



Massachusetts Pain Initiative

2014 Annual Report

MassPI Steering Council Members

Anne 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
BC
Consulting Chair

Betty Morgan, PhD, PMHCNS,
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

Education Council

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

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

Activities:

Pain Resource Education Program (PREP)

The Steering Council voted to endorse the Stanford Program Chronic Pain Self-Management Program (CPSMP) for the Community Education Program. Peggy Flood is a trainer for this program and will develop an educational program for interested members of the MassPI to train them as providers for the CPSMP in 2015. A link will be added to our webpage about these training sessions.

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 every few years and can be viewed on the MassPI website. The Education Council will update this tool in 2015.

Pain Resource Guide

The pain resource guide identifies clinics/resources in the state of Massachusetts and is available on the MassPI website. The list was updated and is current as of November 2013; it will be updated in 2015.

Education Council Members

The Council added a few members this year and currently there are 11 members including co-chairs. The council has had a number of conference calls over the year, primarily to plan the educational meetings. One major focus of the discussions has been how to increase the number of attendees at the meetings.

Education Programs:

Spring Program 2014

The Spring Program was held on April 30, 2014 and included a brief business meeting and featured two speakers.

The first presentation was focused on individualization of care titled “**Pharmacogenetics: How Do Your Patients metabolize Opioids?**” Presented by Dr. Jeffrey Fudin, B.S., Pharm D, FCCP.

Diplomate, American Academy of Pain Management, Adjunct Associate Professor of Pharmacy Practice & Pain Management, Albany College of Pharmacy & Health Sciences.

The second presentation was given by Judy Foreman who spoke about her recent book: ***A Nation in Pain: Healing our Biggest Health Problem***, which is a must read for all who have suffered with chronic pain as well as professionals treating pain. Judy is a nationally syndicated health columnist. Judy spoke about her experiences and had copies of her book available at the meeting. Immediately following our meeting she received an award at the American Pain Society annual meeting for her book and her advocacy.

This conference was well attended and evaluations were excellent.

Fall Program 2014

The Fall Program was held on October 9, 2014 and included a brief business meeting as well as two presentations.

Dr. Daniel Alford presented “*Safe and Competent Opioid Prescribing for Chronic Pain*” and discussed the difficulties around pain and addiction in a chronic pain population. Daniel P. Alford, MD, MPH, FACP, FASAM is an Associate Professor of Medicine, Assistant Dean of CME and Director of the Safe and Competent Opioid Prescribing Education (SCOPE) program at Boston University School Of Medicine. He is director of Clinical Addiction Research and Education Unit and medical director of the Office-Based Opioid Treatment program at Boston Medical center (BMC). He is the American Society of Addiction Medicine's (ASAM) clinical director for the Provider's Clinical Support System for Medication Assisted Treatment (PCSS-MAT) program. He is president of the Association for medical Education and research in Substance Abuse (AMERSA), an interdisciplinary organization of leaders in substance use education, research and policy. His clinical, educational and research interests focus on opioid dependence and safe and competent prescribing for chronic pain education.

“*It's Your Health Care, It's Your Choice: Empowering Adults, Families and the Community*” was presented by Ellen M. DiPaola, Esq., Honoring Choices Massachusetts, Nellee H. Fine, BSN, MA, RN, ACON, and Cindy Steinberg, BA, BS, MassPI Policy Chair. A panel discussion included information about Honoring Choices, related policy issues and how institutions can participate and utilize the resources of this program. Honoring Choices is an organization that provides free health care planning information and tools to help people make a health care plan that honors the individual's values and choice to ensure wellness and person-centered care throughout their life.

This conference was well attended and evaluations were excellent.

Policy Council

Council Chair: Cindy Steinberg

Legislative Activities

We followed approximately 25 bills this session pertaining to pain issues. We testified and/or submitted written testimony on approximately 6 bills. We had many meetings throughout the session with lawmakers including Representative Jay Kaufman, Representative Liz Malia, Chair of the Committee on Mental Health and Substance Abuse, Representative Brian Dempsey, Chair of the House Ways and Means Committee, Senator John Keenan, Co-Chair of the Joint Committee on Public Health and Speaker of the House, Robert DeLeo.

At the end of the legislative session on July 31, 2014, approximately half of the bills we were following were recommended to study including our own bill filed by Representative Kaufman, H2002. Two bills passed both chambers and were signed into law by Governor Patrick. Several others became budget amendments or were rolled up into Senate Bill 2142, which was one of the two bills signed into law.

Details on Four 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 which referred the bill 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* made it all the way to the House Ways and Means Committee but did not move any further. The bill would have established an out-of-pocket limit for

prescription drugs including specialty tier drugs that insurers are increasingly shifting to a percentage cost share. We expect this bill to be redrafted and reintroduced in the next session.

H 3977 - *An act to improve quality of life by expanding access to palliative care* did pass both chambers at the very end of the session and became law. It was codified as Chapter 478 and will establish a Palliative Care Advisory Council administered by DPH as well as provide consumer and professional education on palliative care and a website with a resource list.

S 2142 - *An act to increase opportunities for long-term substance abuse recovery* was passed by both chambers at the end of the session and codified as Chapter 258. About half of this legislation is directed at improving substance abuse recovery services and the half is directed at reducing the prescribing and dispensing of opioids and shifting those that are prescribed to abuse deterrents. The bill that ultimately became law is substantially different than the version that passed the Senate unanimously earlier in the session due in large part to the efforts of a coalition we formed with the Mass Medical Society, the Mass Bar Association and the American Cancer Society to voice our concerns about the prescribing section of this bill as well as our support for the treatment provisions in the bill. We are pleased and thankful that the House leadership listened to our concerns and redrafted the legislation to make it much more balanced in its treatment of two very devastating public health challenges – substance abuse and chronic pain.

Regulatory Activities

Joint Policy Workgroup Participation

In Mass General Laws Chapter 244 of the Session Laws of 2012, MassPI was named to the 17 member Joint Policy Workgroup on Opioid Prescribing chaired by DPH. Cindy Steinberg and AnnMarie Harootunian participated in many meetings of the Workgroup held from February 2013 through February of 2014. At the December, 2013 meeting MassPI (Cindy Steinberg and AnnMarie 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 areas of education, prevention, screening, treatment, monitoring and tracking. DPH issued a final report on the work of the Joint Policy Workgroup in Spring of 2014.

Testimony on Proposed Regulations

The Massachusetts Department of Public Health, Drug Control Program issued proposed regulations to enhance the Prescription Monitoring Program (105 CMR 700.000) in June, 2014. MassPI testified in support of certain of these proposed regulations and in opposition to others in July, 2014. In particular, we supported the proposed 105 CMR 700.012 (H)(1) requiring practitioners to use the PMP prior to prescribing certain controlled substances to a patient for the first time. However, we opposed 105 CMR 700.012 (H)(2) which would require practitioners to use the PMP prior to issuing **every** prescription for a CII or CIII medication which DCP has determined to be “commonly misused or abused” and has “designated as a drug that needs additional safeguards “. We believe this provision exceeds the statutory authority granted to DCP. The federal Food and Drug Administration is charged with making the determination of what medications are safe and effective for the American public. Indeed, Federal District Court Judge Rya Zobel in her Memorandum of Decision dated July 8, 2014 in the case of *Zoegenix v. Patrick* made this very point in invoking the Supremacy Clause of the US Constitution in which state law must yield to federal law in determining which drugs are safe and effective for the public. Furthermore, this regulation will discourage practitioners from prescribing these designated medications. Patients who depend on these medications will likely no longer be able to obtain them. 105 CMR 700.012 (H)(2) will unfairly punish these patients.

Actions on Zohydro ER Ban and Emergency Regulations

In April, 2014, MassPI issued a position statement opposing Governor Patrick's attempted ban of Zohydro ER. A federal judge struck down the ban. The Governor then authorized emergency regulations making it very difficult to prescribe and dispense the medication in MA. A ruling by the same federal judge again struck down Governor Patrick's emergency regulations.

Pain Proclamation

MassPI received a Proclamation from Governor Patrick declaring September, 2014, 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 Pain 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.

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

There are many opportunities available on the various councils for individuals who would like to share their passion and dedication for educating healthcare providers, raising community awareness about pain management and working with state government officials to improve policies related to pain care. Only through the generous support of volunteers can MassPI effectively meet the needs of those affected by pain in Massachusetts. Volunteers are vital to MassPI's mission and function.

In 2014 MassPI welcomed several volunteers who are assisting the members of the Education and Policy Councils. We appreciate their support and continue our search for more volunteers in 2015 who wish to participate in improving the quality of life for those affected by pain.

MassPI councils and volunteer opportunities can be viewed on the website. If interested in becoming a volunteer or for more information, please contact info@masspaininitiative.org. Your support is appreciated.

Communications and Website Council

Council Chair: Cyndie Rodman, MS

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

Activities

- Regularly review the website to add new information and remove outdated information.
- Collaborated with Hope Health to establish links to one another's sites.
- Added Hope Health's logo to our masthead and introduced Hope Health on the website.
- MassPI's administrative assistant accesses the MassPI website for sending and receiving all emails and electronic correspondence.

Plans for 2015

- Conduct a comprehensive review of all website pages and links.
- Conduct an analysis of the usefulness of each web page and revise as needed.
- Continue to post information, as requested, for MassPI's Councils.

Respectfully submitted by,

MassPI Steering Council Members
February, 2015