



Massachusetts Pain Initiative
(www.masspaininitiative.org)

2016 Annual Report

MassPI Steering Council Members

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

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

Carol P. Curtiss, MSN, RN-BC
Consulting Chair

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

Mary Jane Estrada-Lyder, MSN, APN-BC
Member-at-large

Ginger Newell-Stokes
Member-at-large

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

Rachel Porter, MSN, RN-BC
Member-at-large

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

Cyndie Rodman, MS
Chair, Communication Council

Ellen McCabe, RN, CHPN
HopeHealth, Liaison

Cindy Steinberg, BA,BS
Chair, Policy Council

Kathy DellaPenna
Administrative Assistant, Treasurer

Education Council

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

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

Activities:

Chronic Pain Self-Management Program (CPSMP). 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 CMSMP in 2017. A link has been added to our webpage about these training sessions.

MassPI Pocket Tool: The MassPI pocket tool has been updated and continues to be a very popular resource and is distributed throughout the country as well as internationally.

Pain Resource Guide: The pain resource guide identifies clinics/resources in the state of Massachusetts and is available on the MassPI website. Ginger Newell-Stokes will chair a subcommittee to update the guide in 2017.

Education Council Members: The council is currently made up of thirteen members including the co-chairs.

Education Programs:

Spring Program 2016; The spring program was a half-day meeting held at the Holiday Inn and Suites in Marlborough, MA on April 13, 2016.

Titled: ***The National Pain Strategy and the New CDC Opioid Prescribing Guidelines: What They Mean To You.***

Presented by:

Daniel Carr, MD, MA, Professor of Public Health and Community Medicine and Program Director, Pain, Research, Education & Policy at Tufts University School of Medicine.

Cindy Steinberg, BA, BS, the National Director of Policy and Advocacy for the U.S. Pain Foundation, a member of the Interagency Pain Research Coordinating Committee and the Chair of the Massachusetts Pain Initiative Policy Council.

The speakers listed the six topic areas that form the basis of the National Pain Strategy. Five of the fourteen fundamental principles guiding the development of the National Pain Strategy were discussed. The CDC opioid prescribing guidelines were discussed. Both speakers explored the processes used to prepare and critique them. Barriers that people with chronic pain may face in accessing treatment upon implementation of the CDC opioid prescribing guidelines were identified.

Fall Program 2016:

The Massachusetts Pain Initiative, the Eastern Massachusetts Chapter of the American Society for Pain Management Nursing and HopeHealth presented a program entitled: ***The Unintended Consequences of the Opioid Epidemic*** on October 26, 2016, at the Holiday Inn Hotel and Suites in Marlborough, MA.

Dr Kevin Zacharoff, a board-certified anesthesiologist with over 25 years of clinical experience in anesthesiology and pain medicine, discussed the unintended consequences of inadequate pain control. He is a faculty member and clinical instructor at SUNY Stone Brook School of Medicine in the department of Preventative Medicine and past medical director of PainEDU.org and painAction.com.

Michele Matthews, PharmD, CPE, presented case studies and explained the role of the pharmacist. Dr. Matthews is an Associate Professor of Pharmacy Practice at MCPHS University in Boston and practices as an advanced pharmacy practitioner in pain management at Brigham and Women's Hospital.

Robert N. Jamison, PhD, described several behavioral interventions in pain management. He is a professor at Harvard Medical School in the Department of Anesthesia, Psychiatry, and Physical Medicine and Rehabilitation. Dr. Jamison has over thirty five years experience working with persons with chronic pain.

Dr. Paula Gardiner, identified the role of an integrative medicine group visit to support health behavior change and reducing pain and stress. She is the Assistant Director for the Program for Integrative Medicine and Health Care Disparities at Boston Medical center.

A panel discussion followed and many questions were answered. The program was extremely well received by participants.

N. B. Beginning January 1, 2017 the new co-chairs of the Education Council will be Rachel Porter, MSN, RN-BC and Mary Jane Estrada-Lyder, MSN, APN-BC.

PI Policy Council

Chair: Cindy Steinberg

Legislative Activities

The MassPI Policy Council followed approximately 25 bills in this legislative session and took positions or testified on about half of them. We were very engaged with lawmakers in all of the many iterations of the large *Substance Use, Treatment, Education, and Prevention Act* now called Chapter 52, signed into law by Governor Baker in March of this year. One of the notable sections we successfully worked on was the exception to the 7-day initial opioid script when in the professional judgement of a practitioner more is necessary to treat chronic pain, cancer pain or for palliative care.

We also promoted and worked on the language of two Special Pain-Related Commissions in the law - the Pain Management Access Commission and the Pain Management and Substance Use Disorder Professional Education Commission. Mass PI is written into the law as having appointees to both of these Commissions.

Dr. Bob Cohen, a pain management specialist and long-time Policy Council member, has been appointed to take MassPI's seat on the Pain Management Access Commission. This Special Commission is chaired by Marylou Sudders, the MA Secretary of Health and Human Services and will continue meeting until November of 2017. This Commission is charged with determining the feasibility of developing a referral process to make pain specialists available to consult with primary care physicians to increase access to pain management as well as the feasibility of establishing a pain management specialty certification through the Board of Registration in Medicine. The Commission will also determine the current coverage of a full spectrum of pain management interventions, including non-pharmaceutical interventions by commercial and public insurers and recommend ways to ensure a full spectrum of pain management interventions are covered by insurers.

Dr. Paul Arnstein is representing MassPI on the Pain Management and Substance Use Disorder Professional Education Commission. This commission is charged with developing recommendations to insure that future health care professionals have an understanding of safe and effective pain treatment and prescribing practices. The final report of this commission is due to the legislature in December of 2016.

The formal session of the legislature has ended and the new 2-year session starts in January, 2017. We will be actively working on a number of bills to be introduced in the new session.

Regulatory Activities

Governor Baker appointed three Policy Council members to the MA Drug Formulary Commission which is a permanent commission. Commissioners serve three year terms. The appointees include Cindy Steinberg, Policy Council Chair, Dr. Dan Carr and Dr. Doug Brandoff. The MA Drug Formulary Commission is charged with developing a formulary of abuse deterrent opioid medications which are substitutes for non-abuse deterrent opioid medications. The commission is also charged with publishing a list of non-opioid medications that are appropriately used for pain management.

Governor's Proclamation

MassPI received a Proclamation from Governor Baker declaring September, 2016, Pain Awareness Month in Massachusetts. MassPI collaborated with 9 other pain organizations on the proclamation including 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 National Fibromyalgia and Chronic Pain Association, the Academy of Integrative Pain Management, the American Society for Pain Management Nursing, the American Academy of Pain Medicine, the American Cancer Society Cancer Action Network and the American Society for Pain Management Nursing Eastern Massachusetts Chapter.

Policy Council Leadership Advisory Group

The MassPI Policy Council recently established a Leadership Advisory Group to provide strategic advice to the Policy Council on pending legislative, regulatory and other pain policy matters that are within the purview of the Council. The Policy Council is pleased to have this exceptionally talented and knowledgeable team. Members include Dr. Dan Carr, Dr. Bob Cohen, Dr. Libby Bradshaw, Dr. Paul Arnstein, Dr. Peggy Mentor and Marybeth Singer MS, NP.

Communication and Website Council

Council Chair: Cyndie Rodman, MS (PR/Media, website content , strategy)

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

Council Purpose: To provide strategic expertise and implementation assistance with internal and external communication, PR and media efforts, and website maintenance (webmaster), and development of MassPI presence in social media.

Major Activities:

- Finished a complete redesign of the MassPI website. In addition to a fresh new graphic design, the new website uses the latest technology which enables it to detect the website visitor's browser platform (computer, tablet, or smartphone) and deliver the website optimized for viewing on that particular platform.
- In collaboration with the Education Council and the Steering Council, completed development of a major update of the "Pocket Tool", the popular quick reference tool that MassPI makes available to healthcare providers with pain medications and management. The Pocket Tool is available for download for free on

the website or can be ordered in bulk from MassPI.

Additional Ongoing Activities

- Provided general communication support for the Steering Council activities
- Maintained the website with updated information needed to keep the site current with MassPI activities and important news about pain management in Massachusetts.
- Expanded MassPI's presence in social media with Twitter and Facebook pages – this will continue to expand as we are able to identify one or more interested volunteers who have the time and interest to work on this important project in 2017.
 - MassPI on Twitter: @MassPI and https://twitter.com/Mass_PI
 - MassPI on Facebook: Within Facebook, search for Massachusetts or Mass Pain Initiative

Membership Council

Chair: Anne Marie Kelly, BSN, RN_BC, CHPN

Council Purpose: To increase membership and recruit members who are interested in actively participating on councils/committees, resulting in the growth of MassPI and long-term sustainability. Membership in the organization is free.

Benefits of Membership:

- Online access to MassPI newsletters and annual report
- Email updates on pertinent legislative issues, education programs and more
- Website access to pain management resources in Massachusetts
- Access to MassPI pocket tool
- Continuing education credits offered at education programs
- Networking opportunities with leaders in pain management
- Opportunity to participate in MassPI councils and committees.

Volunteer Opportunities

MassPI has many volunteer opportunities for members who are seeking to help persons in Massachusetts suffering in pain, including, educating healthcare providers, raising community awareness about pain management and working with state government officials to improve policies related to pain care. Any amount of time a volunteer can provide is most helpful and greatly appreciated. Specific volunteer opportunities are listed on the MassPI website. Please visit the website for more detailed information. **Members who volunteer their time find it to be a very enriching and rewarding experience.**

Membership Application

To increase efficiency, the application process to become a MassPI member has been simplified by providing a link to an electronic membership application which is available on the MassPI website.

Respectfully submitted by,

MassPI Steering Council Members
January, 2017