LATEST NEWS from the American Academy of Pain Medicine

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Enlisting the Brain in the Fight against Pain
October 2016 [Source: Patient-Centered Outcomes Research Institute (PCORI)]
Chronic pain is a major health problem, particularly among economically disadvantaged people. Preliminary results of a PCORI-funded project suggest that group sessions of cognitive behavioral therapy and education about pain can help disadvantaged people deal with chronic pain. If the methods prove effective, healthcare providers may be able to offer evidence-based pain management approaches that don’t require advanced technology.

Full story...

Cause of Phantom Limb Pain in Amputees, and Potential Treatment, Identified
October 27, 2016 [Source: University of Cambridge]
Researchers have identified the cause of chronic, and currently untreatable, pain in those with amputations and severe nerve damage, as well as a potential treatment which relies on engineering instead of drugs.

Full story...

Many Back Pain Patients Get Limited Relief from Opioids and Worry about Taking Them, Survey Shows
October 23, 2016 [Source: American Society of Anesthesiologists]
Millions of people take opioids for chronic back pain, but many of them get
limited relief while experiencing side effects and worrying about the stigma associated with taking them, suggests research presented at the ANESTHESIOLOGY® 2016 annual meeting.

Full story...

**Patients Benefit From Enhanced Recovery Programs: Are Better Prepared for Surgery, Have Less Pain, Studies Show**

*October 23, 2016 [Source: American Society of Anesthesiologists]*

Enhanced recovery after surgery (ERAS) programs, an important component of the Perioperative Surgical Home (PSH), are helping patients better prepare for surgery and recuperate faster afterward, according to two new studies being presented at the ANESTHESIOLOGY® 2016 annual meeting.

Full story...

**Opiate Painkillers Prescribed After Severe Injury Do Not Lead to Long-Term Use**

*October 19, 2016 [Source: American College of Surgeons]*

Nearly three of four patients who sustain major trauma and receive a new prescription for an opiate pain reliever will discontinue use of the drug by one month after hospital discharge, according to new study results presented at the 2016 Clinical Congress of the American College of Surgeons.

Full story...

**Migraine Sufferers Have More Nitrate-Reducing Microbes in Their Mouths**

*October 18, 2016 [Source: University of California San Diego Health Sciences]*

Researchers at University of California San Diego School of Medicine have found that the mouths of migraine sufferers harbor significantly more microbes with the ability to modify nitrates than people who do not get migraine headaches. The study is published October 18 by *mSystems*.

Full story...

**Neural Signature for Fibromyalgia May Aid Diagnosis, Treatment**

*October 17, 2016 [Source: University of Colorado Boulder]*

University of Colorado Boulder researchers have discovered a brain signature that identifies fibromyalgia sufferers with 93 percent accuracy, a potential breakthrough for future clinical diagnosis and treatment of the highly prevalent condition.

Full story...

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**Advocacy**

**AAPM Submits Comments to CMS Regarding Percutaneous Image-Guided Lumbar Decompression for Lumbar Spinal Stenosis**

*October 8, 2016 [Source: AAPM]*

AAPM submitted comments to CMS opposing the extension of the Coverage with Evidence Development for Percutaneous Image-guided Lumbar Decompression (PILD) for Lumbar Spinal Stenosis. The Academy’s comments argue that there is sufficient evidence for the effectiveness of the procedure and support full coverage for PILD without requirement of additional study.

Read letter to CMS...

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Help Wanted:

Pain Management Opportunity
SSM Health
Jefferson City, MO
Exciting opportunity for a board-certified pain management specialist.

Pain Management Physician
Napa Pain Institute
Napa, CA
We are looking for a physician to help us continue our growth as an industry-leading practice.

Pain Medicine NP or PA Position at Academic Medical Center
Wake Forest Baptist Medical Center
Winston-Salem, NC
Seeking an outstanding Nurse Practitioners and/or Physician Assistants to help develop our chronic pain service line.

Board Eligible Fellowship Trained Pain Mgmt Physician
DECA Health
Toledo, OH
Seeking a Board Certified in Pain Management, Fellowship Trained, and PM&R with a DEA license to join a busy, growing, well established practice.

Practice Management & Coding Updates

CMS Offers Informal Reviews for 2017 PQRS and VM Payment Adjustments
October 26, 2016 [Source: Emily Hill, PA, AAPM Coding Consultant]
Individuals and group practices have until November 30, 2016 to obtain an informal review of their 2015 data associated with the Physician Quality Reporting System (PQRS) and the Value-Based Payment Modifier (VM). Under these programs, data from 2015 will be used to determine payment adjustments for 2017.
Read more...

Practice Management Webinar: November 16, 1 pm ET
Register for AAPM's upcoming live webinar, Navigating MIPS: The New Quality Program and What It Means for Your Practice, presented by coding expert, Emily Hill, PA.
Register Now...
Visit the coding for pain section of the website for coding books, on-demand coding seminars and other coding resources.

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Pain News

U-M Launches Effort to Prevent Surgery-Related Opioid Addiction across Michigan
October 24, 2016 [Source: University of Michigan Health System]
With a new $1.4 million per year, five-year grant from the Michigan Department of Health and Human Services, and equal funding from U-M, the team today launches an initiative to help medical teams across the state care for surgical patients' pain -- without setting those patients up for new chronic opioid use, misuse and addiction.
Full story...

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AAPM Annual Meeting

Registration and Housing Open November 7 for AAPM's 2017 Annual Meeting
Plan to attend AAPM's 33rd Annual Meeting: March 16-19, 2017 to be held at the Loews Sapphire Falls Resort at Universal Orlando™ in Orlando, Florida. AAPM members are encouraged to register early for first choice of concurrent sessions and plenary sessions. Space is limited, so register early. As an AAPM member, you are also eligible for savings on member registration rates. Great join-and-register offers are available for nonmembers…pass the word along to your colleagues and staff.

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Member Survey

Thank you to all who took the time to complete the recent Member Survey. We are grateful for your participation in helping us receive above average
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.

Pain Medicine Highlights:
Volume 17, Issue 10

GENERAL SECTION
Limited Association Between Aerobic Fitness and Pain in Healthy Individuals: A Cross-Sectional Study

EDUCATION & TRAINING SECTION
The Value of Medication-Specific Education on Medication Adherence and Treatment Outcome in Patients with Chronic Pain: A Randomized Clinical Trial

PRIMARY CARE & HEALTH SERVICES SECTION
Patients’ Perspectives on Tapering of Chronic Opioid Therapy: A Qualitative Study

OPIOIDS, SUBSTANCE ABUSE & ADDICTIONS SECTION
Mindfulness Meditation and Cognitive Behavioral Therapy Intervention Reduces Pain Severity and Sensitivity in Opioid-Treated Chronic Low Back Pain: Pilot Findings from a Randomized Controlled Trial

NEUROPATHIC PAIN SECTION
Factors Associated with Increased Risk for Clinical Insomnia in Patients with Postherpetic Neuralgia: A Retrospective Cross-Sectional Study

MUSCULOSKELETAL SECTION
Muscle Trigger Points and Pressure Pain Sensitivity Maps of the Feet in Women with Fibromyalgia Syndrome

ACUTE & PERIOPERATIVE PAIN SECTION
SoluMatrix® Diclofenac: Sustained Opioid-Sparing Effects in a Phase 3 Study in Patients with Postoperative Pain

CANCER PAIN & PALLIATIVE CARE SECTION
Pressure Pain Sensitivity Maps of the Neck-Shoulder Region in Breast Cancer Survivors

View all topics in this issue of Pain

participation. As noted in the survey, members had the chance to enter a drawing for three $100 Amazon gift cards. Congratulations to Charles DeMesa DO, Antonio Rezoagli MD, and Jeannie Sperry PhD whose names were randomly drawn from the many entries.

Education News

Free Online Seminars for AAPM Members
Select, non-CME seminars from AAPM’s previous annual meetings. Key leaders and pain medicine experts in the field discuss exciting developments that have occurred in the science of pain medicine, new concepts in pain medicine, best methodologies for delivery of pain medicine services and much more.
For more information...

Visit the AAPM Education Center and claim member discounts on on-demand education courses and register for upcoming webinars in the Education Center.

Substance Abuse and Addiction Research

Scripps Florida Scientists Illuminate Key Molecular Player in Both Morphine Addiction and Rare Disease
October 27, 2016 [Source: The Scripps Research Institute (TSRI)]
In a remarkable “two for one” discovery, scientists from the Florida campus of The Scripps Research Institute (TSRI) have illuminated a key molecular player in the addictive effects of morphine in animal models.
Full story...

State Legislative News

WV: Governor Tomblin Announces State Implementation of CDC Guidelines on Safe Use of Opioids
October 18, 2016 [Source: Governor Earl Ray Tomblin, WV]
Governor Earl Ray Tomblin today announced that the state has developed a plan that adheres to U.S. Centers for Disease Control and Prevention (CDC) guidelines for prescribing opioid medications for chronic pain.
Full story...

Pain Abstracts in the News

Open-Label Placebo Treatment in Chronic Low Back Pain: a Randomized Controlled Trial
October 13, 2016 [Source: Pain]
Abstract: This randomized controlled trial was performed to investigate whether placebo effects in chronic low back pain could be harnessed ethically by adding open-label placebo (OLP) treatment to treatment as usual (TAU) for 3 weeks. Pain severity was assessed on three 0- to 10-point Numeric Rating Scales, scoring maximum pain, minimum pain, and usual pain, and a
composite, primary outcome, total pain score. 

Read more...

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PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov:

The Impact of an Educational Program on Patient Practices for Safe Use, Storage, and Disposal of Opioids at a Comprehensive Cancer Center


Abstract: BACKGROUND: Improper use, storage, and disposal of prescribed opioids can lead to diversion or accidental poisoning. Our previous study showed a large proportion of cancer patients have unsafe opioid practices. Our objective was to determine whether an improvement occurred in the patterns of use, storage, and disposal of opioids among cancer outpatients after the implementation of a patient educational program. CONCLUSION: The use of EM on opioid safety for patients with advanced cancer was associated with improved patient-reported safe opioid use, storage, and disposal.

©AlphaMed Press.
PMID: 27742907
DOI: 10.1634/theoncologist.2016-0266 [PubMed - as supplied by publisher]

Mandatory Provider Review And Pain Clinic Laws Reduce The Amounts Of Opioids Prescribed And Overdose Death Rates


Dowell D, Zhang K, Noonan RK, Hockenberry JM.

Abstract: To address the opioid overdose epidemic in the United States, states have implemented policies to reduce inappropriate opioid prescribing. These policies could affect the coincident heroin overdose epidemic by either driving the substitution of heroin for opioids or reducing simultaneous use of both substances. We used IMS Health's National Prescription Audit and government mortality data to examine the effect of these policies on opioid prescribing and on prescription opioid and heroin overdose death rates in the United States during 2006-13.

Project HOPE—The People-to-People Health Foundation, Inc.
PMID: 27702962

Neuropathic Pain


Gierthmühlen J, Baron R.

Abstract: Diagnosing neuropathic pain and distinguishing it from nociceptive pain can be challenging, but is essential because both forms of pain require different treatment strategies. The diagnosis of neuropathic pain is primarily based on clinical findings. Therefore, a careful, focused history and an examination of the signs characteristic of neuropathic pain are crucial. Imaging techniques and electrophysiological examinations, as well as punch skin biopsy can support the clinical diagnosis. Ideally, treatment should be individualized using a mechanism-based approach.

Thieme Medical Publishers 333 Seventh Avenue, New York, NY 10001, USA.
PMID: 27704502
The following studies and trials are posted at ClinicalTrials.gov:

A Study to Evaluate the Efficacy and Safety of TEV-48125 for the Prevention of Episodic Cluster Headache (ECH)
This study is not yet open for participant recruitment.
First received: October 25, 2016
Sponsor: Teva Branded Pharmaceutical Products, R&D Inc.
Information provided by (Responsible Party): Teva Pharmaceutical Industries (Teva Branded Pharmaceutical Products, R&D Inc.)
ClinicalTrials.gov Identifier: NCT02945046
Stated Purpose: This is a 13-week, multicenter, randomized, double-blind, double-dummy, placebo-controlled, parallel-group study to compare the efficacy and safety of 2 dose regimens of TEV-48125 versus placebo in patients for the prevention of ECH.
Read more...

Gabapentin as an Adjunct to Paracervical Block for Perioperative Pain Management (Gaba)
This study is not yet open for participant recruitment.
First received: October 13, 2016
Sponsor: Emory University
Principal Investigator: Lisa Haddad, MD, MS, MPH, Emory University
Collaborator: Society of Family Planning
Information provided by (Responsible Party): Lisa Haddad, Emory University
ClinicalTrials.gov Identifier: NCT02944656
Stated Purpose: This is a randomized controlled trial of gabapentin 600 mg compared to placebo given 1-2 hours preoperatively in conjunction with perioperative paracervical block for surgical abortion. The researchers hypothesize that adding gabapentin to local anesthesia will reduce perioperative and postoperative pain associated with surgical abortion. Additionally, the researchers hypothesize that gabapentin will reduce nausea, vomiting, anxiety, and consumption of pain medication.
Read more...

Intravenous Fluid Therapy for the Treatment of Emergency Department Patients With Migraine Headache
First received: October 12, 2016
This study is not yet open for participant recruitment.
Sponsor: The Cooper Health System
Information provided by (Responsible Party): Christopher Jones, The Cooper Health System
ClinicalTrials.gov Identifier: NCT02933060
Stated Purpose: The purpose of this study is to determine whether patients in the emergency department with migraine headache who are administered an intravenous fluid bolus will report greater improvement in pain scores than control patients.
Read more...

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Industry News

AbbVie Announces Positive Pivotal Phase 3 Data Demonstrating Investigational Medicine Elagolix Reduces Menstrual and Non-Menstrual Pelvic Pain Associated with Endometriosis at the American Society for Reproductive Medicine Scientific Congress
October 19, 2016 [Source: AbbVie]
Full story...

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