



T_xPAIN[★]
Annual Report, '10

Acknowledgments

We gratefully acknowledge the following for their unflagging support of our work to reduce the burden of unrelieved pain among Texans.

To Dr. June Dahl for her service as a national and international leader in pain policy development, her leadership of the state pain initiative movement, her dedication to quality, and her tireless advocacy for the person in pain.

To the TxPAIN Steering Committee for their diligence in implementing our strategic plan.

To Helen Ross Petty for graphic design and creative services.

To Endo Pharmaceuticals and Cephalon, Inc. for funding support.

Dedication

Dr. Larry Driver served as chair of the Texas Pain Advocacy and Information Network from 2005-2010. During his five-year tenure, Dr. Driver brought TxPAIN national recognition as one of the premier State Pain Initiatives in the country. Indeed, we owe our very name to his creativity. Through his able leadership, TxPAIN launched the Texas Pain Summit, a successful initiative that conducted knowledge, attitude, and practice surveys of Texas healthcare professionals, and a probability sampling of Texas households leading to what is likely the first realistic indicators of the state of pain in Texas. Through the summit and subsequent biennial stakeholders meetings, TxPAIN developed and began implementation of a five-year action plan and secured a variety of partners dedicated to ameliorating the negative effects of unrelieved pain.

In 2006, Dr. Driver was awarded the prestigious Mayday Pain and Society Fellowship. True to his commitment to TxPAIN, Dr. Driver selected our initiative as the recipient of his fellowship's focus. As a result, we were able to collaborate with the American Cancer Society to develop a specific web presence that houses important information and resources for healthcare professionals and people with pain and their families. Today, TxPAIN is a vital and growing organization with expanding influence among major players in our state. We owe our success in no small measure to the quiet, steady, unassuming leadership of Dr. Larry Driver to whom we dedicate this annual report.

Texas Pain Advocacy and Information Network

TxPAIN is an active multidisciplinary volunteer collaboration involving more than twenty members and organizations representing healthcare professionals, researchers, educators, and patient advocates.

Our mission is to promote high quality pain management for all people in Texas through public policy, public awareness, research, and education. TxPAIN serves as the statewide initiative dedicated to improving pain management for all Texans. The TxPAIN Steering Committee develops strategies and identifies resources to implement its five-year strategic plan outlined in the Texas Action Plan to Relieve Pain. For more information about TxPAIN: Visit online at www.cancer.org/texaspain.

For more than fourteen years, it has been our privilege to serve as a state affiliate of the Alliance of State Pain Initiatives. On January 1, 2011 the Alliance of State Pain Initiatives (ASPI) became a division of HOPE of Wisconsin, the organization which represents more than 90% of the hospice and palliative care programs in Wisconsin. It is hoped that this transition will assure that the mission of ASPI will continue and can grow under the leadership of Melanie Ramey, the Executive Director of HOPE. Dr. June Dahl will continue to serve ASPI in an advisory capacity and will also have a seat on the Board of Directors of HOPE as will Kandyce Powell, member of the ASPI Advisory Council and leader of the Maine Pain Initiative. For more information about the Alliance of State Pain Initiatives, contact Melanie Ramey, Executive Director/CEO, (608) 233-7166, e-mail mramey@aspi.org, or visit online at www.aspi.org.

TxPAIN is supported through the generosity of the American Cancer Society and its High Plains Division, an active member of TxPAIN. For more information about the American Cancer Society: Call toll free—1 (800) ACS-2345 or visit online at www.cancer.org.



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The Views... and the Vision



Larry C. Driver, MD
TxPAIN Chair, 2005-2010

The cover of this report evokes thoughts of looking — peering into the past through the keyhole of the present to consider the achievements of diverse efforts with single vision; and, gazing thoughtfully into the future at what can be accomplished using multiple talents with the same unified vision. Those past achievements and anticipated accomplishments are the results of untold hours of thought and hard work by individuals endeavoring under the umbrella of the Texas Pain Advocacy and Information Network (TxPAIN). With members coming from the full spectrum of healthcare professions including clinicians, educators, researchers, advocates, industry representatives, and policy experts among others, we in TxPAIN have established ourselves as a valuable entity for Texas stakeholders in the issue of unrelieved pain.

TxPAIN continues to move forward with the Texas Action Plan to Relieve Pain with efforts in the areas of public policy, education, advocacy, public awareness, and collaboration with law enforcement and regulatory agencies. Through collaboration with the Texas Pain Society, the Nurse Oncology Education Program of the Texas Nurses Society/Foundation, the Physician Oncology Education Program of the Texas Medical Association, Texas chapters of the American Society for Pain Management Nursing, and others, positive progress continues in policy, education, awareness and advocacy. By serving in leadership roles in the American Academy of Pain Medicine, American Pain Society, and American Pain Foundation, TxPAIN leaders carry the pain relief banner for all Texans and Americans with pain.

TxPAIN collaborators continue education and research activities spanning the state. From Austin to Houston, El Paso to Tyler, The University of Texas System institutions serve as bases for initiatives in the classroom, laboratory, and clinical research. We were among the early endorsing signatories of the Mayday Pain Report. TxPAIN leaders have key roles representing Texans with pain in the awareness and advocacy activities of the American Pain Foundation. We were invited members of the AMA Pain Summit, discussing and planning the future of pain medicine education and training. TxPAIN leadership was given the opportunity to address the President's Council on Bioethics concerning the ethical imperative of caring for those in pain. TxPAIN endorsed the "Declaration of Montreal" which arose from the World Congress on Pain in 2010. TxPAIN has continued to monitor and comment on the FDA's REMS programs.

We have just concluded the U.S. Congress designated "Decade of Pain Control and Research." During those ten years, national and global progress continued in the understanding of pain and its impact on individuals and society. But, we still await the Eureka! moment that signals the beginning of the end of suffering from unrelieved pain. The decade saw advances throughout Texas and the nation in pain education and awareness, and in improved public policy. But, there remain significant gaps in knowledge, attitudes, and perceptions about pain and those who suffer from pain.

Through the proactive collaboration of a diverse group of like-minded people representing medicine, nursing, pharmacy, industry, academia, advocacy, policy and government, TxPAIN continues to lead efforts to make a difference in the lives of individuals and society. Strategic partnering of organizations including the Alliance of State Pain Initiatives, the American Cancer Society, Lance Armstrong Foundation, American Pain Foundation, Texas Medical Association and Texas Pain Society provides a solid foundation for progress in public policy, awareness and education.

TxPAIN is a dedicated group of committed people who peer outward and see those suffering from pain, inward to gauge what resources we have to offer, and around us to find collaborators in the tasks; and forward looking for progress and opportunities. We are proud of what we see accomplished behind us, and excited about those opportunities and progress ahead.

FORWARD!

A handwritten signature in black ink, appearing to read "Larry C. Driver". The signature is stylized and cursive.

Texas Action Plan to Relieve Pain

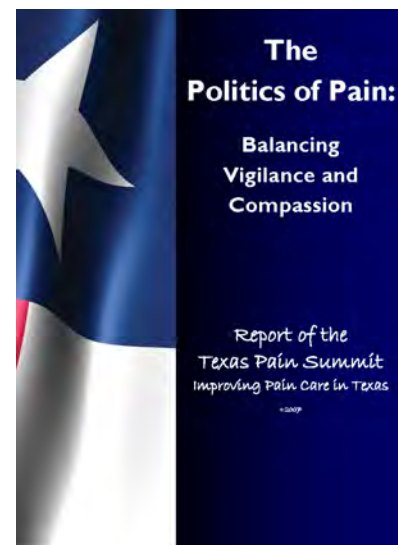
The Texas Action Plan to Relieve Pain is a five-year strategic plan that speaks to multiple issues and barriers to good pain management. The plan includes strategies and activities addressing public policy, education, advocacy, awareness, media outreach, and collaboration. Notably, the plan addresses access to care, disparities in care, and support for implementation as crosscutting issues. TxPAIN's activities fall within the following strategies. Special consideration is given to both access to care and disparities in care in all TxPAIN actions.

- I. Public Policy Initiatives for Consumer Protection
- II. Provider Education and Empowerment
- III. Advocacy for Better Patient Care
- IV. Public Awareness and Media Relations
- V. Law Enforcement and Regulatory Agency Collaboration and Education

Details about the **Texas Action Plan to Relieve Pain** can be found in TxPAIN's landmark report, "**The Politics of Pain: Balancing Vigilance and Compassion.**" Single copies of the report are available through the American Cancer Society. Contact Karen Torges at (512) 919-1884 or e-mail ktorges@cancer.org. This publication also is available for download at the following web locations.

American Cancer Society—www.cancer.org/texaspain

Facebook—<http://www.facebook.com/pages/TxPAIN/116372608091>



Advocacy Initiatives

Achieving Balance in Pain Policy



The Texas Pain Advocacy and Information Network

www.cancer.org/texaspain

TxPAIN actively advocates for people with pain to have optimal pain management. As a part of its mission, TxPAIN works to remove or minimize barriers that prevent people from receiving optimal care. Our studies corroborate national research conducted over the past four decades indicating that a primary barrier to optimal pain management in Texas is fear of regulatory and law enforcement scrutiny by healthcare professionals who use controlled substances, in particular opioid medications, for the relief of pain. Such fear results in what is known as a “chilling effect” or reluctance to provide state-of-the-science care.

TxPAIN recognizes the strong societal interest in assuring the appropriate use of all medications, including those classified as controlled substances. We recognize that diversion of pain medicines does occur and should be addressed. We recognize that misuse and/or abuse of controlled substances and addiction disorders adversely impact people in our society. Even so, we are greatly concerned that attention to the misuse of controlled substances has overshadowed and impeded attempts to manage pain. Concern for pain relief must receive equal focus and comparable resources from state government and its agencies at all levels. During 2010, TxPAIN monitored the Food and Drug Administration’s efforts to require a Risk Evaluation and Mitigation Strategy (REMS) from manufacturers to ensure that the benefits of a drug or biological product outweigh its risks. We remain concerned that some of these efforts may present barriers to people with pain receiving appropriate pain management.

TxPAIN encourages the drug enforcement community to work with the healthcare community and patient advocates to develop a balanced policy toward controlled substances. People with legitimate needs, and responsible healthcare professionals acting in the best interests of their patients, should not be made to suffer as a result of the actions of those who violate the law. Public and healthcare professional education is needed to correct widely held but false beliefs surrounding the usage of critical medications for the purpose of controlling pain.



TxPAIN Supports

- The primacy of clinical decision-making between informed patients and knowledgeable healthcare professionals.
- A balanced approach to the regulation of pain medications that are also controlled substances.
- Full implementation of the Texas Electronic Prescription Program.
- Development and implementation of mechanisms that would facilitate electronic prescribing of all drug schedules.
- Expanding a physician's ability to delegate prescriptive authority to advanced practice registered nurses (APRN) and physician assistants (PA) to include Schedule II controlled substances. (Currently, Texas law permits physicians to delegate prescriptive authority for Schedule III-V controlled substances.)
- Appropriate law enforcement actions to ensure that controlled substances, including pain medications, are used only in the course of legitimate medical practice.
- Law enforcement activities that prevent unintended, but harmful effects on people with pain.
- Measures that promote safe storage and handling of controlled substances and education of the public regarding "medicine cabinet" abuse and diversion.
- Actions that promote appropriate diagnosis and treatment of addiction disorders.
- Mandatory pain management continuing education requirements for all healthcare disciplines.

TxPAIN Opposes

- Efforts to limit the distribution or availability of pain medications to the patients who need them.
- Activities that threaten to roll back hard-won progress that has expanded the use of opioids as a viable option for treating pain.
- Any efforts that might impede healthcare professionals' willingness and ability to provide pain medication and pain management when treating patients with pain.

Important Notice: TxPAIN operates within a consensus model of governance. This position statement was unanimously approved by the TxPAIN members present and who represented a majority of the membership at its regular meeting on December 10, 2010. The positions presented here should not be construed to represent the positions of affiliated or partner organizations or those of the members' employers.

Partner Updates



Texas Pain Society

www.texaspain.org/

Established in 1989 in Houston, the Texas Pain Society (TPS) is dedicated to improving the quality of life of patients in Texas who suffer from pain. The society's mission is to be the organization of pain medicine practitioners in the State of Texas that represents the interests of patients, the public, physicians, and others involved in the care of Texans who suffer from pain. More than 350 pain practitioners are involved in acute and chronic pain management and TPS represents the practice of pain medicine in Texas with a seat on the Texas Medical Association's House of Delegates. TPS advances the art and science of pain medicine by:

- Promoting and maintaining the highest standards of professional practice through education and research in pain;
- Aiding and encouraging the education of trainees and practitioners in pain medicine and practitioners in all areas of medicine;
- Supporting a scientific pain medicine journal; and,
- Legislative and regulatory efforts to advocate patients' access to care and third party payment for pain treatment and related services.

The Texas Pain Society enjoys a close alliance with the Texas Medical Association, American Pain Society, the American Academy of Pain Medicine, the American Society of Interventional Pain Physicians and the Texas Pain Advocacy and Information Network. The TPS is also an active cosponsor of Pain Practice (a quarterly scientific journal dealing with the multidisciplinary aspects of pain) and the Texas Tech University Health Sciences Center Annual Pain Symposium. In 2010, the Texas Pain Society hosted educational symposia and workshops across the state and developed new programs, activities and materials for pain management education. These include:

- Annual half day pain symposium in conjunction with the Texas Medical Association in Fort Worth
- Annual pain symposium in conjunction with Texas Tech University Health Science Center in Lubbock
- Presented a half day pain-related lecture at the Texas Society of Anesthesiology annual meeting in San Antonio
- Continued promotion of the TPS 1st Edition Controlled Substance Record Book. The TPS worked with the Drug Enforcement Agency, Texas Department of Public Safety and Texas Medical Board for approval of the book.
- Created two new local chapters, one in Houston and one in San Antonio, that allow members to network, attend educational pain related meetings and promote pain issues from a grassroots advocacy level. There are now five local chapters in Texas.
- Created and implemented a Legislative Pain Outreach program. These programs are designed to introduce legislators to the practice of pain management as well as establish a relationship with their local pain physicians. The programs include educational dinner meetings and on site pain clinic tours.
- 2nd Annual Scientific Meeting in Bastrop with over 120 physicians in attendance for 13 hours of pain related CME.
- Participated in a press conference in Beaumont, TX in November with Senator Tommy Williams to promote the Pain Clinic Registration and the fight against "pill mills"
- Additionally, the TPS has been actively engaged the Texas Department of Insurance Division of Workers Compensation (TDIWC) stakeholders meeting providing input on the new proposed closed formulary and the effects it will have on the pain patient community.

The ASPMN was founded in 1990 nurses specializing in pain management. The society's mission is to advance and promote optimal nursing care for people affected by pain by promoting best nursing practice. This is accomplished through education, standards, advocacy, and research. The organization's goals address the following critical areas: 1) Access to quality care; 2) Public awareness; 3) Professional resources; 4) Education; and, 5) Professional recognition. There are four ASPMN chapters in Texas—Alamo Area-San Antonio, North Texas-Dallas/Fort Worth, Houston Area, and Ciudad del Sol-El Paso. Local chapters engage nurses in all fields of practice and create collegial relationships in which individuals can share ideas and concerns. Chapters offer continuing education for nurses and often serve as speakers for programs geared towards patients and families as well as the general public.

Awards

Mary Beth Kean, recipient of the ASPMN Nurse Exemplar Award 2010, presented September 2010 at the American Society for Pain Management Nursing National Conference, Minneapolis, MN. (See feature story on page 17.)

ASPMN Member Presentations

- Clark, L. & Noble, G. (Oct. 2010). *Pediatric psychiatry and pain management: working together*. Psychiatry Grand Rounds, Children's Medical Center, Dallas
- Clark, L. & Haag, A. (Sep. 2010). *Pediatric headache: a complex problem*. American Society for Pain Management Nursing National Conference, Minneapolis, MN.
- Clark, L. & Farrow-Gillespie, A. (Aug. 2010). *Facing pediatric abdominal pain head on!* Clinical Grand Rounds, Children's Medical Center, Dallas.
- Clark, L. (Jun. 2010). *Pediatric pain in the emergency room*. Emergency Services Network of Texas, Methodist Hospital, Dallas.
- Clark, L. (Apr. 2010) *Pediatric pain management: 6 rights of analgesia administration*. University of Texas at Arlington.
- Ford, P. (May 2010). *The harmful effects of unrelieved pain*. Memorial Hermann Southeast, Houston.
- Kean, M. (Jun. 2010). *Every nurses guide to pain management*. Nursing Grand Rounds. Central Texas Veterans Healthcare Administration, Temple.
- Kean, M. (May 2010). *Comparison of pain management advance practice nurse barriers between states with and without practice restrictions*. Advance Practice Nurse Council. Central Texas Veterans Healthcare Administration, Temple.
- Meyers, S. (Mar. 2010). *Neurostimulation for chronic pain*. Baylor University Medical Center, Dallas.
- Parton, A. & Gray, J. (May 2010). *Overview of headache*. Baylor University Medical Center, Dallas.
- Phillips, P. (Oct. 2010). *Management of the opioid-tolerant patient with chronic pain in the perioperative setting*. ASPMN Houston Area Chapter Meeting.
- Rickman, K. (Apr. 2010). *Pain: Friend or foe?* ASPMN Houston Area Chapter Meeting, Houston.
- Smith, S., Howard, J., Russe, C. & Matawaran, J. (Aug. 2010). *Case studies in pain management: real life solutions for real life problems*. Texas Health Presbyterian Hospital, Plano.
- Smith, S., Clark, L., Haag, A., Howard, J., Kean, M., & McDonald, P. (Nov. 2010). *Pain management nursing: comprehensive review of best practices*. Texas Health Presbyterian Hospital, Plano.
- Smith, W. (Oct. 2010). *Hospital based massage, pediatric population*. Baylor University Medical Center, Dallas.
- Wright, K. (Feb. 2010). *Effective pain management at the end of life*. Texas Health Presbyterian Hospital, Plano.
- White, J. (Apr. 2010). *Simplifying pain management: a new metaphor*. Texas Health Presbyterian Hospital, Plano.



Nurse Oncology Education Program

www.noep.texas.org

The Nurse Oncology Education Program (NOEP) is a project of the Texas Nurses Association/Foundation (TNA/F). NOEP believes every nurse can fight cancer and provides continuing education to all nurses on cancer prevention, detection, treatment, and survivorship, including pain management. TNA/F is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

NOEP is an active member of TxPAIN, conducting ongoing nursing needs assessments and evidence-based pain management continuing nursing education to improve the care of patients throughout Texas and the United States. More information about NOEP's traditional, electronic, and mobile pain management resources and education can be found at www.noep.org.

NOEP conducted three Pain Management & Palliative Care conferences with funding from LIVESTRONG in Del Rio (March 3, 2010), San Marcos (May 15, 2010), and San Antonio (June 12, 2010). A total of 118 nurses were educated via the three conferences. At the conclusion of the conferences, participants were asked to rate their knowledge and skill levels both before and after the workshop. Attendees increased their self-reported knowledge and skills in all presented areas. In addition, the vast majority of participants indicated they would utilize the information in their nursing practice and educate others about the workshop content.



Since January 2010, NOEP has educated 4,131 nurses via Nursing Principles of Pain Management, an independent study authored by Linda Schickedanz, RN, MSN, CNS, and the four-part Every Nurse's Guide to Pain Management slide cast series, lectured by Mary Beth Kean, DNP, RN-C, CNS, which covered: an introduction to pain management and nursing assessment, pharmacological and nonpharmacological management of pain, pain management for culturally diverse, elderly, and substance abuse populations, and pain management at the end-of-life and ethics. These resources expired April 5, 2010, and October 31, 2010, respectively.



Physician Oncology Education Program

Physicians Caring for Texans

Physician Oncology Education Program

www.poep.org

The Texas Medical Association (TMA) formed the Physician Oncology Education Program (POEP) in 1987 to carry out the recommendations of the Texas Cancer Plan regarding physician education. The POEP is funded in large part by the Cancer Prevention and Research Institute of Texas and is directed by a steering committee of experts interested in and knowledgeable about all facets of cancer prevention and control. The POEP has provided more than 100,000 Texas physicians and other professionals with cancer prevention and screening training since its creation. The Physician Oncology Education Program of the Texas Medical Association is an active member of TxPAIN. POEP hosts a Cancer Pain Resource Center for Physicians on its web site.

The POEP continues to receive CME evaluations for the Pain Primer for Primary Care Physicians. This publication will expire in July of 2011, at which time it will be updated and prepared in online format. POEP also had two lectures dedicated to Pain Management topics this past year. Both lectures were presented by Greg Guzley, MD, FACP, of San Antonio, one in Waco and the other in Cypress, Texas. New for 2011 is development of an analgesic calculator application for iPhones, iPad and iTouch devices.

Research



Drs. Diane Monsivais and Kris Robinson received two years of funding (\$419,147) from NIH to mentor future nurse and health science researchers. Student nurses Gloria Offutt, Erika Beltran, Vanessa Alvear, Edna Vasquez, and MSW student Belinda Duran will assist in translating and testing a psycho-educational intervention in cancer patients with pain. (NINR, #1R15NR0a2-190-01).

Future nurse and health science researchers from The University of Texas at El Paso's School of Nursing will spend the next two years developing a cancer pain management program for Hispanic patients with the help of nearly half a million dollars from the National Institutes of Health (NIH). The \$419,147 grant is part of the Academic Research Enhancement Awards (AREA), which were established by the NIH to stimulate research at educational institutions that provide baccalaureate training for a significant number of the nation's research scientists but that have not been major recipients of NIH support. "This is one of the first NIH grants from the National Institute of Nursing Research that came directly to the School of Nursing," said Kris Robinson, Ph.D., FNPbc, RN, associate professor and assistant dean for graduate nursing. "We want to make sure that we learn right along with the students and that our research assistants are engaged every step of the way because we know that engagement leads to success."

Investigators intend to develop and test a psycho-educational intervention in cancer patients who have pain. The first phase of the study will be to develop an interview guide that is culturally and linguistically appropriate for the Hispanic population to help patients better manage their pain. The guide is being developed in collaboration with Kent State University and Francisco Soto Mas, associate professor of teacher education at UTEP. "Our research assistants are all Hispanic and bilingual and they are representative of the population that we have on the (U.S.-Mexico) border, so this is going to be key when conducting the research because they'll be able to connect with the participants," Robinson said.

Robinson said the goal of the study is to improve communication between patients and healthcare providers in order to better manage pain. "The students will help the individuals decide what they want to do to improve their lives, and it may be as simple as remembering to take their pain meds, but it may be as complex as wanting to have better communication with their spouse," Robinson said. Communication can be further complicated along the U.S.-Mexico border when patients who speak Spanish have difficulty understanding healthcare providers who primarily speak English. "We're not medicalizing the intervention but individualizing it to meet the cultural and linguistic needs of our population," Monsivais said. For more information, contact Kris Robinson or Diane Monsivais at 915-747-8209.

TxPAIN Chair Presents before the President's Council on Bioethics

The President's Council on Bioethics, now the Presidential Commission for the Study of Bioethical Issues, advises the President on bioethical issues that may emerge from advances in biomedicine and related areas of science and technology. The Commission works with the goal of identifying and promoting policies and practices that ensure scientific research, healthcare delivery, and technological innovation are conducted in an ethically responsible manner. On March 3, 2009, TxPAIN Chair Larry Driver addressed the council on the ethical imperative to treat pain. Following is a transcript of Dr. Driver's remarks.

PCBE: Transcripts (March 13, 2009):
Session 6: Public Comments
FRIDAY, MARCH 13, 2009
Session 6: Public Comments
Larry Driver, MD

DR. DRIVER: Thank you very much. Dr. Pellegrino. Members of the Council, I appreciate the opportunity to enter these remarks into the record today and address this Council and/or future councils.

Pain is a leading reason for people to seek access to our healthcare system. Fortunately, most painful conditions can be relieved with appropriate treatment. Unrelieved pain increases suffering, impedes recovery from surgery or injury, is associated with adverse physical affects and events, compromises physical and psychosocial functioning, aggravates anxiety and depression, decreases productivity because of absence from work or lowered function at work, negatively affects relationships with family, friends, and co-workers, consumes healthcare resources, and generally decreases quality of life for the individual suffering, those around them, and society at large.

Up to 40 percent of patients report inadequate pain relief following surgery. About 25 percent of adults suffer from chronic pain at any given time. And about 50 percent of adults over age 65 have problematic pain. About 76 million Americans suffer from chronic pain. Up to 70 percent of people with cancer suffer from pain from their disease or its treatment. And people with advanced cancer report moderate to severe pain up to 50 percent of the time and very severe pain up to 80 percent of the time.

The financial impact is estimated by some to be over 100 billion dollars in terms of healthcare expenditures and lost work productivity. Pain clearly is an issue for all of us.

Most agree that there are various reasons to treat pain. Improving patient outcomes in terms of pain relief and decreased suffering, improved functionality and improved quality of life for the person with pain are obvious. Legal and regulatory requirements must be met for risk management and accreditation purposes.

Physicians and other clinicians, by their professional commitments, recognize the moral and ethical reasons underlying pain management. The core ethical principles of bioethics of nonmaleficence, beneficence, respect for individual autonomy, humanity, and dignity, and the ideals of social justice lie at the heart of pain treatment for individuals and society.

Yet many people in pain and their healthcare providers often face a variety of barriers that impede effective pain management. These barriers include issues of knowledge, attitudes, and perceptions that exist in patients and their clinicians and real or perceived legal and regulatory impediments to good pain care.

Persistent disparities in pain care because of race or ethnicity, gender, age, socioeconomic status, or culture must be addressed at multiple levels. If healthcare is a human right and good pain management is considered to be integral to healthcare, then pain care must be considered a basic human right, and adequate resources must be allocated for that care.

There are a variety of published clinical guidelines regarding assessment of pain, including guidelines from the World Health Organization, Agency for Healthcare Policy Research, the American Pain Society, and American Academy of Pain Medicine, among others. The United States Congress declared 2001 through 2010 as the decade of pain control and research. Last year Congress passed and the President signed into law the Military and Veterans Pain Care Acts of 2008. These acts hopefully will positively impact the lives of America's wounded warriors and help them assume the greatest functionality possible as they return home.

“The core ethical principles of bioethics of nonmaleficence, beneficence, respect for individual autonomy, humanity, and dignity, and the ideals of social justice lie at the heart of pain treatment for individuals and society.”



2010 Stakeholders Meeting

The biennial Texas Pain Stakeholders meeting was held April 9-10, 2010, at the American Cancer Society meeting center in Austin. The meeting was attended by health professionals and consumer advocates from across the state. Following is a recap of the meeting agenda.

Thursday, April 8, 2010

Special Interest Groups Dinner Meeting

Schedule II Prescriptive Authority

Mary Beth Kean, DNP, RN-C, CNS, Facilitator

Risk Evaluation Mitigation Strategies

Larry Driver, MD, Facilitator

Pain Clinic Certification

Krista Crockett, Facilitator

Friday, April 9

Cool Tools: Research and Resource Share

Participant Networking Opportunity

Welcome & Introductions

Larry Driver, MD
Chairman, TxPAIN

The Moral Imperative to Treat Pain

Mark Clanton, MD, MPH
American Cancer Society High Plains Division

Panel: Regulatory Updates

Linda Schickedanz, RN, MSN, CNS
TxPAIN, Moderator

Risk Evaluation Mitigation Strategies

Larry Driver, MD
The University of Texas M.D. Anderson Cancer Center

Texas Prescription Program

Gay Dodson, RPh
Texas State Board of Pharmacy
Johnny Hatcher
Texas Department of Public Safety

Pain Clinic Certification

Graves Owen, MD
Texas Pain Society

Panel: Pain Research in Texas

Hispanic Study

Kris Robinson, PhD, FNP-bc, RN
The University of Texas at El Paso School of Nursing

APRN Study

Mary Beth Kean, DNP, RN-C, CNS
Central Texas Veterans Healthcare System

ACS Cancer Survivor Study

Krishna Cook, RN, BS, OCN
American Cancer Society National Cancer Information Center

Panel: Integration of Pain Management into Curricula

Medical

Billy U. Philips, Jr., PhD
Texas Tech University Health Sciences Center

Nursing

Janice Maville, EdD, RN, CNS
The University of Texas-Pan American

Pharmacy

Scott Strassels, PharmD, PhD, BCPS,
The University of Texas at Austin College of Pharmacy

Social Work

Barbara L. Jones, PhD, MSW
The University of Texas at Austin School of Social Work

Discussion: The 82nd Texas Legislative Session

Andy Miller, MHSE, CHES
Lance Armstrong Foundation

Closing Challenge & Call to Action

Larry Driver, MD

Service and Honors

TxPAIN Steering Committee Members Receive High Honors from National Organizations



L-R Karen Torges, Mary Beth Kean, Larry Driver

Dr. Mary Beth Kean Lauded by the American Society for Pain Management Nursing and the Alliance of State Pain Initiatives for Exemplary Service

Mary Beth Kean, DNP, RN-BC, ACNS, is a pain management advance practice nurse with 17 years experience in acute, chronic and end of life pain. She has practiced in skilled nursing, acute neuro rehabilitation centers, home health hospice, nursing home, acute care and outpatient clinics specializing in chronic pain. Her present position is an APRN for palliative care for Seton Medical Center in Austin.

In September 2010, Dr. Kean was honored by the American Society for Pain Management Nursing with the Nurse Exemplar award, and in October 2010 she was further recognized as a State Pain Initiative Champion by the Alliance of State Pain Initiatives for her extraordinary dedication and contributions.



Kristi R. Dover, PharmD, Receives Henry Cade Memorial Award from the National Board of Pharmacy

Kristi Dover currently serves as the senior area director of medical liaisons at Purdue Pharma LP. Ms Dover has been a long-time supporter of NABP through her efforts to obtain sponsorships for valuable NABP services. Notably, Ms Dover has facilitated Purdue Pharma's sponsorship of the NABP Survey of Pharmacy Law, which has allowed NABP to provide the publication free of charge to all final-year pharmacy students. In addition, Ms Dover has made efforts to obtain sponsorships for the NABP Annual Meetings, Fall Conferences, and the NABP Symposium. Her pharmacy practice experience includes a post-doctoral oncology residency, and a faculty committee appointment, as well as inpatient oncology, ambulatory pain clinic, and clinical research. Ms Dover earned her bachelor of science in pharmacy from the University of Texas at Austin and her doctor of pharmacy degree from the University of Texas Health Science Center at San Antonio and the University of Texas at Austin, Clinical Pharmacy Programs.

Member Service

Larry C. Driver, MD, Chairman, is an officer of the Texas Pain Society Board of Directors. Dr. Driver also serves as an American Pain Foundation (APF) Action Network State Leader, as does Kris Robinson, PhD, FNP-bc, RN, of El Paso.

Scott Strassels, PharmD, PhD, BCPS, was elected to the national board of directors of the American Pain Society.

New member, Ronald J. Crossno, MD, CMD, FAAFP, FAAHPM, is President-Elect of the American Academy of Hospice & Palliative Medicine.

Mayday Pain and Society Fellowships

Established in 2004 by the Mayday Fund, The Mayday Pain & Society Fellowship is an initiative intended to increase the pool of experts healthcare professionals, scientists, and legal scholars in the pain management community who communicate about pain—the research, the problems and the solutions. Fellows receive intensive training and five months of coaching in media, policy and leadership. The fellows also have the opportunity to work one-on-one with communications professionals to develop a communications strategy for a goal they choose. Only six fellowships are awarded each year, and TxPAIN is Texas-proud to count three Mayday Fellows as among our most active participants.



*2005-06 Fellow
Larry C. Driver, MD
Professor and Vice Chair, Department of Pain Medicine
Program Director, Pain Medicine Fellowship
Adjunct Ethicist, Clinical Ethics Consultation
The University of Texas M. D. Anderson Cancer Center
Houston*



*2008-09 Fellow
Lisa Robin
Senior Vice President
Federation of State Medical Boards
Dallas, Texas*



*2008-09 Fellow
Scott Strassels, PharmD, PhD, BCPS
Assistant Professor of Pharmacy Practice
University of Texas at Austin College of Pharmacy
Adjunct Assistant Professor of Public Health
University of Texas School of Public Health, Austin Regional Campus
Austin, Texas*

Success Stories

Lisa Robin: Making Pain Policy a Top Priority for Medical Boards



State Medical Boards have a number of important issues they must address regarding physician licensure and practice. Mayday Fellow Lisa Robin's goal was to make pain policy a top priority.

From the time of the Mayday Pain & Society Workshop, Robin has conducted an environmental scan of pain policies across the 50 states to identify which state policies need to be updated and which states need policies on the books. Her primary goal has been to encourage the state boards to adopt a pain policy based on the Model Policy for Use of Controlled Substances for the Treatment of Pain and to provide the boards with a tool kit for communicating with their physicians.

Robin successfully worked with the Wyoming, Delaware and South Carolina state medical boards to adopt pain policies and will continue efforts to reach out to additional states to adopt or update their pain policies.

"If the medical boards will take affirmative actions or conduct policymaking in the area of pain management, having a policy framework that will support good practice is important," Robin said.

Since learning about communications and media strategies at the training, Robin has worked with her public affairs department to proactively identify opportunities for letters to the editor and opinion columns reacting to stories regarding pain treatment and misuse of opioids. She had published letters in USA Today, the West Virginia Dominion Post, and American Medical News.

The training helped Robin learn different tricks to dealing with the media and interviews. "I didn't realize previously the importance of timeliness," she said. "The training was very valuable in seeking opportunities to get your message out and being proactive instead of just responding. I seek out interviews. In the past, I would avoid them."

Robin said one of her major accomplishments included organizing a "day on Capitol Hill." She brought 160 members of state medical boards to Capitol Hill to lobby on behalf of the National Pain Care Act. Robin worked to develop talking points and a packet of information to prepare the attendees to lobby with key policymakers.

Robin is currently developing a communications toolkit on pain that will include fact sheets, a power point presentation, template op-eds, and a resource list for all state boards. This tool kit will be available on the FSMB's website.

Lisa Robin is a 2008-09 Mayday Fellow and the Senior Vice President of Member Services for the Federation of State Medical Boards.

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2010 By the Numbers

Activity (Contact)	Audience	Location	Attendance/ Readership/ Viewership	When
KTSM TV-Media clip focused on TxPAIN (Kris Robinson)	General Public	El Paso	250,000+	Sep
Texas Pain Society 2nd Annual Scientific Meeting Oct. 29-31, 2010 (Krista Crockett)	Multidisciplinary	Bastrop	121	Oct
Community Health Association of Mountain/Plains States (CHAMPS) Presentation (Kris Robinson)	Multidisciplinary	Webinar	135	Feb
TxPAIN Stakeholders Meeting (Karen Torges)	Multidisciplinary	Austin	37	Apr
American Pain Society, 29th Annual Scientific Meeting (Larry Driver, Scott Strassels)	Multidisciplinary	Baltimore	1,000	May
American Academy of Pain Management, 21st Annual Clinical Meeting (Larry Driver)	Multidisciplinary	Las Vegas	1,500	Sep
Alliance of State Pain Initiatives Annual Meeting (Karen Torges, Helen Petty)	Multidisciplinary	Atlanta	10	Oct
Community Hospice, Quality of Life 2010 Hospice Clinical Conference (Gloria Duke)	Multidisciplinary	Modesto	87	Nov
<i>Constipation in Persons with Pain in Journal of Pain and Symptom Management.</i> December 2010. (Scott Strassels)	Multidisciplinary	National	4,368	Dec
Nurse Oncology Education Program (NOEP) Online Pain CNE (Joni Watson)	Nurses	Online	4,136	Jan-Dec
NOEP Pain & Palliative Care Conference (Joni Watson)	Nurses	Del Rio	31	Mar
NOEP Pain & Palliative Care Conference (Joni Watson)	Nurses	San Antonio	42	Jun
<i>Pain Knowledge and Attitudes in Baccalaureate Nursing Students and Faculty in the Journal of Pain Management in Nursing.</i> Spring 2010. (Gloria Duke)	Nurses	National	2,000	Apr

Activity	Audience	Location	Attendance/ Readership/ Viewership	When
Regional Call with American Pain Foundation. Connected with APF State Leader from San Antonio (Kris Robinson)	Patient Advocates	National	6	Oct
Chronic Pain Support Group (Kris Robinson)	Persons w/Pain/ Family Members	El Paso	74	Monthly
Cancer Support Group (Kris Robinson)	Persons w/Pain/ Family Members	El Paso	15	Jun
<i>"Where Does It Hurt?"</i> in Academic Pharmacy Now. Jan/Feb/March 2010.	Pharmacists	National	3,500	Jan
Pharmacy Pain Summit, Strategic Planning for Pain and Palliative Care Pharmacy (Scott Strassels)	Pharmacists	National	79	Apr
Pain and Palliative Care Elective Course at the University of Texas at Austin College of Pharmacy (Scott Strassels)	Pharmacy Students	Austin	9	Fall Semester
Texas Pharmacy Association, 2010 Rxperts Conference and Expo (Scott Strassels)	Pharmacists	Austin	50	Jul
Physician Oncology Education Program (POEP) Presentation-Barriers to Effective Pain Management-Ethical Considerations (Stephanie Staggs)	Physicians	Cypress	73	May
POEP Presentation-Barriers to Effective Pain Management-Ethical Considerations (Stephanie Staggs)	Physicians	Waco	22	Dec
Texas Pain Society/Texas Academy of Family Physicians Primary Care (TPS/TAFP) Summit Case Discussions in Pain Management for Primary Care (Krista Crockett)	Physicians	Dallas	250+	Oct
TPS/TAFP Primary Care Summit Case Discussions in Pain Management for Primary Care (Krista Crockett)	Physicians	Houston	250+	Oct
Texas Medical Association TexMed 2010 Conference (Stephanie Staggs)	Physicians	Ft. Worth	100	Apr

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Congress is now considering the National Pain Care Policy Act of 2009, H.R. 756, which authorizes a pain consortium at the National Institutes of Health to expand research on causes and treatments for pain, provides for comprehensive pain care education and training for healthcare professionals, creates a national public awareness campaign on pain management, and authorizes an Institute of Medicine conference on pain management. This will make pain care and pain management a public health priority and improve the understanding, assessment, and treatment of pain.

I encourage a future council to weigh in on this issue of adequate pain treatment and join the discussion to elucidate and clarify for policy makers, the public, and the scientific and clinical communities the ethical underpinnings and mandates for pain care in the United States. Your input can illuminate for insurance companies and the pharmaceutical and medical device industries the clinical implications of financial hurdles that impede patient access to expensive medications or complex treatment device modalities.

As we appear to be embarking on paradigmatic change in our healthcare system, policy makers and others should—must—be aware of the multi-faceted ethical support for treating pain and relieving suffering. Recall the adverse consequences of inadequate pain relief mentioned above. Imagine the mirror image of outcomes from effective pain treatment, decreased personal and family suffering, improved socialization, improved functioning, increased productivity, decreased healthcare costs, all benefitting the individual and society. The bottom line is better quality of life for individuals, those around them, and society at large.

And finally, as a physician who spends my days trying to relieve the pain and suffering of people with cancer, whether they have active disease receiving treatment, have responded to that treatment and are now survivors, or have advanced disease because they didn't respond to curative efforts and are now facing the end of life. I consider that there are no cares that are futile. There may be some futile treatments, but care is never futile. And I frequently tell colleagues, reminding myself and them, as well as residents and fellows, that we should never say, "I have nothing left to offer." As physicians and other healthcare professionals, we always have something left to offer, even if it's just sitting quietly at the bedside holding the patient's hand.

Thank you.

<http://bioethics.georgetown.edu/pcbe/transcripts/march09/session6.html>

Consumer Awareness

During 2010, TxPAIN signed on to the American Pain Foundation's 10,000 Voices campaign, which gives a face and a voice to people who are affected by pain. The campaign presents the opportunity for people with pain and their advocates to tell their stories and share experiences.

For more information about the American Pain Foundation and this campaign, contact the APF at Mailing Address: 201 North Charles Street, Suite 710, Baltimore, Maryland 21201-4111;

Pain Information Center Toll-free information and order line: 1-888-615-PAIN (7246); or ,

Visit online at <http://www.painfoundation.org/>.

To join the 10,000 voices campaign visit online at <http://www.painfoundation.org/take-action/action-network/10000-voices.html>



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