



MASSACHUSETTS PAIN INITIATIVE

2013 ANNUAL REPORT

MassPI Steering Council Members

Ann Marie Harootunian, MS, RN, FNP
Co-Chair, Steering Council

Claire Sampson, RN-BC
Co-Chair, Steering Council

Jeanne Connolly-Horrigan, MS
Webmaster Co-Chair

Ellen McCabe, RN, CHPN
Member-at-large

Carol Curtiss, MSN, RN-BC
Consulting Chair

Betty Morgan, PhD, PMHCNS, BC
Co-Chair, Education Council

Nellee Fine, BSN, MA, RN
Member-at-large

Ginger Newell-Stokes, MS, RN
Member-at-large

Peggy Flood, MS, RN-BC
Co-Chair, Education Council

Cyndie Rodman, MS
Chair, Communication Council

Anne Marie Kelly, BSN, RN-BC, CHPN
Chair, Membership Council

Cindy Steinberg
Chair, Policy Council

Kathy DellaPenna
Administrative Assistant, Treasurer

Hope Health and Massachusetts Pain Initiative Announce Affiliation

Hope Health, formerly known as Hospice & Palliative Care of Cape Cod, and Massachusetts Pain Initiative (MassPI) have entered into an affiliation agreement. MassPI is now an independent division of Hope Health retaining the MassPI brand and identity. MassPI will operate under Hope Health's nonprofit umbrella with Hope Health establishing a separate restricted fund for donations made directly to MassPI. Members of the MassPI Steering Council will become members of a Steering Committee of the HopeHealth Board of Directors.

Massachusetts Pain Initiative is a division of HopeHealth



“This is a natural alignment for both organizations,” said David Rehm, CEO & president, HopeHealth. “Both of our mission statements speak to quality of life and we are committed to promoting and providing effective pain management and appropriate care for the residents of Massachusetts. We look forward to working together to raise awareness of both organizations and our common interests in promoting improvements in pain management for the Commonwealth, including awareness initiatives, education programs and policy advocacy efforts.”

According to Ann Marie Harootunian, Co-Chair of MassPI's Steering Council, “MassPI is excited about the new partnership with HopeHealth. This alliance strengthens our organization's ability to fulfill the mission of supporting the needs of people living and dying with pain in the Commonwealth of Massachusetts. We look forward to working together to achieve mutual goals.

Education Council

Council Co-Chair: Peggy Flood, MS, RN-BC

Council Co-Chair: Betty Morgan, Ph.D. PMHCNS, BC

Activities:

- **Pain Resource Education Programs (PREP)**
We are revising the Pain Resource Education Programs (PREP). Notification of availability will be placed on our web page.
- **MassPI Pocket Tool**
The MassPI pocket tool continues to be a very popular resource and is distributed throughout the country as well as internationally. It is updated and revised every few years and can be viewed on the website.
- **Pain Resource Guide**
The pain resource guide identifies clinics/resources in the state of Massachusetts and is available on the website. The list was updated and is current as of November, 2013.
- **Education Programs:**

Spring Program 2013

Detecting and Treating Neuropathic Pain was presented by Paul Arnstein, PHD, RN, FAAN and *The Power of the Mind in Treating Pain* was presented by Fran Spayne, MA, at the MassPI Spring conference titled: *Neuropathic Pain: Diagnosis and Treatments* held May 17, 2013, in Marlborough, MA.. Saint Anne's Hospital in Fall River, MA provided three nursing contact hours. The conference was well attended and received excellent evaluations.

- **Fall Program 2013**

Principles of Palliative Care and Persistent Pain Management: Tools to Integrate Into Your Practice was jointly sponsored by the Massachusetts Medical Society and the Massachusetts Pain Initiative on September 27, 2013. Saint Anne's Hospital provided seven contact hours for nurses. The Massachusetts Medical Society provided seven CME credits for physicians.

Participants gained the competence and confidence to initiate the difficult conversation to have with patients about making end-of-life decisions early in the trajectory of an illness. Participants

learned to confidently assess substance risk and history, and to use this knowledge to help patients, including those considered at high risk for substance abuse, to manage pain at the end-of-life. The current standard of care for the family centered medical home places the primary care provider as the coordinator for all the patient's treatment needs, including end-of-life. The conference was very well attended by physicians and nurses and evaluations were excellent.

Policy Council

Council Chair: Cindy Steinberg

Legislative Activities:

Approximately 25 bills were followed this session pertaining to pain issues. About half of them were recommended to study. A few are still alive at this point and awaiting action. Several others became budget amendments or have been rolled up into Senate Bill 2142.

Status of Key Bills

H 2002 – *An act requiring pain assessment and management in healthcare facilities*, our primary bill, was referred by the Joint Committee on Public Health to study. The bill would guarantee all MA residents the right to have their pain assessed and managed when they enter any healthcare facility in the state. We have redrafted the bill and will have it reintroduced in the next session.

S 477 – *An act relative to patient financial protection* is now before the House Ways and Means Committee. The bill would establish an out-of-pocket limit for prescription drugs including specialty tier drugs that insurers are increasingly shifting to a percentage cost share.

H 3977 – *An act to improve quality of life by expanding access to palliative care* is now before the Ways and Means Committee. It was also attached to the House budget as an amendment. The bill would establish a Palliative Care Advisory Council administered by DPH as well as provide consumer and professional education on palliative care and a website with resources.

S 2142 – *An act to increase opportunities for long-term substance abuse recovery* was passed by the Senate and is awaiting action in the House. The bill aims to improve substance abuse treatment services across the Commonwealth, which we support. However, the bill also would virtually eliminate prescribing opioid medications by establishing a commission to enforce the use of substitutes for opioid and another commission to investigate requiring insurers to limit opioid to no more than a 30 day supply.

We are collaborating with a number of organizations including the Mass Medical Society, the Mass Bar Association and the American Cancer Society to voice our concern about the prescribing section of this bill as well as support for the treatment provisions in the bill.

Regulatory Activities

In Mass General Laws Chapter 244 of the Session Laws of 2012, MassPI was named to the 17 member Joint Policy Workgroup Council on Opioid Prescribing chaired by DPH. We participated in many meetings of the Workgroup beginning in February 2013 through February of 2014.

At the December 2013 meeting MassPI council members (Cindy Steinberg & Ann Marie Harootunian) gave a presentation to the group discussing the prevalence of chronic pain, conditions that give rise to chronic pain and treatment approaches used in managing pain including the use of opioids when appropriate. The presentation included MassPI's recommendations for reducing the abuse of prescription pain medication while at the same time not harming legitimate prescribing in the area of education, prevention, screening, treatment, monitoring and tracking.

DPH is responsible for issuing a final report on the work of the Joint Policy Workgroup. The report has not yet been issued.

MassPI received a Proclamation from Governor Patrick declaring September, 2013 as Pain Awareness Month in Massachusetts. Invitations to several pain management organizations to collaborate on our proclamation request was initiated and received which included national, state-based and local organizations.

These organizations included the U.S. Pain Foundation, the Tufts University School of Medicine's program on Research, Education and Policy, the American Chronic Pain Association, the American Academy of Pain Management, the National Fibromyalgia & Chronic Pain Association, the American Society for Pain Management Nursing, and the American Society for Pain Management Nursing Eastern Massachusetts Chapter.

The proclamation can be viewed on the MassPI website.

Communications and Website Council

Council Chair: Cyndie Rodman, MS (PR/media, website content redesign)

Co-Webmasters: Carol Curtiss, MSN, RN-BC
Jeanne-Connolly-Horrigan, MS

Council Purpose: To provide strategic expertise and implementation assistance with internal and external communications, PR and media efforts, and web site maintenance (webmaster).

Activities:

- Supported the efforts of the Education Council's programs through the development and implementation of the program brochures, registration materials, and other program materials.
- Provided general communications support for other aspects of the Steering Council's activities (e.g., newsletter development, etc.)
- Maintained the web site with updated information as needed to continue to make the MassPI web site a key place for current information about activities of MassPI.
- Additional updates on the web site were deferred until after the new relationship with HopeHealth was finalized when there will be a thorough updating of the MassPI web site.

Membership Council

Council Chair: Anne Marie Kelly, BSN, RN-BC, CHPN

Council Purpose: To recruit volunteers for MassPI who are interested in assuming an active role in improving the quality of life for those affected by pain. Membership in the organization is free.

Volunteer Opportunities

Opportunities are currently available for individuals who wish to share their interest and passion for educating healthcare providers, raising community awareness about pain and its management, and working with state government officials to improve policies related to pain care. Only through the generosity and support of volunteers can MassPI effectively meet the needs of those affected by pain in Massachusetts. Volunteers are an integral part of MassPI and vital for its function..

MassPI welcomes volunteers who wish to serve and share their interest and passion for improving the quality of life for those affected by pain. The amount of time or area in which a volunteer wishes to serve is up to the volunteer. No amount of time is considered “too little” when it comes to improving the quality of life. MassPI councils and volunteer opportunities can be viewed on the website. If interested in applying to become a volunteer or for more information, please contact info@masspaininitiative.org. Your support is appreciated.

Respectfully submitted by,

MassPI Steering Council Members
July, 2014