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...

AAPM E-news is supported by an unrestricted grant from Purdue Pharma L.P. Content is completely and independently selected and edited by AAPM.

Advocacy

AAPM Urges Continued Coverage of Injections in Oregon
May 18, 2016 [Source: AAPM]
AAPM signed on to a letter from the Multi-Society Pain Workgroup expressing concern about the recently-announced decision by the Oregon Health Authority to cease coverage of Epidural Steroid Injections (ESIs) as a treatment for conditions of the back and spine, effective July 1, 2016.

View the letter...

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Pain Research in the News

Exposure to Narrow Band of Green Light Improves Migraine Symptoms
May 17, 2016 [Source: Beth Israel Deaconess Medical Center]
Light sensitivity, or photophobia, is a frequent symptom of migraine headaches, which affect nearly 15 percent of the world’s population. A new study, led by researchers at Beth Israel Deaconess Medical Center (BIDMC) and published today in Brain, has found that exposing migraine sufferers to a
narrow band of green light significantly reduces photophobia and can reduce headache severity. Full story...

Non-Narcotic Nerve Block Controls Children’s Pain, Shortens Hospital Stays
May 16, 2016 [Source: Mayo Clinic]
A Mayo Clinic study has found an effective way to control pain and reduce opioid painkiller use after surgery: sending children home with catheters that infuse a non-narcotic nerve-blocking drug called a paravertebral blockade. Use of the blocks shortens hospital stays and reduces opioid use after surgery, the researchers discovered. Full story...

Novel Non-invasive Monitor Accurately Assesses Patients’ Response to Painful Stimulation during Surgery, Study Finds
May 13, 2016 [Source: American Society of Anesthesiologists]
A novel measure for assessing the body's response to surgery may allow for better anesthesia management in the O.R., less pain when regaining consciousness from anesthesia and better postoperative outcomes. According to a study published in the Online First edition of Anesthesiology, the official medical journal of the American Society of Anesthesiologists (ASA), the measure, called the nociception (pain) level index, allowed physicians to more accurately evaluate responses to painful stimulation in patients under general anesthesia, compared to traditional measures. Full story...

Cells Carry 'Memory' of Injury, which Could Reveal Why Chronic Pain Persists
May 12, 2016 [Source: King's College London]
A new study from King's College London offers clues as to why chronic pain can persist, even when the injury that caused it has gone. Although still in its infancy, this research could explain how small and seemingly innocuous injuries leave molecular 'footprints' which add up to more lasting damage, and ultimately chronic pain. Full story...

AAPM Education Resources
OIC Resources Available for Clinicians
Opioid-Induced Constipation Resources are now available and easily-accessible via www.painmed.org. Visit here for OIC-related education programs, and here for to access Consensus Recommendations on Initiating Prescription Therapies for Opioid-Induced Constipation.

Have You Visited AAPM's New Online Education Center?
Featuring live seminars and on-demand continuing education courses, the new web-based platform is intuitive and user-friendly, making anytime education for pain care clinicians easier than ever before. Web-based modules showcase new developments and concepts in the science of pain medicine and best methodologies for delivery of pain medicine services. Many sessions are offered at no cost. The American Academy of Pain Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. LEARN MORE.
Help Wanted:

Interventional Pain Management
Job Opening DFW, Tx
Texas Pain Relief Group
Dallas metropolitan, TX
Seeking an Anesthesiology or Physical Medicine and Rehabilitation Board Certified/Board Eligible Interventional Pain Management Physician.

Directors – Section of Pain Medicine
Dartmouth-Hitchcock
Lebanon, NH
Recruiting for a Director, Section of Pain Medicine within the Department of Anesthesiology.

Experience Mercy Pain Medicine in Carthage
Mercy Clinic
Excellent opportunity for a BC/BE Pain Medicine physician.
Missouri

Pain Management Nurse Practitioner or Physician Assistant Jobs
Swedish Neuroscience Institute
Seattle, WA
Seeking a nurse practitioner or physician assistant with experience in Interventional Pain Management.

More jobs...

Read the current President's Message

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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 Annual Meeting

AAPM's 2017 Annual Meeting Call for Education Session Proposals
Submission Deadline Extended: June 6, 2016
AAPM is now seeking education session proposals for its 33rd Annual Meeting, which will be held March 16-19, with pre-meeting activities beginning on March 15-16, in Orlando, FL.
To learn more about submitting an education session proposal...

2016 Annual Meeting News:

Epidural Steroid Injections May Reduce Spending for Patients with Low Back Pain
May 23, 2016 [Source: Pain Medicine News]
For patients who have low back pain, the up-front cost of epidural steroid injections (ESIs) may be worth it in the long run. A retrospective analysis of administrative claims data suggests that patients who receive ESIs have a greater reduction in health care spending than those who don’t receive them.
Full story....

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AAPM Members in the News

Safe Opioid Prescribing and Risk Evaluation and Mitigation Strategies (REMS) Course
Offered at no cost to pain medicine clinicians, this self-paced online course is available through the Department of Anesthesiology, Perioperative and Pain Medicine at Stanford University School of Medicine, in collaboration with AAPM.
For more information...

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Practice Management & Coding Updates

Assessing ICD-10-CM Coding in Your Practice
Emily Hill, PA, AAPM Coding Consultant
It's been eight months since the implementation of ICD-10-CM. Most physicians report there was limited or no reimbursement impact and that the transition was easier than anticipated. Medicare reports that less than 1% of denials since implementation have been related to ICD-10-CM coding. CMS (Centers for Medicare and Medicaid Services) also provided a 12- month "transition period" that eased concerns regarding audit liability.
Read more...

2016 Illustrated Coding and Billing Expert for Anesthesia/Pain Management
Optimized for medical necessity and reimbursement understanding, this all-in-one resource focuses on a subset of CPT anesthesia services, as well as surgeries, medicine and ancillary services CPT codes linked to Pain Management interventions chosen by experts who take into consideration utilization, denial risk and complexity.
Order Now...
Opioids Prescriptions Decline In The US For The First Time In Two Decades

AAPM President Daniel B. Carr, MD is interviewed in a New York Times article.

As Opioid Prescribing Guidelines Tighten, Mindfulness Meditation Holds Promise for Pain Relief
May 20, 2016 [Source: JAMA]

Try nonpharmacologic and nonopioid therapies first, the Centers for Disease Control and Prevention (CDC) recommended in a recently published opioid prescribing guideline for primary care clinicians in outpatient settings (Dowell D et al. JAMA. 2016;315[15]:1624-1645). The CDC’s call for nonpharmacologic approaches may serve to heighten clinician interest in nonpharmacologic strategies for managing chronic pain, such as mindfulness-based stress reduction (MBSR), commented Steven Stanos, DO, medical director for the Swedish Pain Services at Swedish Medical Center in Seattle, and President-Elect of the American Academy of Pain Medicine.

Pharmacy Programs That Tackle Inappropriate Opioid and Rx Drug Use Can Improve Drug Safety and Health Care Quality
May 25, 2016 [Source: Anthem, Inc.]

Insurers can and should play a role in helping to reduce the rate of drug overdose and improving quality of care. That’s why Anthem, Inc.’s affiliated health plans have launched a program to help reduce addiction to opioids and other prescription drugs and improve drug safety by enrolling high-risk members in individual and employer-sponsored plans in the Pharmacy Home
Cigna Outlines Steps to Help Curb National Drug Epidemic
May 19, 2016 [Source: Cigna]
Cigna today outlined steps to curb the country’s opioid epidemic, starting with cutting the use of those drugs among its own customers by 25 percent over three years. Drug overdose is the leading cause of accidental death in the U.S., with 47,055 lethal drug overdoses in 2014. Opioid addiction is driving this epidemic, with 18,893 overdose deaths related to prescription pain relievers, and 10,574 overdose deaths related to heroin in 2014. Full story...

Being Smart About Opioids: 'Warm Hand-Offs' Part of the Solution to Fix the Crisis
May 19, 2016 [Source: Pennsylvania Medical Society]
Full story...

Poll: Many Parents Keep Prescription Opioids at Home
May 13, 2016 [Source: University of Michigan Health System]
Nearly half of parents whose child had leftover pain medication from a surgery or illness say they kept the prescription opioids at home -- representing a potential problem down the line. Full story...

Government Agency News

11th Annual NIH Pain Consortium Symposium on Advances in Pain Research
May 31 8:30 AM - June 01 5:00 PM
The Pain Consortium Symposium will be broadcast live and archived for later viewing.

Why We Need More Resources for the Prescription Opioid and Heroin Epidemic
May 12, 2016 [Source: The White House]
Full story...

Legislative News

S. 524: Comprehensive Addiction and Recovery Act of 2016
May 13, 2016 [Source: Govtrack.us]
To authorize the Attorney General and Secretary of Health and Human Services to award grants to address the national epidemics of prescription opioid abuse and heroin use, and to provide for the establishment of an inter-agency task force to review, modify, and update best practices for pain management and prescribing pain medication, and for other purposes. Read more...

State News

Colorado HCPF Expands Pain Management Program
May 17, 2016 [Source: Colorado Nurses Association] Full story...
NY: Senate's Joint Task Force on Heroin and Opioid Addiction Releases Report and Legislative Recommendations
May 17, 2016 [Source: New York State Senate]
Full story...

VA: CVS Health, Governor McAuliffe Highlight Availability of Overdose-Reversing Medication At All CVS Pharmacy Locations Across Virginia
May 11, 2016 [Source: CVS]
Full story...

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Pain Abstracts in the News

Efficacy, Tolerability, and Dose-Dependent Effects of Opioid Analgesics for Low Back Pain
May 23, 2016 [Source: JAMA Internal Medicine]
Abstract: Importance: Opioid analgesics are commonly used for low back pain, however, to our knowledge there has been no systematic evaluation of the effect of opioid dose and use of enrichment study design on estimates of treatment effect. Objective: To evaluate efficacy and tolerability of opioids in the management of back pain; and investigate the effect of opioid dose and use of an enrichment study design on treatment effect.
Read more...

Comparative Effectiveness of Tai Chi Versus Physical Therapy for Knee Osteoarthritis: A Randomized Trial
May 17, 2016 [Source: Annals of Internal Medicine]
Background: Few remedies effectively treat long-term pain and disability from knee osteoarthritis. Studies suggest that Tai Chi alleviates symptoms, but no trials have directly compared Tai Chi with standard therapies for osteoarthritis. Objective: To compare Tai Chi with standard physical therapy for patients with knee osteoarthritis.
Read more...

Preoperative Pain Catastrophizing and Postoperative Pain after Total Knee Arthroplasty: a Prospective Cohort Study with One Year Follow-Up
May 17, 2016 [Source: BMC Musculoskeletal Disorders]
Abstract: Background: Pain relief is likely to be the most important long-term outcome for patients undergoing total knee arthroplasty (TKA). However, research indicates that persistent pain (>73 months) is a considerable problem, affecting up to 34% of patients. Pain catastrophizing might contribute to acute and persistent pain experienced after surgery. The primary aim of the present study was to examine the association between preoperative pain catastrophizing and postoperative pain in patients undergoing TKA up to one year after surgery. Second, we wanted to investigate a possible shift in postoperative catastrophizing.
Read more...

Postoperative Analgesia in a Prolonged Continuous Interscalene Block versus Single-Shot Block in Outpatient Arthroscopic Rotator Cuff Repair: A Prospective Randomized Study
April 20, 2016 [Source: Arthroscopy: The Journal of Arthroscopic & Related Surgery]
Abstract: Purpose: To compare the analgesic efficacy of 3-day continuous interscalene brachial plexus block versus a single-shot block for arthroscopic rotator cuff repair.
Read more...

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The following abstracts are posted at PubMed.gov:

**Pregnancy Outcome Following Maternal Exposure to Pregabalin May Call for Concern**

Abstract: OBJECTIVE: To investigate pregnancy outcomes following maternal use of pregabalin. CONCLUSIONS: This study demonstrated a signal for increased risk of major birth defects after first trimester exposure to pregabalin. However, several limitations such as the small sample size, differences across groups in maternal conditions, and concomitant medication exposure exclude definitive conclusions, so these results call for confirmation through independent studies.

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PMID: 27194385 [PubMed - as supplied by publisher]
Read more...

**Opiates Modulate Noxious Chemical Nociception through a Complex Monoaminergic/Peptidergic Cascade**

Abstract: The ability to detect noxious stimuli, process the nociceptive signal, and elicit an appropriate behavioral response is essential for survival. In Caenorhabditis elegans, opioid receptor agonists, such as morphine, mimic serotonin, and suppress the overall withdrawal from noxious stimuli through a pathway requiring the opioid-like receptor, NPR-17. This serotonin- or morphine-dependent modulation can be rescued in npr-17-null animals by the expression of npr-17 or a human ? opioid receptor in the two ASI sensory neurons, with ASI opioid signaling selectively inhibiting ASI neuropeptide release.

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PMID: 27194330 [PubMed - in process]
Read more...

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**NIH Clinical Studies & Trials**

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

**A Prospective Study of Post-operative Opioid Use in General Surgery Patients (GSopioids)**
This study is not yet open for participant recruitment.
First received: May 22, 2016
Sponsor: Dartmouth-Hitchcock Medical Center
Principal Investigator: Richard J Barth, MD, Dartmouth-Hitchcock Medical Center
Information provided by (Responsible Party): Dartmouth-Hitchcock Medical Center
ClinicalTrials.gov Identifier: NCT02782884
Stated Purpose: Patients undergoing approximately 10 common outpatient general surgical operations will be given a narcotic prescription for a specified number of pills. Inpatients who are about to be discharged after surgery or trauma will be given narcotic prescriptions for a specified number of pills. Patients will be given a patient report form which they will use to record the number of pills they take each day and their daily pain score on a scale of 0-10.

Read more...

**tDCS for Chronic Low Back Pain**
This study is ongoing, but not recruiting participants.
First received: May 12, 2016
Sponsor: Providence VA Medical Center
Principal Investigator: Frederick Burgess, MD, PhD, Providence VA Medical Center, Benjamin Greenberg, MD, PhD, Providence VA Medical Center
Information provided by (Responsible Party): Frederick Burgess, Providence VA Medical Center
ClinicalTrials.gov Identifier: NCT02771990
Stated Purpose: The goal of this study is to investigate the role of central neural pathways in mediating chronic pain. The aim of the study is to test the effect of stimulating brain regions that are part of a network underlying central pain processing using a non-invasive brain stimulation technique, transcranial Direct Current Stimulation (tDCS). Prior studies have used tDCS to target both sensory related cortical areas and those important for higher-order representations of pain. This study will target brain regions important for the behavioral response to the chronic sensation of pain.

Read more...

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Industry News

Titan Pharmaceuticals Announces FDA Approval of Probuphine(R) for the Treatment of Opioid Dependence
May 26, 2016 [Source: Titan Pharmaceuticals, Inc.]
Full story...

Lilly Details Robust R&D Pipeline to Investment Community
May 24, 2016 [Source: Eli Lilly and Company]
Pain is an emerging research area for Lilly, focusing on non-opioid treatment for chronic pain. The two late-stage innovative medicines currently in development are galcanezumab (CGRP Ab), being studied for cluster headache and migraine, and tanezumab, being studied for osteoarthritis pain, chronic lower back pain and cancer pain in partnership with Pfizer. Full story...

Boston Scientific Receives U.S. FDA Approval for Precision Montage™ MRI Spinal Cord Stimulator System
May 19, 2016 [Source: Boston Scientific]
Full story...

Mundipharma and Purdue Pharma Expand Pain Pipeline with New Deal for First-in-Class Sigma-1 Antagonist (S1A or MR309/E-52862) from ESTEVE
May 16, 2016 [Source: Purdue Pharma L.P.]
Full story...

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