

## THE MASSACHUSETTS PAIN INITIATIVE: HELPING TO SOLVE THE PROBLEM OF PAIN

### MASSPI MISSION STATEMENT

The Massachusetts Pain Initiative (MassPI) is a statewide, nonprofit, volunteer organization dedicated to ending needless suffering from persistent and acute pain and to improving the quality of life for all people affected by pain.

### WHO ARE WE?

MassPI is a Division of HopeHealth, Hyannis, MA. Our members include healthcare professionals and community members, including doctors, nurses, social workers, people with pain, caregivers, and advocates who are interested in helping people with pain.

MassPI works to...

- ◆ Share accurate pain management information.
- ◆ Educate doctors, nurses and other health care providers about state-of-the-art pain management.
- ◆ Raise community awareness about pain.
- ◆ Influence public policy related to pain care.



### WHY IS PAIN A PROBLEM?

Pain is the number one reason people seek health care in the United States and under-treatment is a major public health problem. More than 100 million Americans suffer with chronic pain lasting months or years. Ten million people are disabled from severe pain while another 25 million experience acute pain from surgery or injury. In Massachusetts, one in four adults suffers from serious persistent pain that interferes with daily life and the ability to work.

Pain is one of the most common and costly health problems facing our country. Pain costs approximately \$600 billion every year in direct health care expenses, lost wages and productivity.

### DO YOU OR SOMEONE YOU LOVE HAVE PAIN THAT INTERFERES WITH YOUR LIFE?

If your answer is yes, MassPI would like to help. Some of the things we can do include teaching about:

- ◆ How pain affects health and well-being
- ◆ What people in pain and their caregivers can expect from healthcare providers.
- ◆ Effective ways to talk about pain with doctors and healthcare providers.
- ◆ The ways that you can participate in your treatment plan



### EDUCATION PROGRAMS

MassPI offers pain management education programs aimed at health care providers each spring and fall. In addition, Pain Resource and Education Program (PREP) series are available by request for health care organizations.

### PREP SERIES

The scope of the pain problem

- ◆ The Basics of Pain
- ◆ Comprehensive Pain Assessment
- ◆ Managing Pain in Older Persons

To learn more about bringing a PREP presentation to your organization, please contact MassPI at 508-957-0267 or at [info@masspaininitiative.org](mailto:info@masspaininitiative.org)

**The Pain Management Pocket Tool** is a MassPI resource for healthcare professionals. This 6.75" X 3" laminated tri-fold card includes the most pertinent information about pain management, assessment, and treatment. View or download free copies of the Pain Management Pocket Tool at [www.MassPainInitiative.org](http://www.MassPainInitiative.org) and select the "Pain Management Pocket Tool" link on the right. Small quantities of printed Tools are available free of charge. Large quantities may be purchased. Contact MassPI at [info@masspaininitiative.org](mailto:info@masspaininitiative.org) or call 1-508-957-0267.

### WORKING TOWARD A BETTER FUTURE

MassPI works with other organizations dedicated to pain relief. Medical advances in pain relief and increasing awareness of the treatments that are already available can make an immediate difference in people's quality of life. Working together, MassPI members, Massachusetts residents, and others can help people living with pain to lead more comfortable and productive lives.

### BECOMING A MEMBER

Membership is free. Both individuals and organizations can become MassPI members. By becoming a member, you will receive:

- ◆ Invitations to all meetings which include a presentation on a topic related to pain management
- ◆ E-mail newsletters
- ◆ Information about pain-related events
- ◆ Volunteer opportunities

### JOIN MASSPI

For additional membership information, go to the MassPI web site at [www.masspaininitiative.org](http://www.masspaininitiative.org) and follow the "About MassPI" link.

### MASSPI VOLUNTEERS

There are many ways to make a difference:

- ◆ Join MassPI public awareness initiatives
- ◆ Plan professional education programs
- ◆ Shape policy to advance pain relief
- ◆ Contribute to the MassPI website
- ◆ Work on our communications efforts
- ◆ Assist with administrative support

### MASSACHUSETTS PAIN INITIATIVE

To learn more about MassPI and find information on a wide range of pain-related subjects:

- ◆ Visit the MassPI website at [www.masspaininitiative.org](http://www.masspaininitiative.org)
- ◆ Email us at [info@masspaininitiative.org](mailto:info@masspaininitiative.org) or
- ◆ Call us at 1-508-957-0267

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