LATEST NEWS from the American Academy of Pain Medicine

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Tool to Find Open Pharmacies in Hurricane Areas
In the wake of Hurricanes Harvey, Irma, and Maria, AAPM would like to make you aware of the following online tool that is designed to help citizens and first responders obtain access to life-saving medicines. Healthcare Ready has activated its free, interactive RxOpen map to show open and closed pharmacies in the region affected by the storms. Citizens and first responders are encouraged to use this map as an initial resource, and to call their pharmacy to ensure their specific medication is in stock.

View the Statement from FDA Commissioner Scott Gottlieb, MD, on FDA actions to bring relief to citizens of Puerto Rico.

September is Pain Awareness Month
Throughout the month, AAPM will join efforts to raise public awareness of issues in the area of pain and pain management. For more information about AAPM's Pain Awareness Month initiatives...

Save on Education During Pain Awareness Month

Reach Out to Local News Outlets
Members are encouraged to use this letter to the editor template in order to contact local news outlets in hopes of further raising awareness throughout the month.

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.

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Pain Research in the News

Patients Who Get Opioids in the ER Are Less Likely to Use Them Long Term
September 26, 2017 [Source: American College of Emergency Physicians]
Compared to other medical settings, emergency patients who are prescribed opioids for the first time in the emergency department are less likely to become long-term users and more likely to be prescribed these powerful painkillers in accordance with The Centers for Disease Control and Prevention (CDC) guidelines.

Full story...

Study Adds to Evidence That Racial and Economic Factors Affect Surgical Pain Management
September 24, 2017 [Source: Johns Hopkins Medicine]
A “look back” analysis of more than 600 major colorectal surgeries using a “checklist” tool has added further evidence that racial and socioeconomic disparities may occur during many specific stages of surgical care, particularly in pain management.

Full story...

Trigeminal Nerve Stimulation Provides Pain Relief in Episodic and Chronic Migraine
September 18, 2017 [Source: Medscape]
Full story (login required)...

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AAPM Annual Meeting Updates

2018 Call for Scientific Poster Abstracts is Now Open
Submission Deadline: Tuesday, October 17, 2017 at 11:59 pm CDT
AAPM is seeking scientific poster abstracts for its 34th Annual Meeting, which will be held April 26-29, 2018, with preconference activities beginning on April 25-26, in Vancouver, BC, Canada. Visit the website for more details.
Pain Patients Caught in the Opioid Epidemic

September 14, 2017 [Source: Greenville Online]

AAPM President Steven P. Stanos, DO and AAPM Ethics Council member Edward Michna, JD, MD comment on the effects of the CDC Guidelines on the pain patient.

Read more about this theme.

Practice Management & Coding Updates

Prior Authorization and the Physician Practice

September 27, 2017 [Source: Emily Hill, PA, AAPM Coding Consultant]

Prior authorization is a cost-control process used by health plans that require physician practices to obtain approval for services in order to qualify for reimbursement. The lack of transparency and the inefficiency associated with prior approval programs are frequently costly to physician practices and may delay patient treatment.

Read more...

AAPM in the News

AAPM Participates in PCSS Steering Committee Meeting in Washington, D.C.

September 22, 2017 [Source: PCSS]

As a member of the PCSS Steering Committee, AAPM’s Director of Education Jennifer Westlund participated in a grantees’ meeting last week in Washington, D.C., energized and motivated to strategize and brainstorm for the coming year. The overall goal of the meeting was to share what PCSS has accomplished in the past year, discuss proposed activities, and create a strategic plan for the future. The objective was to build on and enhance the existing work throughout the country by health professionals on preventing, identifying, and treating substance use disorders with a primary focus on opioid use disorders and define how to fill any gaps.

Read more...

Substance Use Disorders

Treating Acute Pain in Opioid-Dependent Patients – Review and Recommendations

September 13, 2017 [Source: Wolters Kluwer]

As healthcare providers see more patients with opioid abuse and dependence, they face a difficult challenge: What's the best way to manage acute pain without contributing to the patient's opioid use disorder (OUD)? A review and recommendations for acute pain treatment in patients with OUD is presented in the September/October Journal of Trauma Nursing, official publication of the Society of Trauma Nurses.

Read more...
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.

Pain Medicine Highlights:
Volume 18, Issue 9

SPINE SECTION
Cooled Radiofrequency Ablation of the Genicular Nerves for Chronic Pain due to Knee Osteoarthritis: Six-Month Outcomes

OPIOIDS & SUBSTANCE USE DISORDERS SECTION

PSYCHOLOGY, PSYCHIATRY, IMAGING & BRAIN NEUROSCIENCE SECTION
A Comparison of Pain Beliefs and Coping Strategies and Their Association with Chronic Pain Adjustment Between Singapore and United States

METHODOLOGY, MECHANISMS & TRANSLATIONAL RESEARCH SECTION
Increased Evoked Potentials and Behavioral Indices in Response to Pain Among Individuals with Intellectual Disability

NEUROPATHIC PAIN SECTION
The Preventive Value of Epidural Calcitonin in Patients with Lower Limb Amputation

ACUTE & PERIOPERATIVE PAIN SECTION
Improved Outcomes Associated with the Liberal Use of Thoracic Epidural Analgesia in Patients with Rib Fractures

REHABILITATION SECTION
Cigarette Smoking and Musculoskeletal Pain Severity Among Male and Female Afghanistan/Iraq Era Veterans

CLINICAL PERSPECTIVES
Particulate or Nonparticulate Steroids for Lumbar Transforaminal Injections

View all topics in this issue of Pain

Pain News

CVS Health Responds to Nation's Opioid Crisis
September 21, 2017 [Source: CVS]
CVS Caremark seeks to enhance its utilization management program to ensure that opioids are being prescribed and used appropriately, consistent with the Guideline for Prescribing Opioids set by the Centers for Disease Control and Prevention.
Full story...

AAPP President Steven P. Stanos, DO responds to the new CVS Caremark policy in this CNN article.

Walgreens Launches "ItEndsWithUs" Campaign to Educate Teens Nationwide on the Opioid Epidemic
September 20, 2017 [Source: Walgreens]
Today, Walgreens, one of the nation’s largest drugstore chains, launches its new campaign "ItEndsWithUs" to educate teens nationwide on the opioid epidemic.
Full story...

Government Agency News

CDC Launches Campaign to Help States Fight Prescription Opioid Epidemic
September 25, 2017 [Source: CDC]
Today the Centers for Disease Control and Prevention (CDC) is launching Rx Awareness, a powerful communication campaign featuring real-life accounts of people recovering from opioid use disorder and people who have lost loved ones to prescription opioid overdose.
Full story...

FDA Conducts Major Global Operation to Protect Consumers from Potentially Dangerous Prescription Drugs Sold Online
September 25, 2017 [Source: FDA]
The U.S. Food and Drug Administration, in partnership with international regulatory and law enforcement agencies, recently took action against more than 500 websites that illegally sell potentially dangerous, unapproved versions of prescription medicines, including opioids, antibiotics and injectable epinephrine products to American consumers.
Full story...

NAM Special Publication on How Health Clinicians can Counter Opioid Epidemic
September 21, 2017 [Source: National Academies of Sciences, Engineering, and Medicine]
Halting the opioid epidemic requires aggressive action across multiple dimensions, including informed, active, and determined front-line leadership from health clinicians working in every setting throughout the nation, says a new National Academy of Medicine (NAM) special publication developed at the request of the National Governors Association to assist the nation's governors as they work with clinicians to counter the opioid crisis.
Full story...

Federal Agencies Partner for Military and Veteran Pain Management
Research
September 20, 2017 [Source: NIH]
Through an interagency partnership, the U.S. Department of Health and Human Services, the U.S. Department of Defense (DoD), and the U.S. Department of Veterans Affairs (VA) announce a multi-component research project focusing on nondrug approaches for pain management addressing the needs of service members and veterans.

Full story...

Governor Christie, Pharmaceutical Executives And Federal Leaders Discuss Public-Private Partnership To Address America’s Opioid Epidemic
September 18, 2017 [Source: Governor Chris Christie, NJ]
Governor Chris Christie, chairman of the President’s Commission on Combating Drug Addiction and the Opioid Crisis, joined Kellyanne Conway, Counselor to the President, and Former U.S. Rep. Patrick Kennedy, a commission member, in a roundtable at the War Memorial with leaders of the pharmaceutical industry, the National Institutes of Health (NIH) and the U.S. Food and Drug Administration (FDA) to advance a public-private partnership that can address America’s epidemic of addiction.

Full story...

2016 National Survey on Drug Use and Health
September 7, 2017 [Source: SAMHSA]
SAMHSA released its 2016 NSDUH survey results on the use of drugs, alcohol, and tobacco by the U.S. civilian, noninstitutionalized population aged 12 or older.

View report...

DEA Announces Next National Prescription Drug Take Back Day
October 28, 2017, 10:00 am to 2:00 pm
For more information...

State Legislative News

FL: Gov. Scott to Propose Major Legislation and $50 Million Investment to Combat Opioid Abuse
September 26, 2017 [Source: Governor Rick Scott, FL]
Governor Rick Scott announced that during the upcoming legislative session, he will propose major legislation and more than $50 million as part of his 2018-2019 recommended budget to combat opioid abuse in Florida. The proposed legislation will include placing a three-day limit on prescribed opioids, unless strict conditions are met for a seven-day supply.

Full story...

Education Opportunities

Webinar: Fear and Avoidance: Behavioral and Brain Mechanisms in the Pathway to Pain Persistence
October 18, 2017 noon to 1:30 PM (Eastern Time)
The IASP Pain Research Forum will host a webinar with Laura Simons, Stanford University, Palo Alto, CA. Attendance is free, but registration is required. Register now.
Pain Abstracts in the News

Distribution of Prescription Opioid Use among Privately Insured Adults without Cancer: United States, 2001–2013
September 12, 2017 [Source: Annals of Internal Medicine]
Abstract: Background: Deaths from prescription opioids have sharply increased in the United States. In response, the Centers for Disease Control and Prevention recently issued recommendations for opioid prescribing for chronic pain (1). In light of this and other public health efforts, an integral piece of epidemiologic information about opioid misuse remains unknown: the distribution of use across the population. This fact has important policy implications. Concentration of opioid use among a few patients would argue for focused efforts aimed at reducing use among these persons. Conversely, even distribution would argue for broader, population-wide policies.
Read more...

Association of Incident, Clinically Undiagnosed Radiographic Vertebral Fractures With Follow-Up Back Pain Symptoms in Older Men: the Osteoporotic Fractures in Men (MrOS) Study
September 7, 2017 [Source: Journal of Bone and Mineral Research]
ABSTRACT: Prior data in women suggest that incident clinically undiagnosed radiographic vertebral fractures (VFs) often are symptomatic, but misclassification of incident clinical VF may have biased these estimates. There are no comparable data in men. To evaluate the association of incident clinically undiagnosed radiographic VF with back pain symptoms and associated activity limitations, we used data from the Osteoporotic Fractures in Men (MrOS) Study, a prospective cohort study of community-dwelling men aged ≥65 years. A total of 4396 men completed spine X-rays and symptom questionnaires at baseline and visit 2, about 4.6 years later. Incident clinical VFs during this interval were defined by self-reported clinical diagnosis plus community imaging showing a centrally adjudicated ≥1 increase in semiquantitative (SQ) grade in any thoracic or lumbar vertebra versus baseline study X-rays.
Read more...

Physicians-in-Training are Not Prepared to Prescribe Medical Marijuana
September 4, 2017 [Source: Drug and Alcohol Dependence]
Abstract: Background: While medical marijuana use is legal in more than half of U.S. states, evidence is limited about the preparation of physicians-in-training to prescribe medical marijuana. We asked whether current medical school and graduate medical educational training prepare physicians to prescribe medical marijuana.
Read more...

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PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov:

Intranasal Sumatriptan for Acute Migraine Attacks: a Systematic Review and Meta-Analysis
Abstract: We performed this systematic review and meta-analysis to evaluate the tolerability and efficacy of intranasal sumatriptan, a selective serotonin agonist, compared to placebo or other migraine therapeutics for the treatment of acute migraine attacks. We searched PubMed, SCOPUS, Embase, and Cochrane CENTRAL for relevant randomized controlled trials (RCTs). Data
were extracted from eligible studies and pooled as risk ratios (RR), using RevMan software. 
PMID: 28942578  DOI: 10.1007/s10072-017-3119-y
Read more...

A Pathway from Midcingulate Cortex to Posterior Insula Gates Nociceptive Hypersensitivity

Nat Neurosci. 2017 Sep 18. doi: 10.1038/nn.4645. [Epub ahead of print] 
Abstract: The identity of cortical circuits mediating nociception and pain is largely unclear. The cingulate cortex is consistently activated during pain, but the functional specificity of cingulate divisions, the roles at distinct temporal phases of central plasticity and the underlying circuitry are unknown. Here we show in mice that the midcingulate division of the cingulate cortex (MCC) does not mediate acute pain sensation and pain affect, but gates sensory hypersensitivity by acting in a wide cortical and subcortical network. 
PMID: 28920932  DOI: 10.1038/nn.4645
Read more...

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NIH Clinical Studies & Trials

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

Yoga for Symptoms of Nerve Damage Caused by Chemotherapy
This study is currently recruiting participants.  
First Posted: September 25, 2017  
Sponsor: Memorial Sloan Kettering Cancer Center  
ClinicalTrials.gov Identifier: NCT03292328  
Stated Purpose: Some types of chemotherapy used to treat breast cancer can cause damage to nerves with symptoms like tingling, numbness, muscle weakness, and pain in the hands and feet that can last and can affect functioning. The purpose of this study is to find out the effects of yoga on reducing symptoms caused by such nerve damage.  
Read more...

Tracking Physical Activity for Chronic Pain Management among Older Adults in Detroit  
First Posted: September 18, 2017  
This study is not yet open for participant recruitment.  
Verified September 2017 by Mary Janevic, University of Michigan  
Sponsor: University of Michigan  
ClinicalTrials.gov Identifier: NCT03285958  
Information provided by (Responsible Party): Mary Janevic, University of Michigan  
Principal Investigator: Mary Janevic, University of Michigan School of Public Health  
Stated Purpose: Wearable, commercially-available physical activity monitors are being increasingly incorporated into chronic pain self-management interventions as a tool to help patients set goals and to tailor intervention content based on patient progress. Yet older adults from resource-challenged communities may face significant barriers to using these monitors and reporting activity data. Our pilot study will focus on wearable monitor use among older adults in Detroit with chronic musculoskeletal pain, testing the feasibility and validity of various technology-based strategies for reporting daily step count data. The study will also assess whether four weeks of monitor use is associated with improvements in functioning, relative to a control group.  
Read more...

Neurobiological and Psychological Benefits of Exercise in Chronic Pain and PTSD (EXCPPTSD)  
This study is currently recruiting participants.  
First Posted: September 14, 2017  
Sponsor: VA Office of Research and Development
Stated Purpose: The wars in Iraq and Afghanistan are creating a new generation of Veterans, including an increasing number of women Veterans, who present with comorbid PTSD and chronic pain conditions from recent deployment-related physical injuries and exposure to psychological trauma. Health behavior change has become increasingly important in treating these conditions and proactively preventing long-term negative health sequelae, in order to benefit these Veterans directly and reduce the growing challenges to our healthcare system. The proposed CDA-2 program of research will use an innovative translational research approach to study whether a chronic progressive-based exercise program will reduce chronic pain in patients with PTSD and to elucidate and modify potential PTSD-related deficiencies in neurobiological and psychological responses to exercise to optimize the physical and psychological benefits of exercise for these individuals.

Read more...

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Industry News

Medtronic Announces FDA Approval and U.S. Launch of Next Generation Spinal Cord Stimulator for Chronic Pain Management
September 18, 2017 [Source: Medtronic]
Full story...

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