spider toxins, Yale researchers identified a protein from the venom of the Peruvian green velvet tarantula that blunts activity in pain-transmitting neurons. The findings, reported in the March 3 issue of the journal Current Biology, show the new screening method used by the scientists has the potential to search millions of different spider toxins for safe pain-killing drugs and therapies.

Does More Stress Equal More Headaches?
February 12, 2014 [Source: American Academy of Neurology]
Newswise — PHILADELPHIA – A new study provides evidence for what many people who experience headache have long suspected—having more stress in your life leads to more headaches. The study released today will be presented at the American Academy of Neurology’s 66th Annual Meeting
in Philadelphia, April 26 to May 3, 2014. Full story...

Need to add a Pain Physician to your practice? Post your ad with AAPM's Career Center and reach more than the 2,500 members of AAPM. The network reaches beyond 30,000 professionals in healthcare. View jobs...

Read this month’s President's Message

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

AAPM's State-of-the-Art, Comprehensive Textbook of Pain Medicine Available Now
Editor-in-Chief Timothy R. Deer MD

FDA News, Warnings & Recalls

Public Notification: Arth-Q Contains Hidden Drug Ingredient
February 13, 2014 [Source: FDA]
The Food and Drug Administration (FDA) is advising consumers not to purchase or use Arth-Q, a product promoted and sold as a dietary supplement for joint, muscle and arthritic pain. Full story...

FDA Is Committed to Determining Sex Differences in How Drugs Work
February 14, 2014 [Source: FDA Voice]
We’ve issued guidance to the pharmaceutical industry explaining in detail our expectations about analyzing clinical data for sex-related differences as well as differences according to other demographic groupings. Those assessments, depending on the drug, may start with routine animal studies, in case a difference is evident by sex, but become most important when drugs begin to be tested in humans to see if data signal potential differences that require follow-up. Full story...

Substance Abuse and Addiction Research

Can A Story Help Doctors Curb the Prescription Opioid Abuse Epidemic?
February 26, 2014 [Source: Perelman School of Medicine at the University of Pennsylvania]
Newswise — PHILADELPHIA – In the fight against a nationwide prescription opioid abuse epidemic, Penn Medicine researchers are using storytelling to help doctors recall important, potentially lifesaving national guidelines on how to prescribe these medications. Full story...

Opioid Addiction Meds Effective but Buprenorphine a Better Bet?
February 20, 2014 [Source: Medscape]
Full story...(login required)

VA-Military Pain Care

VA Initiative Shows Early Promise in Reducing Use of Opioids for Chronic Pain
February 25, 2014 [Source: VA]
The Department of Veterans Affairs (VA) has initiated a multi-faceted approach to reduce the use of opioids among America’s Veterans using VA
Updates

Need Facts on Pain?
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.

Physician Payment Sunshine Act Resources:
- AMA's Recommended 4 Steps for Physicians to Support Accurate Data
- AMA Toolkit for Physician Financial Transparency Reports (Sunshine Act)
- The Official CMS Website for Open Payments (Physician Payments Sunshine Act)

Pain Medicine: February, 2014

Highlights:

EDITORIAL
Regional Anesthesia and Ischemic Pain: Go with the Flow

PRIMARY CARE & HEALTH SERVICES SECTION
Pain Control in Sickle Cell Disease Patients: Use of Complementary and Alternative Medicine

NEUROPATHIC PAIN SECTION

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

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 Medicine
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.

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State Legislative News

MO: Missouri Introduces Legislation to Enact a Prescription Monitoring Program

OR: Court Rules Warrant Is Required to Access Drug Prescription Database

February 11, 2014 [Source: ACLU]
PORTLAND, Ore. – For the first time, a federal judge has ruled that patients have a reasonable expectation of privacy in their drug prescription records, and that law enforcement must obtain a warrant in order to search such information. The American Civil Liberties Union and the ACLU of Oregon represented a group of Oregon patients and a physician in the lawsuit against the Drug Enforcement Administration. Full story...

Practice Management & Coding Updates

ICD-10 Implementation Costs "Much More Disruptive": New Study

February 12, 2014 [Source: AMA]
New estimates of costs to implement the federally mandated ICD-10 code set by Oct. 1 are in some cases nearly three times more than previously estimated, according to a new AMA study. Full story...

Reporting E/M Services and Procedures on the Same Day

Emily Hill, PA, AAPM Coding Consultant
CPT guidelines allow an Evaluation and Management (E/M) Service code to be reported on the day of a procedure or diagnostic test if the E/M service is “significant and separately identifiable” from the other service being reported. Simple confirmation of symptoms, explanation of the procedure, signing of consents, and verification of medical information are typically considered inherent in the procedure code and were considered in the value of the procedure. Full story...

Check www.painmed.org/coding for Coding Books, Webinar archives and other coding resources.

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 you, as a physician or clinician, would be interested in providing feedback during the public comment period, please send an email to info@painmed.org with the words "AHRQ - Low back Pain" in the subject line.

Industry Corner

Pain Medicines with Abuse-Deterrent Properties Can Make a Difference
With membership at an unprecedented level, more than 2,500 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 29th 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.

Assessment of Plasma C-Reactive Protein as a Biomarker of Posttraumatic Stress Disorder Risk

Abstract: Importance Posttraumatic stress disorder (PTSD) has been associated in cross-sectional studies with peripheral inflammation. It is not known whether this observed association is the result of PTSD predisposing to inflammation (as sometimes postulated) or to inflammation predisposing to PTSD.

Prevalence of and Risk Factors for Persistent Postoperative Nonanginal Pain after Cardiac Surgery: a 2-Year Prospective Multicentre Study

Abstract: Background: Persistent postoperative pain continues to be an under recognized complication. We examined the prevalence of and risk factors for this type of pain after cardiac surgery.

Acetaminophen Use During Pregnancy, Behavioral Problems, and Hyperkinetic Disorders

Importance Acetaminophen (paracetamol) is the most commonly used medication for pain and fever during pregnancy in many countries. Research data suggest that acetaminophen is a hormone disruptor, and abnormal hormonal exposures in pregnancy may influence fetal brain development. Conclusions and Relevance Maternal acetaminophen use during pregnancy is associated with a higher risk for HKDs and ADHD-like behaviors in children. Because the exposure and outcome are frequent, these results are of public health relevance but further investigations are needed.

Opioid Prescribing by Multiple Providers in Medicare: Retrospective Observational Study of Insurance Claims

Abstract: Objectives: To estimate the frequency and characteristics of opioid prescribing by multiple providers in Medicare and the association with hospital admissions related to opioid use. Conclusions Concurrent opioid prescribing by multiple providers is common in Medicare patients and is associated with higher rates of hospital admission related to opioid use.

Contributions of Psychology to the Understanding and Treatment of People with Chronic Pain: Why it Matters to ALL Psychologists.

Abstract: Chronic pain is a prevalent problem with significant costs to individuals, significant others, and society. In this article, which introduces the American Psychologist special issue on chronic pain, we provide an overview of the seminal contributions made by psychologists to our current understanding of this important problem. We also describe the primary treatments that have been developed based on psychological principles and models of pain, many of which have demonstrated efficacy for reducing pain and its impact on psychological and physical functioning. The article ends
with an enumeration of directions for future research and clinical practice. We believe that the chronicle of psychology’s role in improving our understanding and treatment of pain provides a model for how psychologists can have a significant influence on many fields, and that the models and approaches developed for understanding and treating pain may be of use to psychologists working in other areas. Thus, we think that chronic pain is an important area of study that offers insights about translational research for ALL psychologists. (PsycINFO Database Record (c) 2014 APA, all rights reserved)

PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov:

Abuse of Family Physicians by Patients Seeking Controlled Substances
Saveland C1, Hawker L, Miedema B, Macdougall P.
Abstract: OBJECTIVE: To examine family physicians' career prevalence and monthly incidence of workplace abuse by controlled substance prescription seekers. CONCLUSION: Abuse of family physicians by patients seeking controlled substances is substantial. Family physicians who prescribe controlled substances are at risk of being subjected to minor, major, or even severe abuse. Opioids were the most often sought controlled substance. A national discussion to deal with this issue is needed.

Opioids Induce Dissociable Forms of Long-Term Depression of Excitatory Inputs to the Dorsal Striatum
Atwood BK, Kupferschmidt DA, Lovinger DM.
Abstract: As prescription opioid analgesic abuse rates rise, so does the need to understand the long-term effects of opioid exposure on brain function. The dorsal striatum is an important site for drug-induced neuronal plasticity. We found that exogenously applied and endogenously released opioids induced long-term depression (OP-LTD) of excitatory inputs to the dorsal striatum in mice and rats. Mu and delta OP-LTD, although both being presynaptically expressed, were dissociable in that they summated, differentially occluded endocannabinoid-LTD and inhibited different striatal inputs. Kappa OP-LTD showed a unique subregional expression in striatum. A single in vivo exposure to the opioid analgesic oxycodone disrupted mu OP-LTD and endocannabinoid-LTD, but not delta or kappa OP-LTD. These data reveal previously unknown opioid-mediated forms of long-term striatal plasticity that are differentially affected by opioid analgesic exposure and are likely important mediators of striatum-dependent learning and behavior.
PMID: 24561996 [PubMed - as supplied by publisher]

Patterns of Opioid Utilization in Pregnancy in a Large Cohort of Commercial Insurance Beneficiaries in the United States
Anesthesiology. 2014 Feb 12. [Epub ahead of print]
Bateman BT1, Hernandez-Diaz S, Rathmell JP, Seeger JD, Doherty M, Fischer MA, Huybrechts KF.
Abstract: BACKGROUND: There are few data regarding the utilization of opioids during pregnancy. The objective of this study was to define the prevalence and patterns of opioid use in a large cohort of pregnant women.
who were commercial insurance beneficiaries. CONCLUSIONS: This study demonstrates that opioids are very common exposures during pregnancy. Given the small and inconsistent body of literature on their safety in pregnancy, these findings suggest a need for research in this area.
PMID: 24525628 [PubMed - as supplied by publisher]

Virally Mediated Optogenetic Excitation and Inhibition of Pain in Freely Moving Nontransgenic Mice
Iyer SM1, Montgomery KL1, Towne C2, Lee SY2, Ramakrishnan C2, Deisseroth K3, Deirpi SL4.
Abstract: Primary nociceptors are the first neurons involved in the complex processing system that regulates normal and pathological pain. Because of constraints on pharmacological and electrical stimulation, noninvasive excitation and inhibition of these neurons in freely moving nontransgenic animals has not been possible. Here we use an optogenetic strategy to bidirectionally control nociceptors of nontransgenic mice. Intrasciatic nerve injection of adeno-associated viruses encoding an excitatory opsin enabled light-inducible stimulation of acute pain, place aversion and optogenetically mediated reductions in withdrawal thresholds to mechanical and thermal stimuli. In contrast, viral delivery of an inhibitory opsin enabled light-inducible inhibition of acute pain perception, and reversed mechanical allodynia and thermal hyperalgesia in a model of neuropathic pain. Light was delivered transdermally, allowing these behaviors to be induced in freely moving animals. This approach may have utility in basic and translational pain research, and enable rapid drug screening and testing of newly engineered opsins.
PMID: 24531797 [PubMed - as supplied by publisher]

Treating Small Fiber Neuropathy by Topical Application of a Small Molecule Modulator of Ligand-Induced GFRa/RET Receptor Signaling
Hedstrom KL, Murtie JC, Albers K, Calcutt NA, Corfas G.
Abstract: Small-fiber neuropathy (SFN) is a disorder of peripheral nerves commonly found in patients with diabetes mellitus, HIV infection, and those receiving chemotherapy. The complexity of disease etiology has led to a scarcity of effective treatments. Using two models of progressive SFN, we show that overexpression of glial cell line-derived neurotrophic factor (GDNF) in skin keratinocytes or topical application of XIB4035, a reported nonpeptidyl agonist of GDNF receptor a1 (GFRa1), are effective treatments for SFN. We also demonstrate that XIB4035 is not a GFRa1 agonist, but rather it enhances GFRa family receptor signaling in conjunction with ligand stimulation. Taken together, our results indicate that topical application of GFRa/RET receptor signaling modulators may be a unique therapy for SFN, and we have identified XIB4035 as a candidate therapeutic agent.
KEYWORDS: pain, sensory, thermonociception, topical drug, trophic factor
PMID: 24449858 [PubMed - in process]
ClinicalTrials.gov Identifier: NCT02068027
First received: February 19, 2014

Stated Purpose: The purpose of the study is to determine whether clonidine gel is an effective treatment for reducing the pain associated with painful diabetic neuropathy.
Read more...

Cooled Radiofrequency Ablation vs. Thermal Radiofrequency Ablation
This study is not yet open for participant recruitment.
Verified February 2014 by The Cleveland Clinic
Sponsor: The Cleveland Clinic
Collaborator: Kimberly-Clark Corporation
Information provided by (Responsible Party): The Cleveland Clinic
Principal Investigator: Nagy Mekhail, The Cleveland Clinic
ClinicalTrials.gov Identifier: NCT02073262
First received: February 21, 2014

Stated Purpose: Nerves in your body transmit signals to and from your brain and the cells in your body. In the event of an injury or disease, these nerves transmit pain. Sometimes, when an injury doesn’t heal, chronic pain can develop. One way to treat chronic pain is to interrupt these pain signals. One method of doing this is to use Radio frequency ablation (RFA).
Read more...

Comparison of Gabapentin and Pregabalin for Radicular Pain
This study is enrolling participants by invitation only.
Sponsor: Emory University
Information provided by (Responsible Party): Patricia Bush, Emory University
Principal Investigator: Diana Sodiq, D.O., Emory University
ClinicalTrials.gov Identifier: NCT02064790
First received: February 14, 2014

Stated Purpose: Although some studies show improvement of pain and associated effects of pain with off-label use of neuropathic agents for cervical or lumbar radiculopathy, there is limited published evidence so far. We propose to complete a year-long prospective, observational study as a pilot to recruit 400 patients within the year and follow their pain level, function, and QOL measures for 16 weeks to determine whether it is feasible to continue studying this group in the future. We expect that pain, function, and quality of life will be improved in the group of patients who are given neuropathic agents as an adjunct to other conservative treatments compared to the expected 65% of patients with similar symptoms who are treated conservatively without neuropathic agents. We do not expect a statistically significant difference between the two neuropathic agents.
Read more...

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American Academy of Pain Medicine
8735 W. Higgins Road, Suite 300, Chicago, IL 60631
Phone: 847/375-4731 Fax: 847/375-6477
info@painmed.org www.painmed.org