AAPM's 31st Annual Meeting begins 5pm Thursday March 19 - ends Sunday March 22 at noon
Preconference sessions begin Wednesday March 18
Gaylord National Resort & Convention Center
National Harbor, MD
AAPM's Education Receives ACCME Accreditation with Commendation

AAPM E-News
April 21, 2014 - Your Latest News on the Specialty of Pain Medicine

SAVE THE DATE
Pain Medicine, DC 2015
March 18-22, 2015
National Harbor, MD
Preconference sessions begin March 18

Pain Research in the News

New Pain Relief Targets Discovered
April 17, 2014 [Source: Biotechnology and Biological Sciences Research Council]
Scientists have identified new pain relief targets that could be used to provide relief from chemotherapy-induced pain. BBSRC-funded researchers at King's College London made the discovery when researching how pain occurs in nerves in the periphery of the body. Full story...

Proof that Antidepressants and Breastfeeding Can Mix
April 10, 2014 [Source: University of Adelaide]
University of Adelaide researchers have found that women on antidepressant medication are more successful at breastfeeding their babies if they keep taking the medication, compared with women who quit antidepressants because of concerns about their babies' health. These results have been presented this week at the 18th Perinatal Society of Australia and New Zealand (PSANZ) Annual Conference in Perth. Full story...

Resting-State Functional Connection During Low Back Pain
April 3, 2014 [Source: Neural Regeneration Research]
The default mode network is a key area in the resting state, involving the posterior cingulate cortex, precuneus, medial prefrontal and lateral temporal cortices, and is characterized by balanced positive and negative connections classified as the "hubs" of structural and functional connectivity in brain studies. Resting-state functional connectivity MRI is based on the observation that brain regions exhibit correlated slow fluctuations at rest, and has become a widely used tool for investigating spontaneous brain activity. Full story...
**Messenger of Pain Identified**  
April 3, 2014 [Source: Duke Research Blog]

In a paper appearing online April 2 in the journal *Neuron*, Ji and his colleagues in the Pain Signaling and Plasticity Lab describe one MicroRNA called "let-7b" that is found floating outside cells and can bind specifically to pain-sensing neurons. [Full story](#).

**A Five-Dimensional View of Pain**  
April 3, 2014 [Source: Pain Research Forum]  
[Full story](#)

**Patients Rate Pain Care Differently Depending on Locale, UF Researchers Find**  
April 2, 2014 [Source: University of Florida]

GAINESVILLE, Fla. — Hospital patients’ responses to a question about whether their pain is well-controlled may depend in part on where they live, University of Florida researchers report. The findings could lead to system-level changes in patient care based on regional differences, said Dr. Patrick Tighe, an assistant professor of anesthesiology and the study's first author. (Study authors include AAPM members, Dr. Patrick Tighe and Dr. Robert Hurley.) [Full story](#)

**Migraine Attacks Increase Following Stress "Let-Down"**  
March 26, 2014 [Source: Montefiore]

NEW YORK (March 26, 2014) – Migraine sufferers who experienced reduced stress from one day to the next are at significantly increased risk of migraine onset on the subsequent day, according to a new study conducted by researchers at the Montefiore Headache Center and Albert Einstein College of Medicine at Yeshiva University. Stress has long been believed to be a common headache trigger. In this study, researchers found that relaxation following heightened stress was an even more significant trigger for migraine attacks. Findings may aid in recommending preventive treatments and behavioral interventions. The study was published online today in *Neurology®,* the medical journal of the American Academy of Neurology. [Full story](#)

**Orthotic Brace Takes Soldiers from Limping To Leaping**  
March 24, 2014 [Source: NPR Blog]

The brace, which was developed at the Center for the Intrepid at Brooke Army Medical Center in San Antonio, is molded out of lightweight black carbon fiber and custom-fit to each person. A foot plate inside a shoe attaches to a strut that runs up the back of the calf to a cuff. [Full story](#)

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**Practice Management & Coding Updates**

**The Business of Pain Management**  
April 1, 2014 [Source: The Ambulatory M&A Advisor]  
[Read more](#)

**The ICD-10 Delay-What Does It Mean for Your Practice**  
Emily Hill, PA, AAPM Coding Consultant

As you know, Congress delayed ICD-10 implementation until at least October 1, 2015. Most experts believe that implementation will occur but the timing is still uncertain. CMS has not yet announced their plan for adjusting
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.

Help Wanted:

Behavioral Medicine Headache and Pain Psychologist
St. Louis Behavioral Medicine Institute
St. Louis, MO
SLBMI is hiring a psychologist with a specialty in Behavioral Medicine to join the Headache and Pain Management program.

Interventional Pain Physician
Pennsylvania
Excellent job opportunity for BC/BE fellowship trained pain specialist (Anesthesiology/PM&R).

Pain Management Nurse Practitioner/Physician Assistant
Mercy Medical Group
Sacramento, CA
Looking to add a physician assistant or nurse practitioner to our busy pain medicine department.

More jobs...

Save the Dates for Upcoming Coding for Pain Webinars!

- Essentials of Coding for Pain
  Wednesday, June 11, 2014 (Noon – 1:30 pm CDT)
  [For more information or to register now...]

- Coding for Pain in 2015
  Wednesday, December 10, 2014 (Noon – 1:30 pm CDT)
  [For more information on upcoming Coding for Pain Webinars...]

For 2014 Coding Book, Webinar archives and other coding resources visit [www.painmed.org/coding](http://www.painmed.org/coding)

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Pain Treatments/Trials in the News

IV Acetaminophen Shown Safe, Effective Managing Pain in Craniotomy Patients
April 9, 2014 [Source: Newswise]
Newswise — SAN FRANCISCO (April 9, 2014) —Studies have shown that pain management in craniotomy patients is difficult. Physicians avoid prescribing narcotics — typically the medication of choice for pain management — because they impair the evaluation of brain function. Postoperative nausea and vomiting often delay the use of oral medication, and few nonnarcotic intravenous (IV) medications exist. However, the recently approved IV formulation of acetaminophen might present a safe, potent non-opioid choice for craniotomy patients. [Full story...]

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Pain News

Update on the Recent Release of Zohydro ER
In a [press release](http://www.painmed.org/pressreleases) on October 25, 2013, the FDA approved Zohydro ER (hydrocodone bitartrate extended-release capsules) for the management of pain severe enough to require daily, around-the-clock, long-term treatment and for which alternative treatment options are inadequate.
At the end of March Governor Deval Patrick (MA) issued a press release which called on Commissioner Bartlett to: "Immediately prohibit the prescribing and dispensing of any hydrocodone-only formulation (commonly known as Zohydro) until determined that adequate measures are in place to safeguard against the potential for diversion, overdose and misuse."

Zogenix released this press release in response.

On April 3, 2014 Vermont Gov. Peter Shumlin also announced an emergency order that would make it harder for doctors to prescribe Zohydro.

A U.S. District Court judge reversed the Massachusetts ban on April 15.

On April 15, the New Hampshire Senate committee took up legislation that would impose an 18-month moratorium on the new drug.

On WBUR (Boston NPR Radio), journalist, Judy Foreman, comments on the topic in this opinion piece on WBUR (Boston NPR Radio) on April 14, 2014.
Payment Sunshine Act: Lessons Learned in Preparation and Implementation.

- 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: April, 2014

Highlights:

EDITORIAL
Efficacy vs Effectiveness and Explanatory vs Pragmatic: Where Is the Balance Point in Pain Medicine Research?

SPINE SECTION
Correlation Between Severity of Lumbar Spinal Stenosis and Lumbar Epidural Steroid Injection

CANCER PAIN & PALLIATIVE CARE SECTION
Preferences of Caregivers and Patients Regarding Opioid Analgesic Use in Terminal Care

OPIOIDS, SUBSTANCE ABUSE & ADDICTIONS SECTION
Predictors of Painkiller Dependence among People with Pain in the General Population

TRANSLATIONAL RESEARCH SECTION
Establishment of a Rat Model of Type II Diabetic Neuropathic Pain

ACUTE & PERIOPERATIVE PAIN SECTION
Isometric Exercise as a Test of Pain Modulation: Effects of Experimental Pain Test, Psychological Variables, and Sex

SPECIAL ISSUE: Are Active Self-Care Complementary and Integrative Therapies Effective for Management of Chronic Pain? A Rapid Evidence Assessment of the Literature and Recommendations for the Field

REVIEW ARTICLES
Mind–Body Therapies for the Self-Management of Chronic Pain Symptoms
Movement Therapies for the Self-

treatment that can be used by family members or caregivers to treat a person known or suspected to have had an opioid overdose. Evzio (naloxone hydrochloride injection) rapidly delivers a single dose of the drug via a hand-held auto-injector that can be carried in a pocket or stored in a medicine cabinet. Full story...

FDA Commissioner Margaret A. Hamburg Statement on Prescription Opioid Abuse
April 3, 2014 [Source: FDA]

For more than a decade, the U.S. Food and Drug Administration has been working to address the important public health problems associated with the misuse, abuse, addiction and overdose of opioid analgesics, while at the same time working to ensure continued access to effective and appropriate medications for millions of Americans currently suffering from pain. I firmly believe that these goals are compatible, and that actions to address one should not be at the expense of the other. Full story...

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Advocacy

Medicare Physician Data Release Information
The Academy informed its members in an email regarding the Centers for Medicare and Medicaid Services (CMS) searchable, physician-specific Medicare claims data on its website. The spreadsheet files show for each physician the NPI, name and address, average charge and Medicare payment amounts, unique beneficiary counts, and other information for the various Medicare services they provide. The Academy is collaborating with the American Medical Association and a number of other medical specialty societies on the release of this data. To that end, we have included important information from the AMA regarding this issue below. Click here to view AAPM Member Alert regarding this issue...

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State Legislative News

CA: DWC Posts Proposed "Guideline for the Use of Opioids to Treat Work-Related Injuries" to Online Forum for Public Comment until April 21, 2014
April 11, 2012 [Source: Department of Industrial Relations, State of California]
The Division of Workers' Compensation (DWC) has posted a proposed "Guideline for the Use of Opioids to Treat Work-Related Injuries" to its online forum. Members of the public may review and comment on the proposal until April 21, 2014. Full story...

Maine Medicaid Rules Reduce Narcotic Prescriptions
April 10, 2014 [Source: NPR]
PORTLAND, Maine (AP) — Maine's severe restrictions on opioid painkillers for Medicaid patients, requiring many to instead seek alternative pain management treatment for the past year, have sharply reduced the number of people obtaining highly addictive medications blamed for drug abuse and deaths around the nation. Full story...

Rhode Island: Director of HEALTH Issues Emergency Regulations Requiring Health Care Professionals and Hospitals to Report all Opioid Overdoses Within 48 Hours
April 3, 2014 [Source: State of Rhode Island]
Full story...
Management of Chronic Pain Symptoms

Multimodal, Integrative Therapies for the Self-Management of Chronic Pain Symptoms

The Current State of the Science for Active Self-Care Complementary and Integrative Medicine Therapies in the Management of Chronic Pain Symptoms: Lessons Learned, Directions for the Future

View all topics in the April issue of Pain Medicine journal and the special supplement issue or go to the Research section of the AAPM website for more information.

Industry News

EXPAREL Use in Femoral Nerve Block for Total Knee Arthroplasty Further Supported by Additional Data from Phase 3 Pivotal Study, sNDA Submission Planned for Second Quarter 2014

April 4, 2014 [Source: Pacira Pharmaceuticals, Inc.]

PARSIPPANY, N.J. & CHICAGO--(BUSINESS WIRE)--Apr. 4, 2014-- Pacira Pharmaceuticals, Inc. (NASDAQ: PCRX) today announced additional Phase 3 data supporting the efficacy and safety of EXPAREL® (bupivacaine liposome injectable suspension) to achieve a femoral nerve block in patients undergoing total knee arthroplasty. Full story...

World's First and Only Upgradeable Spinal Cord Stimulation System Receives FDA Approval

April 4, 2014 [Source: St. Jude Medical]

ST. PAUL, Minn.--(BUSINESS WIRE)-- St. Jude Medical, Inc. (NYSE:STJ), a global medical device company, today announced the approval of its Protégé™ IPG from the U.S. Food and Drug Administration (FDA). Protégé is the first and only neurostimulation system that allows spinal cord stimulation (SCS) technology upgrades as they are approved to be made via software updates. Chronic pain sufferers implanted with this new device can access innovative therapies, stimulation modes, diagnostics or other features once approved through future software upgrades — without the need to surgically replace their medical device. Full story...

Mallinckrodt Pharmaceuticals and Verde Environmental Technologies, Inc., Team to Provide Medsaway Medication Disposal System

April 3, 2014 [Source: Mallinckrodt Pharmaceuticals]

ST. LOUIS & MINNEAPOLIS--(BUSINESS WIRE)--Apr. 3, 2014-- Mallinckrodt Pharmaceuticals (NYSE: MNK) and Verde Environmental Technologies, Inc., have joined forces to address growing concerns regarding responsible disposal of prescriptions and diversion of unused opioid pain medications. Mallinckrodt and Verde will make the Verde Medsaway® disposable pouches for home medication available to patients through their physicians’ offices. Full story...

AAPM's 2015 Annual Meeting Call for Proposals for Education Sessions is Now Live

Submission deadline: May 13, 2014

AAPM is now seeking proposals for its 31st Annual Meeting, which will be held March 19-22, 2015 with Pre-meeting activities beginning on March 18-19, in National Harbor, MD.

Targeted to improve the delivery and practice of evidence-based pain care throughout the healthcare continuum, the 2015 Annual Meeting Planning Committee seeks education session submissions designed to improve the evaluation, diagnosis, and multidisciplinary (integrative and interventional) treatment for various pain disorders, as well as methods of improving the practice of pain medicine in this changing healthcare environment. For more details ...

Annual Meeting News Coverage:
should be receiving your Specialty Representation Ballot in the mail shortly. Please take a moment and complete your Ballot, either with the self-addressed postcard or on the Internet at: www.ama-assn.org/go/ballot.

Be sure to designate AAPM as your Specialty Society. It is very important that we have sufficient AAPM votes for continued representation in the House of Delegates. Thank you.

AAPM Members in the News

With Some Drug Combinations, Overdose Might Be In The Prescription
April 15, 2014 [Source: WUWM89, NPR Radio, Milwaukee]

AAPM President, Sean Mackey, MD PhD is interviewed on Milwaukee’s NPR station.

Full story...

Potential Hydrocodone-Combination Product Rescheduling Sparks Debate
April 2014 [Source: Pain Medicine News]

AAPM Immediate Past President, Lynn R. Webster MD comments on the formal response the Academy has issue on the proposed schedule change to hydrocodone-combination products.

Full story...

Naloxone Auto-Injector Approval for Opioid Overdose Will Save Lives, Better Pain Drugs Still Needed, Expert Says
April 2014 [Source: Pain Medicine News]

Dr. Webster comments on the recent FDA approval of Evzio (naloxone hydrochloride injection, Kaléo) in a recent article in Pain Medicine News.

Full story...

Pain Abstracts in the News

Merkel Cells Transduce and Encode Tactile Stimuli to Drive Aβ-Afferent Impulses
April 15, 2014 [Source: Cell]

Read more...

Increase in Prescription Opioid Use During Pregnancy Among Medicaid-Enrolled Women
April 4, 2014 [Source: Obstetrics & Gynecology]

Abstract: OBJECTIVE: To report the prevalence of prescription opioid use and evaluate the trends in a large cohort of Medicaid-enrolled pregnant women. CONCLUSION: We observed high and increasing number of filled
prescriptions for opioids during pregnancy among Medicaid-enrolled women. These findings call for further safety evaluations of these drugs and their effects on the developing fetus to inform clinical practice.

Read more...

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PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov:

High-Energy Extracorporeal Shock-Wave Therapy for Treating Chronic Calcific Tendinitis of the Shoulder: a Systematic Review
Bannuru RR, Flavin NE, Vaysbrot E, Harvey W, McAlindon T.

Abstract: BACKGROUND: Calcific and noncalcific tendinitis of the shoulder can be unresponsive to conventional therapies. Extracorporeal shock-wave therapy (ESWT) has been suggested as an alternative treatment.
PURPOSE: To assess the efficacy of ESWT in patients with calcific and noncalcific tendinitis.
DATA SOURCES: MEDLINE, Cochrane Central Register of Controlled Trials, EMBASE, Web of Science, and Google Scholar were searched up to 1 November 2013.
CONCLUSION: High-energy ESWT is effective for improving pain and shoulder function in chronic calcific shoulder tendinitis and can result in complete resolution of calcifications. This therapy may be underutilized for a condition that can be difficult to manage.
PRIMARY FUNDING SOURCE: None.
PMID: 24733195 [PubMed - in process]

Read more...

Carbamazepine for Chronic Neuropathic Pain and Fibromyalgia in Adults
Cochrane Database Syst Rev. 2014 Apr 10;4:CD005451. [Epub ahead of print]
Wiffen PJ, Derry S, Moore RA, Kalso EA.

Abstract: BACKGROUND: This is an update of a Cochrane review entitled 'Carbamazepine for acute and chronic pain in adults' published in Issue 1, 2011. Some antiepileptic medicines have a place in the treatment of neuropathic pain (pain due to nerve damage). This updated review considers the treatment of chronic neuropathic pain and fibromyalgia only, and adds no new studies. The update uses higher standards of evidence than the earlier review, which results in the exclusion of five studies that were previously included.
AUTHORS' CONCLUSIONS: Carbamazepine is probably effective in some people with chronic neuropathic pain, but with caveats. No trial was longer than four weeks, had good reporting quality, nor used outcomes equivalent to substantial clinical benefit. In these circumstances, caution is needed in interpretation, and meaningful comparison with other interventions is not possible.
PMID: 24719027 [PubMed - as supplied by publisher]

Read more...

No Requirement of TRPV1 in Long-Term Potentiation or Long-Term Depression in the Anterior Cingulate Cortex
Liu MG, Zhuo M.

Abstract: One major interest in the study of transient receptor potential vanilloid type 1 (TRPV1) in sensory system is that it may serve as a drug target for treating chronic pain. While the roles of TRPV1 in peripheral nociception and sensitization have been well documented, less is known about its contribution to pain-related cortical plasticity. Here, we used 64 multi-electrode array recording to examine the potential role of TRPV1 in two major forms of synaptic plasticity, long-term potentiation (LTP) and long-
term depression (LTD), in the anterior cingulate cortex (ACC). We found that pharmacological blockade of TRPV1 with either [(E)-3-(4-t-Butylphenyl)-N-(2,3-dihydrobenzo[b][1,4]dioxin-6-yl)acrylamide] (AMG9810, 10 µM) or N-(3-methoxyphenyl)-4-chlorocinnamide (SB366791, 20 µM) failed to affect LTP induced by strong theta burst stimulation in the ACC of adult mice. Similarly, neither AMG9810 nor SB366791 blocked the cingulate LTD induced by low-frequency stimulation. Analysis of the results from different layers of the ACC obtained the same conclusions. Spatial distribution of LTP or LTD showing channels among the ACC network was also unaltered by the TRPV1 antagonists. Since cortical LTP and LTD in the ACC play critical roles in chronic pain triggered by inflammation or nerve injury, our findings suggest that TRPV1 may not be a viable target for treating chronic pain, especially at the cortical level.


Effects of Immediate-Release Opioid on Memory Functioning: a Randomized-Controlled Study in Patients Receiving sustained-Release Opioids

Kamboj SK, Conroy L, Tookman A, Carroll E, Jones L, Curran HV.

Abstract: BACKGROUND: The effects of opioid medication on cognitive functioning in patients with cancer and non-cancer pain remain unclear.
RESULT: Unlike previous work, we found no evidence of memory impairment for material presented before or after individually tailored, ‘breakthrough’ doses of immediate-release opioid. Furthermore, immediate-release opioid did not result in increased memory interference. On the other hand, we found enhanced performance on the interference word pair task after immediate-release opioid, possibly indicating lower levels of interference.

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The ACTTION-American Pain Society Pain Taxonomy (AAPT): An Evidence-Based and Multidimensional Approach to Classifying Chronic Pain Conditions


Abstract: Current approaches to classification of chronic pain conditions suffer from the absence of a systematically implemented and evidence-based taxonomy. Moreover, existing diagnostic approaches typically fail to incorporate available knowledge regarding the biopsychosocial mechanisms contributing to pain conditions. To address these gaps, the Analgesic, Anesthetic, and Addiction Clinical Trial Translations Innovations Opportunities and Networks (ACTTION) public-private partnership with the U.S. Food and Drug Administration and the American Pain Society (APS) have joined together to develop an evidence-based chronic pain classification system called the ACTTION-APS Pain Taxonomy. This paper describes the outcome of an ACTTION-APS consensus meeting, at which experts agreed on a structure for this new taxonomy of chronic pain conditions. PERSPECTIVE: The ACTTION-APS Pain Taxonomy is an evidence-based chronic pain classification system designed to classify chronic pain along the following dimensions: 1) core diagnostic criteria; 2) common features; 3) common medical comorbidities; 4) neurobiological, psychosocial, and functional consequences; and 5) putative neurobiological and psychosocial mechanisms, risk factors, and protective factors.

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NIH Clinical Studies & Trials

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

**Pain Program for Active Coping & Training (PPACT-UH3)**
This study is enrolling participants by invitation only.
Sponsor: Kaiser Permanente
Collaborators: Oregon Health and Science University, Duke University
Principal Investigator: Lynn DeBar, PhD, MPH, Kaiser Permanente
Information provided by (Responsible Party): Kaiser Permanente
ClinicalTrials.gov Identifier: NCT02113592
First received: April 7, 2014

**Stated Purpose:** The overall aim of this study is to adopt an integrative rehabilitation approach for helping patients adopt self-management skills for managing chronic pain, limiting use of opioid medications, and identifying exacerbating factors amenable to treatment (e.g., depression, sleep problems) that is feasible and sustainable within the primary care setting.

[Read more...](#)

**Efficacy of Intrathecal Oxytocin in Patients With Neuropathic Pain**
This study is not yet open for participant recruitment.
Verified March 2014 by Wake Forest School of Medicine
Sponsor: James C. Eisenach, M.D.
Principal Investigator: James C. Eisenach, M.D., Wake Forest School of Medicine
Information provided by (Responsible Party): James C. Eisenach, M.D., Wake Forest School of Medicine
ClinicalTrials.gov Identifier: NCT02100956

**Stated Purpose:** The purpose of the study is to determine the effect of oxytocin given into the spinal fluid on pain and areas and intensity of hyperalgesia and allodynia in patients with chronic neuropathic pain.

[Read more...](#)