AAPM's Education Receives ACCME Accreditation with Commendation

The Academy recognizes that its members may value opportunities to come together for the purpose of sharing their interests as they relate to our specialty. To provide a forum for this, AAPM has created AAPM Shared Interest Groups (SIGs) to facilitate networking, advancing shared interests, or discussion of a particular field or topic. AAPM SIGs are multidisciplinary and open to any AAPM member.

For more information on SIGs...

Donate Now to Better Pain Care

LATEST NEWS from the American Academy of Pain Medicine

Practice Management & Coding Updates

Pain Research in the News

Pain Treatments and Trials in the News

Advocacy

AAPM Education

Substance Abuse and Addiction Research

Government Agency News

2015 Annual Meeting Poster Abstracts

AAPM Members in the News

Patient Education and Resources

Education Meetings

AAPM Foundation

AMA Specialty Society Representation

Pain Abstracts in the News

PubMed Pain Abstracts

NIH Clinical Studies & Trials

Industry News

ICD-10 vs. ICD-9 and Dates of Service

Emily Hill, PA, AAPM Coding Consultant

Beginning Thursday, October 1, ICD-10-CM will be the official code set used by physician practices for diagnostic coding. All services beginning on October 1 must be reported with valid ICD-10-CM codes or claims will be denied. HIPAA requires the use of the code set that is valid for a given date of service and not the date the claim was filed. Services provided prior to October 1 must be reported with an ICD-9-CM code even if the claim is filed on or after October 1.

Read more...

Coding Resources:

2015 Illustrated Coding and Billing for Anesthesia/Pain Medicine

For more information...

Now available for purchase on the AAPM Education Portal. New Low
Pain Research in the News

Reducing Our Own Pain is Also Reducing Empathy for Pain in Others
September 29, 2015 [Source: University of Vienna]
In a study with more than 100 participants, Claus Lamm and his interdisciplinary team used an innovative experimental trick, the so-called placebo analgesia effect, to close an explanatory gap in the understanding of the neurobiological mechanisms of empathy. Full story...

Neuroscientists Uncover Brain Abnormalities Responsible for Tinnitus and Chronic Pain
September 23, 2015 [Source: Georgetown University Medical Center]
Neuroscientists at Georgetown University Medical Center and Germany's Technische Universität München have uncovered the brain malady responsible for tinnitus and for chronic pain — the uncomfortable, sometimes agonizing sensations that persist long after an initial injury. Full story...

Scripps Florida Scientists Identify a Key Morphine Regulator that May Reduce Risk of Pain-Killer Abuse and Addiction
September 22, 2015 [Source: Scripps]
A new study led by Kirill Martemyanov, an associate professor on the Florida campus of The Scripps Research Institute (TSRI), has shown that a specific molecule controls morphine receptor signaling in a small group of brain cells. The findings could lead to a new drug target for developing less-addictive pain medications and even offer a clue to the genetic predisposition of patients to addiction before treatment. Full story...

Pain Treatments and Trials in the News

New Pharmacy, Medical School Partnership Seeks Better, Safer Medications
September 9, 2015 [Source: Washington University School of Medicine]
St. Louis College of Pharmacy and Washington University School of Medicine in St. Louis are joining forces to find better, safer and more effective ways to use prescription medications to improve health. Researchers from the two institutions are collaborating to create the Center for Clinical Pharmacology. Full story...

Advocacy

Physicians Leading Fight Against Opioid Crisis
September 8, 2015 [Source: Fosters.com]
Op-ed by Lukas Kolm, MD, president, New Hampshire Medical Society, and Patrice A. Harris, MD, MA, chair-elect, American Medical Association. Full story...
AAPM E-news is supported by an unrestricted grant from Purdue Pharma L.P. Content is completely and independently selected and edited by AAPM.

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's website 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 Highlights:
Volume 16, Issue 9

AAPM Education

AAPM Delivers Successful Sessions at PAINWeek 2015
For the third year in a row, AAPM experienced great success at PAINWeek in Las Vegas September 8-12 while providing both educational programming and an interactive exhibit which positioned the Academy for productive networking and relationship-building. On September 9, AAPM provided four jam-packed sessions from Essential Tools for Treating the Patient in Pain™. Lectures included Anatomy of Ouch: The Pathophysiology of Pain and Understanding and Treating Neuropathic Pain with Charles Argoff, MD; The Science Behind Marijuana as an Analgesic with Armando Villarreal, MD and Strategies for Success with Chronic Opioid Therapy with Farshad Ahadian, MD. The AAPM-hosted sessions at PAINWeek drew over 730 attendees in total, 400 of which were unique. Support for AAPM’s participation at PAINWeek was made possible by the AAPM Foundation, Depomed, and Iroko Pharmaceuticals. Many thanks to our expert faculty leaders who provided an invaluable learning experience for session attendees.

New: Free CME Program Now Available
With a commitment to making high-impact, long-term change, the American Academy of Pain Medicine (AAPM) has developed a patient safety-focused web-based continuing medical education (CME) program for all prescribers of opioids, with a targeted focus on those who prescribe methadone for the treatment of chronic pain.

The AAPM’s Methadone Education Curriculum is designed to equip prescribers with the knowledge, skills, and behaviors they need to implement evidence-based safe prescribing practices. Changes in prescribers’ knowledge, competence and performance will minimize risks and reduce harm for patients being treated for chronic pain with methadone.

For more information...

Providers' Clinical Support System for Opioid Therapies (PCSS-O)
AAPM's Providers' Clinical Support System for Opioid Therapies (PCSS-O) Year One programming – a series of three, opioid-related educational webinars featuring AAPM Past President Lynn R. Webster, MD, are now available as enduring CME Sessions.

For those who missed the live webinar sessions, Year One programming is now available for free, enduring CME. For more information, visit the AAPM Education Portal.
EDITORIAL
A Case for the Chronic Disease Management and the Integrated Care Model for Pain Medicine: An Affordable Care Act Imperative and Global Trend

PAIN & AGING SECTION
Deconstructing Chronic Low Back Pain in the Older Adult—Step by Step Evidence and Expert-Based Recommendations for Evaluation and Treatment: Part III: Fibromyalgia Syndrome

PRIMARY CARE & HEALTH SERVICES SECTION
The Pattern of Opioid Management by Australian General Practice Trainees

METHODOLOGY, MECHANISMS & TRANSLATIONAL RESEARCH SECTION
The Number of Ratings Needed for Valid Pain Assessment in Clinical Trials: Replication and Extension

MUSCULOSKELETAL SECTION
Signs and Symptoms of Myofascial Pain: An International Survey of Pain Management Providers and Proposed Preliminary Set of Diagnostic Criteria

ACUTE & PERIOPERATIVE PAIN SECTION
Acute Pain Medicine in the United States: A Status Report

HEADACHE & FACIAL PAIN SECTION
Neurostimulation for Treatment of Migraine and Cluster Headache

REHABILITATION SECTION
Breath-Holding During Exhalation as a Simple Manipulation to Reduce Pain Perception

View all topics in this issue of Pain Medicine journal or visit the Member Center of the AAPM website for more information.

Substance Abuse and Addiction Research

American Society of Addiction Medicine Releases National Practice Guideline and Associated Products at Press Conference and Stakeholder Summit
September 24, 2015 [Source: American Society of Addiction Medicine]
The American Society of Addiction Medicine (ASAM) convened stakeholders, including several medical societies, eight federal agencies, patient and payers organizations at the National Press Club in Washington, DC, for a press conference and stakeholder summit to announce and accelerate the adoption of its newly released National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use (National Practice Guideline) and associated products. Full story...

Methadone Increases Death Risk in First Four Weeks of Treatment for Opioid Dependence
September 16, 2015 [Source: University of Bristol, UK]
Patients who start treatment for dependence on opioids are five times as likely to die in the first four weeks when they are prescribed the most commonly used treatment, methadone, than with an alternative treatment, buprenorphine, a study by researchers at the University of Bristol, King’s College London and the National Drug and Alcohol Research Centre at UNSW in Australia has found. Full story...

Treatment Protocol Improves Outcomes for Infants in Drug Withdrawal Due to Neonatal Abstinence Syndrome (NAS)
September 14, 2015 [Source: Cincinnati Children's Hospital Medical Center]
A new protocol to treat babies born in withdrawal from drugs can be used widely to improve outcomes for these babies. The protocol reduces length of stay and the duration of treatment with opioids that are used therapeutically to wean babies off of drugs. Full story...

Government Agency News

NIH Pain Seminar Series, sponsored by the NIH PAIN Special Interest Group
The NIH Pain Seminar Series, sponsored by the NIH PAIN Special Interest Group, features presentations by national leaders in the field of pain. For more information...

State of Current NINDS-Funded Pain Research
September 22, 2015 [Source: NINDS Blog]
A number of NIH institutes fund pain research and coordinate their activities in the NIH Pain Consortium. Below is a summary of some currently funded projects supported by NINDS, which are poised to make significant discoveries in our understanding of pain and its treatment. Full story...

Tramadol: Drug Safety Communication - FDA Evaluating Risks of Using in Children Aged 17 and Younger
September 21, 2015 [Source: FDA Medwatch]
FDA is investigating the use of the pain medicine tramadol in children aged 17 years and younger, because of the rare but serious risk of slowed or
difficult breathing. This risk may be increased in children treated with tramadol for pain after surgery to remove their tonsils and/or adenoids. FDA is evaluating all available information and will communicate final conclusions and recommendations to the public when the review is complete. Full story...

**Draft CDC Guideline for Prescribing Opioids for Chronic Pain**
*September 18, 2015 [Source: CDC]*

Several AAPM leaders participated in a CDC webinar related to the guidelines and members of the Opioid Advisory Task Force and Scientific Review and Guidelines Committee are drafting official comments for AAPM to submit as a stakeholder review group, which is part of the second phase of the process. According to the CDC, the final phase of the guideline development process, public engagement, will be solicited through a webinar. This webinar will reportedly allow for broad public input on the guidelines and for CDC to consider public perspectives. View Draft CDC Guideline for Prescribing Opioids for Chronic Pain...

**View schedule of the Peer Review Plan...**

**HHS Hosts 50-State Convening Focused on Preventing Opioid Overdose and Opioid Use Disorder, Takes Important Step to Increase Access to Treatment**
*September 17, 2015 [Source: HHS]*

Health and Human Services Secretary Sylvia M. Burwell today kicked off a two-day intensive convening of representatives from all 50 states and Washington, DC focused on preventing opioid overdose and opioid use disorder. During her remarks, the secretary announced that HHS will move to expand access to medication-assisted treatment (MAT) by revising the regulations related to the prescribing of buprenorphine to treat opioid dependence. Full story...

**2015 Annual Meeting Poster Abstracts**

**Platelet-Rich Plasma Injection Provides Short-Term Pain Relief for Facet Arthropathy**
*September 2015 [Source: Anesthesiology News]*

Full story...

**View more 2015 Scientific Poster Abstracts...**

**AAPM Members in the News**

**The Painful Truth: What Chronic Pain is Really Like and Why it Matters to Each of Us** by Lynn Webster MD

Lynn Webster MD, past president of the American Academy of Pain Medicine (2013), introduces chronic pain through the eyes of his former patients, illustrating their unique situations as their lives were suddenly and dramatically torn apart by onset pain. "You can't ignore these people once you get to know their unforgettable stories," Dr. Webster believes. For more information...

**Patient Education and Resources**
Back Pain Education Day 2015
September 13, 2015 [Source: Stanford University]
Stanford’s Division of Pain Medicine hosted a free Back Pain Education day on September 13, 2015 to a sold out audience. We also provided a live stream of the event on YouTube. We had nationally and internationally recognized experts present on topics related to the assessment and management of back pain. The focus was on non-surgical/non-procedural therapies with an emphasis on approaches that people suffering from pain could incorporate into their daily lives. We did not attempt to cover all available treatments. The response to the event was overwhelmingly positive.

Full story...

Back to top

AAPM Foundation

Support the Foundation During Pain Awareness Month
The American Academy of Pain Medicine Foundation was created in 2011 to support the efforts of AAPM. The overarching focus of the Foundation’s efforts is to advocate for patient safety by providing funding support to expand and enhance education and research. Visit the Foundation website to learn more about the Foundation and to make a donation today.

Back to top

AMA Specialty Society Representation

Designate AAPM on Your AMA Membership Ballot
If you are an AMA member, you 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 AMA website.

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.

Back to top

Pain Abstracts in the News

Gender-Attributable Differences in Outcome of Ankylosing Spondylitis: Long-Term Results from the Outcome in Ankylosing Spondylitis International Study
September 18, 2015 [Source: Rheumatology]
Abstract: Objectives. To investigate gender-attributable differences regarding clinical outcome [disease activity, physical function and quality of life (QoL)] and radiographic damage in patients with AS over time.

Read more...

Back to top

PubMed Pain Abstracts
The following abstracts are posted at PubMed.gov:

Cannabis for the Management of Pain: Assessment of Safety Study (COMPASS)
Ware MA1, Wang T2, Shapiro S3, Collet JP4; COMPASS study team.
Abstract: Cannabis is widely used as a self-management strategy by patients with a wide range of symptoms and diseases including chronic noncancer pain. The safety of cannabis use for medical purposes has not been systematically evaluated. We conducted a prospective cohort study to describe safety issues among subjects with chronic noncancer pain. A standardized herbal cannabis product (12.5% THC) was dispensed to eligible subjects for a one-year period; controls were subjects with chronic pain from the same clinics who were not cannabis users. The primary outcome consisted of serious adverse events (SAEs) and non-serious adverse events (AEs). Secondary safety outcomes included pulmonary and neurocognitive function and standard hematology, biochemistry, renal, liver and endocrine function. Secondary efficacy parameters included pain and other symptoms, mood, and quality of life.

Read more...

The Effects of Catastrophizing on Central Motor Activity
Henderson LA1, Akhter R2,3, Youssef AM1, Reeves JM1, Peck CC2, Murray GM2, Svensson P4,5,6.
Abstract: BACKGROUND: Pain catastrophizing significantly affects an individual's experience of pain. High pain catastrophizing is associated with increased fear avoidance behaviours, pain intensity and disability. The aim of this investigation was to determine the effect of pain catastrophizing on ongoing brain activity and movement-evoked brain activity during acute orofacial muscle pain. CONCLUSIONS: These data show that during pain, catastrophic thinking has a significant impact on activity in motor and sensory integrative regions. Reducing negative coping strategies may be an effective means in reducing fear avoidance behaviours and the intensity of ongoing pain.

Read more...

The Role of TRPA1 in Muscle Pain and Mechanical Hypersensitivity Under Inflammatory Conditions in Rats
Asgar J1, Zhang Y1, Saloman JL1, Wang S1, Chung MK1, Ro JY2.
Abstract: TRPA1 is expressed in muscle afferents and direct activation of these receptors induces acute mechanical hypersensitivity. However, the functional role of TRPA1 under pathological muscle pain conditions and mechanisms by which TRPA1 mediate muscle pain and hyperalgesia are not clearly understood. Two rodent behavioral models validated to assess craniofacial muscle pain conditions were used to study ATP- and NMDA-induced acute mechanical hypersensitivity and complete Freund's adjuvant (CFA)-induced persistent mechanical hypersensitivity.

Read more...

Back to top

NIH Clinical Studies & Trials
The following studies and trials are posted at ClinicalTrials.gov:

Pain Coping Skills Training for African Americans With Osteoarthritis (STAART)
This study is not yet open for participant recruitment.
Sponsor: University of North Carolina, Chapel Hill
Principal Investigator: Kelli D Allen, PhD, UNC Chapel Hill
Collaborator: Patient Centered Outcome Research Institute
Information provided by (Responsible Party): Kelli Allen, PhD, University of North Carolina, Chapel Hill
ClinicalTrials.gov Identifier: NCT02560922
First received: September 22, 2015

Stated Purpose: This study will examine the effectiveness of a 12-session, culturally enhanced, telephone-based pain coping skills training program among African Americans with hip or knee OA. The study team will enroll n=248 African Americans with hip or knee OA. The participants will be randomized into two groups. One group will take part in a 2-week pain CST intervention. The other group will be a "wait list" that receives the pain CST program after completing all follow-up study measures. All study participants will be able to continue any other usual medical care for their OA during the study period.
Read more...

Industry News

Pernix Announces the Issuance of Zohydro ER with BeadTek Formulation Patent
September 24, 2015 [Source: Pernix]
Full story...

KemPharm Expands Its Abuse-Deterrent Opioid Pipeline With New Acetaminophen-Free, Immediate Release Hydrocodone and Immediate Release Oxycodone Prodrug Product Candidates
September 24, 2015 [Source: KemPharm]
Full story...

AcelRx Pharmaceuticals Reports that the European Commission has Granted Marketing Authorization for Zalviso™ for Treatment of Acute Moderate-to-Severe Post-Operative Pain in Adult Patients
September 22, 2015 [Source: AcelRx Pharmaceuticals]
Full story...

Collegium Announces FDA Advisory Committees Unanimously Recommend Approval of Xstampza ER(TM), an Abuse-Deterrent Analgesic for Chronic Pain
September 11, 2015 [Source: Collegium Pharmaceutical, Inc.]
Full story...

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. BrainLine includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury.
To read: The Role of Mindfulness, Meditation, and Prayer After Brain Injury

Back to top