



Massachusetts Pain Initiative
(www.MassPainInitiative.org)

2018 – 2019 Annual Report

2019 MassPI Steering Council Members

Ann Marie Harootunian, RN, MS, FNP

Co-Chair, Steering Council

Acting Co-Chair, Education Council

Claire Sampson, RN-BC

Co-Chair, Steering Council

Mary Jane Estrada-Lyder, MSN, ANP-BC

Co-Chair, Education Council

Cyndie Rodman, MS

Chair, Communication Council; Webmaster

Cindy Steinberg, BA, BS

Chair, Policy Council

Kathy DellaPenna, LCSW, MSW

Treasurer

Peggy Flood, MS, RN NC-BC

Member-at-Large

Betty Morgan, PhD, PMHCNS, BC

Member-at-Large

Regina Muyuela, MSN, PCCN

Member-at-Large

Ginger Newell-Stokes, MS, RN

Member-at-Large

Jackie Orent-Nathan, ARNP-BC

Member-at-Large

Karyl Wong, RN, BSN

Member-at-Large

MassPI's Mission

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

Who We Are

MassPI members include healthcare professionals from many disciplines and non-clinician community members who are interested in effective pain management.

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A New Chapter: On October 1, 2019, The Massachusetts Pain Initiative began an exciting new chapter as an independent 501(C)3 non-profit organization. For the past decade, MassPI has been a division of HopeHealth, a hospice organization headquartered in Hyannis, MA. HopeHealth was a fine organizational partner, but the focus of our organizations was sufficiently different that we decided we would each be better served operating independently. MassPI thanks HopeHealth for their years of partnership as we now look forward to continuing our professional education and policy work on behalf of the people suffering in pain and their healthcare providers in Massachusetts.

New Steering Council Members-at-Large

Regina Muyuela, MSN, PCCN
Jackie Orent-Nathan, ARNP-BC
Karyl Wong, RN, BSN

Education Council

Co-Chair: Mary Jane Estrada-Lyder, MSN, ANP-BC

Acting Co-Chair: Ann Marie Harootunian, MS, RN, FNP

Council Purpose: The primary purpose of the Education Council is to lead the development of pain education programs to inform health care professionals about relevant pain assessment and management topics. These programs feature expert speakers, provide professional continuing education credits, and have been offered twice a year in the spring and fall.

Additional activities led by the Education Council include:

- Updating the very popular Pain Management Pocket Tool for distribution to healthcare professionals. Over 5,000 tools have been distributed thus far.
- Updating the Pain Resource Guide of major pain clinics throughout Massachusetts for the benefit of people suffering from pain who are seeking a variety of treatments.

Special Note:

After conducting two programs a year for several years (usually one full day and often a half day program), we received feedback from our attendees that they felt the day long format was the most effective to meet their needs and scheduling once they were devoting substantial time to attending an education conference. As a result, MassPI will shift to providing one conference a year, generally in the fall. However, in 2020 there will be no fall conference due to the uncertainties of the limitations surrounding the covid-19 pandemic, so we plan to reschedule our next professional pain conference in 2021.

Activities:

MassPI Pocket Tool: The MassPI pocket tool continues to be a very popular resource that is distributed throughout the country and internationally as well. Plans are under way to update this tool.

Pain Resource Guide: The Pain Resource guide identifies clinics that specialize in treating pain in the state of Massachusetts. Last updated in early January 2018, further updates are suspended for the foreseeable future due to the impact of covid-19 on healthcare providers.

Education Council Members: This Council is made up of members, in addition to the co-chairs, who are interested in helping to develop the content and select the speakers for the upcoming education conferences. We are always interested in having additional people join this council to be able to provide input and perspective on creating the strongest educational programs with relevant topics for healthcare providers.

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Education Programs:

About our Programs. MassPI appreciates the effort and thanks all of our presenters for their generosity of time that it took to prepare and present at a Massachusetts Pain Initiative conference for the benefit of the regional pain care providers. A special thanks to our federal and state policy maker presenters who came from HHS in Washington and DPH in Boston for several conferences. These programs have received overwhelmingly positive feedback. Further, the perspective on future topics from our conference participants is also an important source for conference planning.

Co-Sponsor of a Special Presentation of D. R. Rajagopal, MD's video

Sponsor: Tufts Pain Research, Education, and Policy Program at Tufts University School of Medicine

Video Title: ***Hippocratic: 18 Experiments in Gently Shaking the World***

Date: March 14, 2018 (during the annual Hospice & Palliative Care Conference)

Location: Tufts Medical School, Boston, MA

2018 Spring Program: Full day meeting presented by MassPI

Title: ***Compassionate Care in the Millennium***

Date: Wednesday, March 16, 2018

Location: Holiday Inn Hotel & Suites, Marlborough, MA

Continuing Education Credits: 5 CME Physicians/5 CE Nurses, social workers, and psychologists

Presenters:

M. R. Rajagopal, MD, a 2018 Peace Prize nominee and global health thought leader. Founder of the Pain and Palliative Care Society in Calicut, India. This is the largest palliative care center in the country. The *New York Times* described him as the “father of palliative care” in India.

Hippocratic: 18 Experiments in Gently Shaking the World video and discussion

Jennifer Ritzau, MD – Director of Palliative Care, Associate Medical Director at Hope Hospice, and Medical Director of Visiting Nurse of HopeHealth

Palliative Care Practice in the United States

This was a special, unique opportunity for conference participants to have an intimate and in-depth discussion with Dr. Rajagopal, after viewing his film. His video was a poignant look exploring the life story of the acclaimed Dr. M. R. Rajagopal in India. We were fortunate to have him speak to our conference as part of his US speaking tour. The palliative care discussion continued with Dr. Ritzau and her impressive work regarding practical issues in palliative care in the United States.

2018 Fall Program: Full day meeting presented by MassPI

Title: ***The Opioid Crisis: How is Massachusetts Doing. . . for Providers, Policymakers and Patients Alike? Dr. Monica Bharel will tell us!***

Date: Thursday, October 25, 2018

Location: Holiday Inn Hotel & Suites, Marlborough, MA

Continuing Education Credits: 5 CME Physicians/5 CE Nurses, social workers, and psychologists

Presenters:

Monica Bharel, MD, MPH – Commissioner, Massachusetts Department of Public Health (Keynote Speaker)

The Opioid Crisis: How is Massachusetts Doing. . . for Providers, Policymakers and Patients Alike?

Michael E. Schatman, PhD – Department of Public Health and Community Medicine, Tufts University School of Medicine.

Reefer Madness Revisited: Taking the Insanity Out of Medical Cannabinoids

David Johnson – Director of the Massachusetts Prescription Monitoring Program

Utilization of the Massachusetts PMP

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This was a good opportunity to hear about how Massachusetts is addressing the opioid crisis from key leaders responsible for policy and managing the prescription monitoring program. We also heard about the current state of medical marijuana and the research behind it.

2019 Spring Program: Full day meeting presented by MassPI

Title: ***Pain Management Today: A Fresh Perspective***

Date: Thursday, April 4, 2019

Location: Courtyard Marriott, Marlborough, MA

Continuing Education Credits: 5 CE Nurses, social workers, and psychologists

Presenters:

Vanila Singh, MD, MACM – CMO, Office of the Assistant Secretary for Health, U.S. Department of Health and Human Services (Keynote Speaker)

Opioid Crisis: HHS Strategy and Advancing Pain Management

Ewan D. McNicol, PharmD, MS – Clinical Pharmacology, Pain Medicine Specialist

Management of Pain in Opioid Dependent Patients

Judy Foreman, MA – Author, National Lecturer, and Pain Advocate

A Nation in Pain

Sarah Smith, ANP-BC, GNP-BC – Nurse Practitioner

Headache Management for the Outpatient Provider

Marina Treglia, AGPCNP-BC – Nurse Practitioner

Boston Pain Care: A Multidisciplinary Approach to Pain Management and Cognitive Concerns in the Pain Patient Population

This program was an excellent presentation of Dr. Vanila Singh, who came from Washington, DC to speak about how the HHS public health policy recommendations were accomplished. Nationally known author, Judy Foreman, spoke about her findings while working on her book, *A Nation in Pain*. The rest of the program included presentations that could be clinically applied to patients with opioid disorders, headache pain and cognitive concerns in patients experiencing chronic pain and effective therapies applied to those populations.

2019 Fall Program: Full day meeting presented by MassPI

Title: ***Pain Management: From Research to Yoga***

Date: Thursday, October 10, 2019

Location: Courtyard Marriott, Marlborough, MA

Continuing Education Credits: 6 CE Nurses, social workers, psychologists, and pharmacists

Presenters:

Jianren Mao, MD – Director, MGH Center for Translational Pain Research (Keynote Speaker)

Clinical implications of Opioid-Induced Hyperalgesia and the Future Direction of Pain Management

Joji Suzuki, MD – Director, Division of Addiction Psychiatry, BWH & Faulkner Hospital

Principles of Motivational Interviewing

Antje Barrevelde, MD – Medical Director, Pain Management Services, Newton-Wellesley Hospital

A Pain Management Perspective: Abdominal and Pelvic Pain

James O'Brien, MD – Medical Director, Boston Sleep Care Center and ProHealth Physician Sleep Center

The Intersection of Pain and Sleep

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Jacquelyn Orent-Nathan, APRN-BC – Nurse Practitioner, Pain Management Specialist, Derry Medical Center
Pain Education and Yoga: Changing Lives with Movement and Neuroscience

This program included up and coming research into pain management as well as interesting motivational interviewing techniques. Pain, sleep discussions, and pelvic pain had were clinically relevant and applicable for our conference attendees. The yoga discussion showcased how it complements the standard pain management modalities of medication management and interventional procedures.

Policy Council

Chair: Cindy Steinberg, BA, BS

Council Purpose: The Policy Council's primary goal is to advance pain management in the Commonwealth through public policy. We accomplish that by:

- Educating lawmakers on pain management issues
- Helping to advance legislation that will result in improvements in pain care
- Identifying legislative and regulatory opportunities for and barriers to improving pain care and taking action on them
- Providing advice on pain management issues to public health officials by appointment to and participation on Commissions, Boards and Working Groups

Legislative Activities

2018 and 2019 marked the end of one legislative session and the start of the next session. All of these initiatives involved working closely with key MA legislators to introduce and improve bills, testify at hearings, and help communicate our policy perspective to key constituencies.

Key Initiatives and Progress:

- MassPI Policy Council reviewed approximately 60 relevant bills in 2018 50 bills in 2019 and decided to follow and take positions on about 10 and 20 priority bills, respectively in 2018 and 2019, focusing on:
 - ◆ Pain management
 - ◆ Opioid management and restrictions
 - ◆ Complementary health
 - ◆ Pharmacy benefit management
 - ◆ Formulary transparency
 - ◆ Benzodiazepines
 - ◆ Opioid taxation
- Worked closely with legislators and other pain experts to support and provide advice to improve the CARE Act, MA's second significant piece of legislation on opioids, which was passed and signed into law in August 2018. Cindy Steinberg's quote from the *Boston Globe*:
 - ◆ *"This is the first Massachusetts legislation that clearly acknowledges the unintended but considerable consequences that the abuse of opioid prescription pain medications has had on legitimate pain patients and their healthcare providers and takes specific steps to ameliorate that harm."*
- Reintroduce Patients' Rights Bill (S1262) – This would ensure every [patient or resident of a healthcare facility would have the right to prompt assessment and treatment of his or her pain with follow-up reassessment to ensure the treatment plan's safety and efficacy.
- Provided and arranged expert testimony for the Patients' Rights Bill hearing before the Joint Committee on Public Health.

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- ◆ In-Person Testimony Provided at Multiple Hearings
 - Cindy Steinberg, MassPI Policy Council Chair
 - Dr. Paul Arnstein, RN, PhD from Massachusetts General Hospital
 - Dr. Libby Bradshaw, DO from Tufts University School of Medicine
 - Two patients living with chronic pain provided excellent perspective through their testimony (Debbie Page and Scott Rainville).
- ◆ Written Testimony Provided by the Policy Council
- The Joint Committee on Public Health and the Healthcare Financing Committee subsequently reported S1262 favorably out of committee.

Regulatory Activities

Massachusetts Drug Formulary Commission

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 and updating annually a list of non-opioid medications that are appropriately used for pain management.

Two MassPI Policy Council members were appointed by Governor Charlie Baker to this important commission

- Cindy Steinberg, Policy Council Chair
- Dr. Dan Carr, member of the MassPI Policy Council Leadership Advisory Group and Professor at the Tufts University School of Medicine

Division of Insurance (DOI)

- In the fall of 2018, MassPI Policy Council provided expert comments on draft guidance to insurers regarding language in the CARE Act to provide a “broad spectrum of pain management services.” MassPI pointed out that the proposed solution fell well short of the language in the statute.
- In August 2019, MA DOI issued final guidance to insurers increasing the required options, consistent with the comments provided by MassPI. Insurers were required to strengthen their pain management options available to covered persons beginning in 2020.
- Example of impact: In 2020, Blue Cross Blue Shield of MA will begin covering up to 12 acupuncture treatments for pain management without prior authorization for their beneficiaries. This new benefit is the result of the CARE Act, plus the DOI guidance for its implementation.

MA Consultation Service for the Treatment of Addiction and Pain (MCSTAP) for Pain

The MassPI Policy Council has kept in close touch with the MA pain management and substance use disorder primary care provider consultation program started as a result MassPI’s Policy Council advocacy for inclusion of this program in the CARE Act. The program, called MCSTAP, is staffed by 10 physicians and a coordinator. Program management keeps in contact with the MassPI Policy Council Leadership Advisory Group (details below) regarding the progress they have made in helping MA PCPs to more successfully manage patients with chronic pain and/or substance use disorder (SUD).

Governor’s Proclamation

In 2018 and 2019, MassPI continued the tradition of receiving a Proclamation from Governor Charles Baker declaring September as Pain Awareness Month in Massachusetts.

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The MassPI Policy Council led 8 other pain-related organizations in a collaboration on the proclamation including:

- Massachusetts Pain Initiative
- U.S. Pain Foundation
- Tufts University School of Medicine
- American Chronic Pain Association
- American Academy of Pain Medicine
- American Society for Pain Management Nursing
- American Society for Pain Management Nursing Eastern Massachusetts Chapter
- Chronic Pain Research Alliance
- Reflex Sympathetic Dystrophy Syndrome Association

The Policy Council would like to extend a big thank you and kudos to Policy Council member Kathy Foley, who managed the process of coordinating with the leaders of these organizations and obtaining the proclamation from the Governor's office.

Policy Council Leadership Advisory Group

The MassPI Policy Council Leadership Advisory Group (LAG) was established in 2016 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 LAG meets monthly by conference call and have provided excellent and invaluable counsel on all the activities of the Policy Council. The Policy Council is pleased to have this exceptionally talented and knowledgeable team. Members include

Daniel Carr, MD
Bob Cohen, MD
Ylisabeth "Libby" Bradshaw, DO

Paul Arnstein, RN, PhD, FNP-C, ACNS-BC
Marybeth Singer MS, ANP-BC, AOCN, ACHPN
Doug Brandoff, MD (2017-18)

Communications Council

Chair: Cyndie Rodman, MS

Webmaster and Social Media: Cyndie Rodman

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

Major Activities:

- Managed the website to provide a source of communication and information about upcoming educational programs.
- Began a reassessment of the website and other communication elements in light of MassPI's new status as an independent non-profit organization in late 2019.

Ongoing Activities

- Maintained the website with updated information needed to keep the site current with MassPI activities and important news about pain management in Massachusetts.
 - ♦ www.MassPainInitiative.org
- Maintained MassPI's presence in social media on Facebook and Twitter pages. This is used primarily to communicate about upcoming educational programs and news about MassPI and pain management issues.
 - ♦ Facebook: Massachusetts Pain Initiative
 - ♦ Twitter: @Mass_PI

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Membership (Volunteership)

Purpose: To recruit volunteers who are interested in actively participating on councils/committees and to increase membership of professionals in all areas related to providing effective and appropriate pain management to patients in need and education of health care professional education. Both volunteers and members are critical to facilitate the continued effectiveness of MassPI and its long-term sustainability. Membership in the organization is free.

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
- Working with state government officials to improve policies related to pain care
- Communicating about pain management issues through the web site and social media.

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. If you are interested in volunteering, please email your name, contact information, and area of primary interest to info@MassPainInitiative.org.**

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.

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
June, 2020