AAPM's ACCME Accreditation with Commendation

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Are the members of your pain team AAPM members?
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Visit the AAPM Member Center for more information.

AAPM Shared Interest Groups
The Academy recognizes that its members may value opportunities to come together for the purpose of

AAPM E-News
May 9, 2018

LATEST NEWS from the American Academy of Pain Medicine

Advocacy

AAPM Leaders Named to HHS Pain Management Task Force
Four AAPM members are among the 28 leaders named to the U.S. Department of Health and Human Services (HHS) newly created Pain Management Best Practices Inter-Agency Task Force: Jianguo Cheng, MD, PhD (AAPM President); Halena Gazelka, MD; Rollin M. Gallagher, MD, MPH (Pain Medicine journal Editor-in-Chief); and Friedhelm Sandbrink, MD. The task force was established to "propose updates to best practices and issue recommendations that address gaps or inconsistencies for managing chronic and acute pain.”
Full story...
AAPM press release...

AAPM Backs Proposed Legislation to Fund Chronic Pain Research
April 18, 2018 [Source: AAPM]
The Academy joined more than three dozen pain patient and pain management organizations signing a letter to Senators Lamar Alexander and Patty Murray urging them to include legislation calling for more epidemiological research on chronic pain in their draft Opioid Crisis and Response Act of 2018. The additional legislation proposed by Senator Todd Young calls for the creation of a national Chronic Pain Surveillance System and allow researchers and federal agencies to use data collected by CDC.
View the letter...

FDA Announces Medical Device Safety Plan
Following FDA Commissioner Scott Gottlieb’s mention of the importance of ensuring that marketed medical devices have a positive benefit-risk profile, the agency has announced the Medical Device Safety Action Plan: Protecting Patients, Promoting Public Health. Members interested in commenting on the plan are encouraged to do so through the public docket (FDA-2018-N-1315) at regulations.gov.

AAPM Annual Meeting News & Highlights
painmed.org/vancouver.

As an AAPM member, you can preorder Annual Meeting & Preconference on-demand courses at reduced rates. Learn more about available courses and order now.

Nearly 70 members attended the AAPM Member Town Hall held in Vancouver in conjunction with the Annual Meeting. Those present engaged in
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...

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2018 Annual Meeting press coverage and poster information:

- [Annual Meeting Scientific Poster Abstracts](#)
- [AAPM's Annual Meeting Press Releases](#)
- [Medscape](#)
- [Clinical Pain Advisor](#)
- [First Word Pharma](#)
- [Pain Treatment Expert, Tobias Moeller-Bertram, M.D., Ph.D., to Address American Academy of Pain Medicine](#)
  April 27, 2018 [Source: Desert Clinic Pain Institute]
- [New Spinal Stimulation Technology More Effective in Reducing Pain in Patients with Intractable Spine or Limb Pain Compared to Medical Treatment](#)
  April 27, 2018 [Source: Ortho Spine News]

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**Pain Research in the News**

**Breakthrough Blood Test Set to Help Doctors Diagnose Chronic Pain**
May 7, 2018 [Source: News.com.au]

The breakthrough painHS test was developed by a team of Australian scientists after they discovered that biologically, the color of the immune cells in acute pain is different to the cells associated with chronic pain. The test uses light measurement tools which can immediately detect if a patient is in chronic pain.

Full story...

**Blacks, Whites Equally as Likely to Be Prescribed Opioids for Pain**
May, 2018 [Source: University of Michigan]

Racial disparities in pain management have been well-documented, with doctors historically more willing to prescribe opiates to whites than to other racial and ethnic groups. But in light of new national policies to improve prescribing practices, University of Michigan researchers wanted to know whether racial and ethnic disparities in how pain is managed have changed in recent years—particularly if any shift in opioid prescribing was associated with changes in the use of other pain medications.

Full story...

**Multiple Sclerosis Drug Could Reduce Painful Side Effects of Common Cancer Treatment**
April 27, 2018 [Source: Rockefeller University Press]

Researchers from the Saint Louis University School of Medicine have discovered why many multiple myeloma patients experience severe pain when treated with the anticancer drug bortezomb. The study, published in the *Journal of Experimental Medicine*, suggests that a drug already approved to treat multiple sclerosis could mitigate this effect, allowing myeloma patients to successfully complete their treatment and relieving the pain of myeloma survivors.
Full story...

The Bugs in Your Gut Could Make You Weak in the Knees
April 19, 2018 [Source: University of Rochester Medical Center]
Bacteria in the gut, known as the gut microbiome, could be the culprit behind arthritis and joint pain that plagues people who are obese, according to a new study published in JCI Insight.
Full story...

Pain News

Walmart Introduces Additional Measures to Help Curb Opioid Abuse and Misuse
May 7, 2018 [Source: Walmart]
Within the next 60 days, Walmart and Sam’s Club will restrict initial acute opioid prescriptions to no more than a seven-day supply, with up to a 50 morphine milligram equivalent maximum per day. This policy is in alignment with the Centers for Disease Control and Prevention’s (CDC) guidelines for opioid use. Where state law for fills on new acute opioid prescriptions is less than seven days, Walmart and Sam’s Club will follow state law.
Full story...

AAPM Immediate Past President Steven P. Stanos, DO, responds to the new Walmart policy in this NPR interview.

IQVIA™ Institute for Human Data Science Study: U.S. Prescription Opioid Volume Declined 12 Percent in 2017 – Largest Drop in 25 Years
April 19, 2018 [Source: IQVIA™]
The latest report from the IQVIA™ Institute for Human Data Science found prescription opioid dosage volume — as defined by Morphine Milligram Equivalents (MME) — declined 12 percent in 2017, marking the largest annual drop in more than 25 years of measurement.
Full story... View AAPM statement on IQVIA™ report...

Practice Management & Coding Updates

New Medicare Beneficiary Identifiers (MBIs) Ready for Use
May 9, 2018 [Source: Emily Hill, PA, AAPM Coding Consultant]
Some Medicare beneficiaries are receiving new Medicare cards with new Medicare Beneficiary Identifiers (MBIs). The MBIs are 11 characters in length and will use randomly selected numbers and upper case letters. The new cards and numbers are being issued in phases by geographic location.
Read more...

AAPM Members in the News

To Treat Pain, Study People in All Their Complexity
May 1, 2018 [Source: Nature]
AAPM Pain Psychology SIG Co-Chair, Beth Darnall, PhD provides an editorial in Nature about psychosocial determinants of pain and the need to treat individual factors, using Collaborative Health Outcomes Information Registry (CHOIR) to characterize and identify specific patient needs, optimizing placebo and need for greater investment in pain research.
Full story...

To Treat Pain, Look at More than the 1-10 Scale
May 4, 2018 [Source: UW Medicine]
AAPM member and UW professor of psychiatry, Mark Sullivan, MD, comments on PainTracker, which according to Dr. Sullivan “provides a richer picture of patients’ responses to chronic pain treatments than the 0-10 pain rating scale.” Full story...

Recommendations and Guidelines

FSMB Releases Recommendations on Regulating Physicians' Use of Stem Cell and Regenerative Therapies
May 7, 2018 [Source: Federation of State Medical Boards (FSMB)]
The Federation of State Medical Boards (FSMB) has released a report recommending best practices for regulating the promotion, communication and practices of treatments received at stem cell clinics in the United States. The report was drafted by FSMB’s Workgroup to Study Regenerative and Stem Cell Therapy Practices and aims to raise awareness about these practices generally, outline potential benefits and risks, as well as provide basic guidance for state medical boards and their licensees. Full story...

Reduced Opioids after Spinal Surgery with ERAS Protocol
May 8, 2018 [Source: Medscape] Full story (login required)...

International Pain News

New Regulations to Provide Better Information for Patients on the Safe Use of Opioid Medications
May 2, 2018 [Source: Health Canada]
Health Canada published final regulations in Canada Gazette, Part II that will make warning stickers and patient information handouts mandatory with all opioids dispensed to Canadians at pharmacies or in doctor’s offices across Canada. Full story...

Pain Abstracts in the News

Association between Prescription Drug Monitoring Programs and Nonfatal and Fatal Drug Overdoses: A Systematic Review
May 7, 2018 [Source: Annals of Internal Medicine]
Abstract: Background: Prescription drug monitoring programs (PDMPs) are a key component of the president's Prescription Drug Abuse Prevention Plan to prevent opioid overdoses in the United States. Purpose: To examine whether PDMP implementation is associated with changes in nonfatal and fatal overdoses; identify features of programs differentially associated with those outcomes; and investigate any potential unintended consequences of the programs.
Read more...

The Central Sensitization Inventory and Pain Sensitivity Questionnaire: An Exploration of Construct Validity and Associations with Widespread Pain Sensitivity Among Individuals with Shoulder Pain
May 3, 2018 [Source: Musculoskeletal Science and Practice]
Abstract: Background: The Central Sensitization Inventory (CSI) and Pain Sensitivity Questionnaire (PSQ) are alternatives to quantitative sensory testing (QST) for inferring central sensitization.
Read more...
Control of Mechanical Pain Hypersensitivity in Mice through Ligand-Targeted Photoablation of TrkB-Positive Sensory Neurons

April 24, 2018 [Source: Nature Communications]

Abstract: Mechanical allodynia is a major symptom of neuropathic pain whereby innocuous touch evokes severe pain. Here we identify a population of peripheral sensory neurons expressing TrkB that are both necessary and sufficient for producing pain from light touch after nerve injury in mice. Mice in which TrkB-Cre-expressing neurons are ablated are less sensitive to the lightest touch under basal conditions, and fail to develop mechanical allodynia in a model of neuropathic pain.

Read more...

Safe Opioid Prescribing for Acute Noncancer Pain in Hospitalized Adults: A Systematic Review of Existing Guidelines

April 2018 [Source: Journal of Hospital Medicine]

Abstract: BACKGROUND: Pain is common among hospitalized patients. Inpatient prescribing of opioids is not without risk. Acute pain management guidelines could inform safe prescribing of opioids in the hospital and limit associated unintended consequences.

Read more...

PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov:

Disruption of nNOS-NOS1AP Protein-Protein Interactions Suppresses Neuropathic Pain in Mice

Abstract: Elevated N-methyl-D-aspartate receptor (NMDAR) activity is linked to central sensitization and chronic pain. However, NMDAR antagonists display limited therapeutic potential because of their adverse side effects. Novel approaches targeting the NR2B-PSD95-nNOS complex to disrupt signaling pathways downstream of NMDARs show efficacy in preclinical pain models. Here, we evaluated the involvement of interactions between neuronal nitric oxide synthase (nNOS) and the nitric oxide synthase 1 adaptor protein (NOS1AP) in pronociceptive signaling and neuropathic pain. TAT-GESV, a peptide inhibitor of the nNOS-NOS1AP complex, disrupted the in vitro binding between nNOS and its downstream protein partner NOS1AP but not its upstream protein partner postsynaptic density 95 kDa (PSD95). Putative inactive peptides (TAT-cp4GESV and TAT-GESV?1) failed to do so.

PMID: 29319606, DOI: 10.1097/j.pain.0000000000001152

Read more...

Association between Facility-Level Utilization of Non-pharmacologic Chronic Pain Treatment and Subsequent Initiation of Long-Term Opioid Therapy

Carey EP, Nolan C, Kerns RD, Ho PM, Frank JW.
Abstract: BACKGROUND: Expert guidelines recommend non-pharmacologic treatments and non-opioid medications for chronic pain and recommend against initiating long-term opioid therapy (LTOT). CONCLUSIONS: Facility-level utilization patterns of non-pharmacologic, non-opioid, and opioid treatments for chronic pain are associated with subsequent patient-level initiation of LTOT among veterans with incident chronic pain. Further studies should seek to understand facility-level variation in chronic pain care and to identify facility-level utilization patterns that are associated with improved patient outcomes.


Read more...
NIH Clinical Studies & Trials

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

**Overcoming Pain through Yoga in the Military (OPTYM)**
ClinicalTrials.gov Identifier: NCT03504085  
First Posted: April 20, 2018  
Recruitment Status: Recruiting  
Sponsor: University of California, San Diego  
Principal Investigators: Erik Groessl, Ph.D., University of California, San Diego, and Ian Fowler, MD, Navy Medical Center, San Diego  
Collaborators: United States Naval Medical Center, San Diego, National Center for Complementary and Integrative Health (NCCIH)  
Information provided by (Responsible Party): Erik Groessl, University of California, San Diego  
Stated Purpose: Our primary aim is to assess the feasibility of conducting yoga research among active-duty military personnel with Chronic Low Back Pain (CLBP) and/or Chronic Neck Pain (CNP). In addition, we will evaluate the yoga intervention preferences and refine an existing yoga intervention to address those needs. The study will prepare us for a R01 funded pragmatic clinical trial of yoga for CLBP and CNP in active-duty military.
Read more...

Industry News

**Egalet Presented Data at American Academy of Pain Medicine**
Examining the Potential of ARYMO® ER to Deter Opioid Abuse  
April 30, 2018 [Source: Egalet Corporation]  
Full story...

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AAPM E-News is supported by an educational grant from Daiichi Sankyo, Inc.  
Content is completely and independently selected and edited by AAPM.