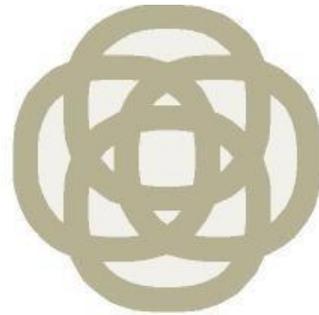


TOOL KIT



PARTNERS *for*
UNDERSTANDING PAIN



Health Care Professionals September 2019

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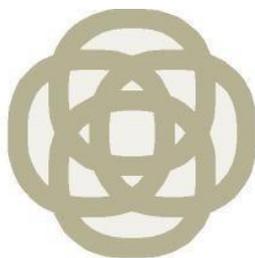
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PARTNERS *for*
UNDERSTANDING PAIN

PARTNERS FOR UNDERSTANDING PAIN

BACKGROUND AND RESOURCES





PARTNERS *for*
UNDERSTANDING PAIN

PARTNERS FOR UNDERSTANDING PAIN MISSION

- Partners for Understanding Pain is a consortium of organizations that touch the lives of people with chronic, acute, and cancer pain.
- The partnership, spearheaded by the American Chronic Pain Association, will strive to create greater understanding among health care professionals, individuals and families who are struggling with pain management, the business community, legislators, and the general public that pain is a serious public health issue.
- Through its members, each of whom brings its own perspective to the dialogue, Partners for Understanding Pain represents a comprehensive network of resources and knowledge about issues in pain management.
- Partners for Understanding Pain is dedicated to building the understanding and support that can help people with chronic, acute and cancer pain lead better lives. Call 1-800-533-3231 or visit www.understandingpain.org for more information.



PARTNERS *for*
UNDERSTANDING PAIN

American Chronic Pain Association

Pain Awareness Month History

2001

In early 2001, the American Chronic Pain Association established a Pain Awareness Campaign. This undertaking pulled together a number of organizations across the country whose missions complement the ACPA's under the umbrella of Partners for Understanding Pain. A key element of the effort was to establish September as Pain Awareness Month.

This coalition was committed to raising awareness through mass media, public forums, and other sources so that chronic pain may be more readily recognized, better understood without the traditional stigma attached, and more fittingly treated and managed. The partnership, spearheaded by the American Chronic Pain Association, strived to create greater understanding among health care professionals, individuals and families who are struggling with pain management, the business community, legislators, and the general public that pain is a serious public health issue.

Through its members, each of whom brought its own perspective to the dialogue, Partners for Understanding Pain represented a comprehensive network of resources and knowledge about issues in pain management. Partners for Understanding Pain was dedicated to building the understanding and support that can help people with chronic, acute, and cancer pain lead better lives.



2002

International Association for the Study of Pain (IASP Conference)

During week of August 21st, 2002, American Chronic Pain Association hosted a kick-off luncheon for the Partners for Understanding Pain Campaign at the IASP. Partners were invited to attend the luncheon and to visit the exhibit Wednesday. Media were invited to come into the exhibit where an announcement of partners, reasons for the campaign, tentative year-long activities were presented. Media resources were announced and the ACPA newsletter on "Pain and Sexuality" was unveiled.



2003

**Partners for Understanding Pain
Meeting of Partners
September 19~20, 2003 in Chicago, IL**

The meeting was a wonderful success. We had 40 people attended the event representing more than 30 partner organizations. The keynote speakers were Ed Covington, M.D. from the Cleveland Clinic Foundation and Dan Carr, M.D. Professor of Medicine at Tufts University.

Partners took part in developing workshops to address some of the key issues in pain today. The workshops included:

- Pain in the workplace
- Pain and the family
- Pain and the underserved
- Acute and Cancer pain
- When Kids hurt
- Pain and Culture
- Is it all in my head?
- Women in pain/men in pain

The common theme throughout the event was a need for increased communication and education. Many of the participants learned about issues they had never considered before. Plans to work together on common goals were developed as the meeting ended. It was the consensus that a similar meeting should take place again next year.



2004

**Partners for Understanding Pain
Meeting Challenges in the Decade of Pain
September 16-17, 2004 in Washington, DC**

The Partners came together to learn more about key challenges we face in pain management today and to help formulate strategies to push pain to the top of the national healthcare agenda. Agenda items were:

Build synergies and share information and resources;
Create opportunities to work together on problems critical to your group's mission;
Build alliances and set strategies for the Decade of Pain Control and Research.

Keynote speaker was **Mike Rogers**, United States Representative, Michigan; sponsor of HR 1863, The National Pain Care Policy Act of 2003.

Other sessions included:

Decade of Pain Control and Research at Mid-Decade: A Progress Report **Dennis Turk, PhD**, John and Emma Bonica Professor of Anesthesiology and Pain Research at the University of Washington School of Medicine; President, American Pain Society.
Disparities in Care **Knox Todd MD, MPH**, Vice Chair, Division of Emergency Medicine, Assistant Professor of Emergency medicine, Emory University School of Medicine Principal Investigator and Project Director for the Pain and Emergency Medicine Initiative
Challenges of The Underserved Panel Discussion with **Carmen Green**, University of Michigan, **John Arradondo**, NAACP; **Tuei Doong**, Department of Health and Human Services

**Partners for Understanding Pain
Free Nurses Toolkit
September 2004**

Tool Kits were developed in cooperation with Partners for Understanding Pain members The American Academy of Nurse Practitioners, the American Association of Rehabilitations Nurses, American Nurses Association, American Society of Pain Management Nurses, and the American Society of Perianesthesia Nurses.

This was a grass-roots effort, initiated by nurses to increase awareness and understanding among the health care facilities' staff, patients, and the public of the complex issues of assessing and treating pain.

Partners for Understanding Pain initiated this exciting and important event to better utilize existing resources and to create a comprehensive network of knowledge about pain management among the nursing staff.

The kits contained:

CARE Card Program Tablets
Partners for Understanding Pain posters
Partners for Understanding Pain buttons
CD of available materials to be reproduced by health care facility
Facts about pain

List of Partners for Understanding Pain partners
Press Primers on variety of topics germane to the impact of pain
Community resources
PR materials for distribution to press

To date there are more than 4,300 kits reaching nurses in every state plus Canada, Australia, Spain, Singapore, Nigeria, and Saudi Arabia. In addition, there were more than 43,000 downloaded from the American Chronic Pain Association web page.



2005

**Pharmacists and Nurses
Partners for Understanding Pain
Free Toolkit
September (Pain Awareness Month)**

Tool Kits were developed in cooperation with Partners for Understanding Pain members, the American Pharmacist Association, the American Academy of Nurse Practitioners, the American Association of Rehabilitation Nurses, American Nurses Association, American Society of Pain Management Nurses, and the American Society of Perianesthesia Nurses.

This was a grass-roots effort to increase awareness and understanding among the pharmacies, health care facilities' staff, patients, and the public of the complex issues of assessing and treating pain.

Partners for Understanding Pain initiated this exciting and important event to better utilize existing resources and to create a comprehensive network of knowledge about pain management among pharmacy staff.

The kits contained:

CARE Card Program Tablets (ACPA first graphical tool)
Partners for Understanding Pain posters
Partners for Understanding Pain buttons
CD of available materials to be reproduced by health care facility
Facts about pain
List of Partners for Understanding Pain partners
Press Primers on variety of topics germane to the impact of pain
Community resources

PR materials for distribution to press

To date there are more than 15,000 kits reaching pharmacists and nurses in every state plus Canada, Australia, Spain, Singapore, Nigeria, and Saudi Arabia. In addition, there were more than 58,000 downloaded from the American Chronic Pain Association web page.

* * * * *

Partners for Understanding Pain
Visit to the Hill
Supporting HR 1020
September 14, 2005 in Washington, DC

Partners for Understanding Pain visited their congressional representatives on September 14, 2005 to gain support for HR 1020: The National Pain Care Policy Act of 2005.

There was a press conference which was attended by more than 50 people representing more than 20 of the partner organizations. After the press event, and as part of September Pain Awareness Month, representatives of Partners for Understanding Pain met one-on-one with lawmakers to urge support of HR 1020 and highlight chronic pain as a growing national public health crisis. In addition to the visit to the Hill, many of the partners in communities around the country made local visits to their Representatives local offices to encourage support of HR 1020.

The end of 2005 brought 33 supporters of the bill.

* * * * *

Partners for Understanding Pain
**The National Institute of Arthritis and
Musculoskeletal and Skin Diseases (NIAMS) Coalition**
Reducing the Cost of Chronic Pain through NIH Research

September 30, 2005 held at the Russell Senate Building

A Senate briefing was to help explore the need for continued research in pain. The briefing looked at the magnitude of the problem, current research taking place at NIH and NIAMS, the economic impact of pain in the workplace, managing chronic pain, and two personal stories from people who live with pain.

The speakers included:

Dr. Cheryl Kitt, Director of Extramural Research at NIAMS

Emily Smith (age 13) has juvenile rheumatoid arthritis

Nicole Kelly, President, American Chronic Pain Association

Penney Cowan, American Chronic Pain Association



2006

The Partners for Understanding Pain campaign provides three tool kits:

Pain Awareness Kits for Nurses

Pain Awareness Kits for Pharmacists

Pain in Older Adults

More than 150,000 tool kits have been distributed through the mail or downloaded from the Partners For Understanding Pain web site.

This year the ACPA focused on grass root effort on getting ACPA facilitators to do local events in their communities around the new pain care act of 2007, HR 2924. The new Bill includes the following:

Institute of Medicine Conference on Pain Care;

Permanent authorization for the Pain Consortium at the National Institute of Health;

Pain care education and training and;

Pain management public awareness campaign.



2007 and Beyond

The ACPA felt confident that our efforts had established Pain Awareness Month and that it would endure. The ACPA continues to work with the American Chronic Pain Association facilitators to obtain state proclamations. We have also focused on grass root effort on getting ACPA facilitators to do local events in their communities to generate knowledge and understanding of the many issues

of living with pain.

The ACPA also continues to work with the ACPA facilitators and members to raising awareness through mass media, public forums, and other sources so that chronic pain may be more readily recognized, better understood without the traditional stigma attached, and more fittingly treated and managed. We have continued these efforts today, engaging our members and facilitators who have brought their message in many unique and inventive ways to the attention of their individual communities.



PARTNERS *for*
UNDERSTANDING PAIN

PARTNERS LIST

AMERICAN ACADEMY OF NURSE

PRACTITIONERS AMERICAN ACADEMY OF PAIN

MANAGEMENT

AMERICAN ACADEMY OF PAIN MEDICINE

AMERICAN ACADEMY OF PHYSICAL MEDICINE AND REHABILITATION

AMERICAN ASSOCIATION OF REHABILITATION NURSES

AMERICAN BACK SOCIETY

AMERICAN CANCER SOCIETY

AMERICAN CHRONIC PAIN ASSOCIATION

AMERICAN NURSES ASSOCIATION

AMERICAN PAIN SOCIETY

AMERICAN PHARMACISTS ASSOCIATION

AMERICAN PUBLIC HEALTH ASSOCIATION

AMERICAN RSDHOPE GROUP

AMERICAN SLEEP APNEA ASSOCIATION

AMERICAN SOCIETY FOR PAIN MANAGEMENT NURSES

AMERICAN SOCIETY OF PERIANESTHESIA NURSES

BAYLOR COLLEGE OF MEDICINE: DEPARTMENT OF PHYSICAL MEDICINE &
REHABILITATION.

CENTER FOR CANCER PAIN RESEARCH AT JOHNS HOPKINS

CHRONIC FATIGUE IMMUNE DYSFUNCTION SYNDROME AND SYNDROME
(CFIDS) ASSOCIATION OF AMERICA

COVENANT HEALTH SYSTEM, COVENANT MEDICAL CENTER & COVENANT
LAKESIDE

DEPARTMENT OF VETERAN AFFAIRS MEDICAL CENTER, HOUSTON, TX

ENDOMETRIOSIS RESEARCH CENTER

FAMILY CAREGIVERS

ALLIANCE FOR GRACE

INSTITUTE FOR HEALTH AND PRODUCTIVITY

MANAGEMENT INTERCULTURAL CANCER COUNCIL

INTERNATIONAL ENDOMETRIOSIS ASSOCIATION

INTERNATIONAL ALLIANCE OF PATIENT
ORGANIZATIONS INTERNATIONAL POLIO NETWORK

INTERSTITIAL CYSTITIS ASSOCIATION

LUPUS FOUNDATION OF AMERICA

MEN'S HEALTH NETWORK

NATIONAL ASSOCIATION FOR THE ADVANCEMENT OF COLORED PEOPLE

NATIONAL ASSOCIATION OF SOCIAL WORKERS

NATIONAL BLACK WOMEN'S HEALTH PROJECT

NATIONAL COMMITTEE ON THE TREATMENT OF INTRACTABLE PAIN
NATIONAL CONSUMER LEAGUE

NATIONAL FIBROMYALGIA ASSOCIATION

NATIONAL FIBROMYALGIA PARTNERSHIP

NATIONAL HEADACHE FOUNDATION

NATIONAL URBAN LEAGUE

NATIONAL VULVODYNIA ASSOCIATION

NATIONAL WOMEN'S HEALTH RESOURCE

NATIVE AMERICAN CANCER RESEARCH

PAIN POLICY FOUNDATION, INC.

PAIN & POLICY STUDIES GROUP: UNIVERSITY OF WISCONSIN

PHARMACEUTICAL RESEARCH AND MANUFACTURERS (PHRMA)

POST-POLIO HEALTH INTERNATIONAL

REFLEX SYMPATHETIC DYSTROPHY SYNDROME (RSDS) ASSOCIATION OF
AMERICA

SICKLE CELL DISEASE ASSOCIATION

SIDNEY KIMMEL CANCER CENTER AT JOHN HOPKINS

THE NEUROPATHY ASSOCIATION

THE TMJ ASSOCIATION

TRIGEMINAL NEURALGIA ASSOCIATION

TRIUMPH OVER PAIN FOUNDATION

UNIVERSITY OF FLORIDA COMPREHENSIVE CENTER FOR PAIN

VZV RESEARCH FOUNDATION



National Pain Strategy

Supporting the National Pain Strategies

It is important that your voice be heard if we are to improve the care of people with pain. One way to do that is to have your voice heard by those who can provide the funding to move the National Pain Strategy forward. Below is sample letter that you can use to write to your senators and congress person, so you can add your voice to those who have worked so hard to create this report Act today. Your voice can make a difference in the lives of millions! (*Overview on page 207*)



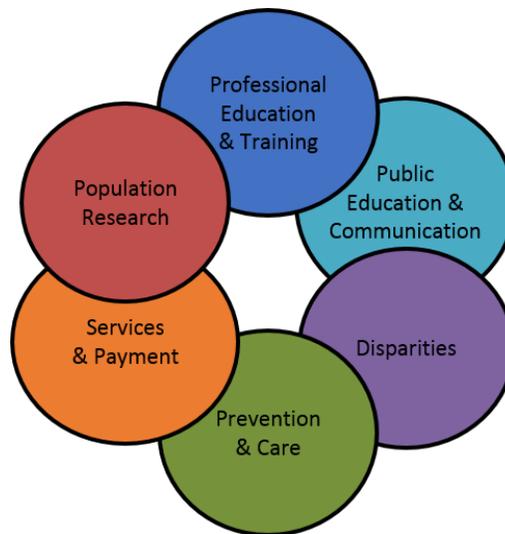


National Pain Strategy

A Comprehensive Population Health-level Strategy for Pain



The Implementation Work Groups (IWG) are aligned with the National Pain Strategy (NPS) overarching themes and are charged with implementing the specific objectives through discrete deliverables described in the NPS. The IWGs will receive guidance and direction from the Implementation Steering Committee. Each NPS work group will include those federal stakeholders who signed on to address the thematic objectives of the NPS. They will also receive advice from external stakeholders who expressed interest in participating in the implementation of relevant objectives.



National Pain Strategy Objectives

Professional Education and Training

- Objective 1: Develop, promulgate, and update core competencies for pain care education, licensure and certification at the undergraduate and graduate levels.
- Objective 2: Develop a pain education portal that contains a comprehensive set of materials to enhance curricula.

Public Education and Communication

- Objective 1: Develop and implement a public awareness campaign about the impact of chronic pain to counter stigma and misperceptions.
- Objective 2: Develop and implement an educational campaign encouraging safer medication use, especially opioid use for patients with pain.

Disparities

- Objective 1: Reduce bias and its impact on care.
- Objective 2: Improve access to high-quality care for vulnerable groups.
- Objective 3: Facilitate communication among patients and providers.
- Objective 4: Enhance data on the impact of pain on high risk population groups, their access to care, and costs of disparities in pain care.

Prevention and Care

- Objective 1: Characterize the benefits and costs of current prevention and treatment approaches
- Objective 2: Develop nation-wide pain self-management programs.
- Objective 3: Develop standardized, consistent, and comprehensive pain assessments and outcome measures across the continuum of pain.

Services and Payment

- Objective 1: Define and evaluate integrated, multimodal, and interdisciplinary pain care.
- Objective 2: Enhance evidence for care.
- Objective 3: Incentivize payments for quality care based on a biopsychosocial model of pain: integrated, cost-effective, and comprehensive.

Population Research

- Objective 1: Estimate the prevalence of chronic pain and high-impact chronic pain.
- Objective 2: Refine and employ standardized electronic health care data methods to determine use and costs of care.
- Objective 3: Develop a system of metrics to track changes in prevalence, impact, treatment, and costs.



National Pain Strategy

National Pain Strategy Updates

The National Pain Strategy (NPS), released in March 18, 2016, outlines a coordinated plan for reducing the burden of chronic pain that affects millions of Americans. NPS serves as a roadmap toward achieving a system of care in which all people receive appropriate, high quality and evidence-based care for pain. HHS is coordinating its implementation efforts across federal departments and collaborating with stakeholders externally.

In the year since the NPS's release, HHS agencies and external partners have worked to align their respective programs, activities and initiatives with and in support of the NPS objectives. The following are examples of developments that highlight efforts in direct alignment with the NPS.

2019 Implementation Actions

Population Research

Objective 1: Estimate the prevalence of chronic pain and high-impact chronic pain.

- Developed a screening tool to collect patient reported data on temporal factors and participation restrictions associated with chronic pain. See NPS Appendices D and https://iprcc.nih.gov/sites/default/files/HHSNational_Pain_Strategy_508C.pdf (National Pain Strategy Population Research Work Group, External Stakeholders)
- Tested and validated the NPS screening tool in a cohort of patients with chronic pain and published a manuscript with the findings from the study piloting the survey tools. <https://www.ncbi.nlm.nih.gov/pubmed/27377620> (NIH, External Stakeholders)
- Conducted and published a series of population level studies on pain prevalence, pain related disability and use of services using pain-relevant questions from 2011, 2012, National Health Interview Surveys. (NIH)
<https://www.ncbi.nlm.nih.gov/pubmed/27736632>
<https://www.ncbi.nlm.nih.gov/pubmed/27352222>
<https://www.ncbi.nlm.nih.gov/pubmed/27042138>
<https://www.ncbi.nlm.nih.gov/pubmed/26828643>
<https://www.ncbi.nlm.nih.gov/pubmed/26556396>
<https://www.ncbi.nlm.nih.gov/pubmed/26379048>
<https://www.ncbi.nlm.nih.gov/pubmed/26028573>
<https://www.ncbi.nlm.nih.gov/pubmed/25671660>
<https://www.ncbi.nlm.nih.gov/pubmed/25671583>

<https://www.ncbi.nlm.nih.gov/pubmed/23420266>

- Developed and submitted four developmental pain objectives for Healthy People 2020, 2030. All four were accepted, but funding to monitor objectives was available for only the first one (see below). All four will be considered for HP 2030. The developmental objectives are:

1. Decrease the prevalence of adults having high impact chronic pain (accepted as a developmental objective for HP 2020).

<https://www.healthypeople.gov/2020/topics-objectives/objective/aocbc-13>

2. Increase public awareness/knowledge of high impact chronic pain

3. Increase self-management of high impact chronic pain

4. Reduce impact of high impact chronic pain on family/significant others (CDC, NIH).

- Developed, tested, and added two chronic pain-related questions that are aligned with the NPS pain screening tool for high impact chronic pain to the 2016 and 2017 National Health Interview Survey to develop data in support of the HP objectives and better inform population level pain research. (CDC, NIH, External Stakeholders)

- Convened external and federal stakeholders to review questions related to chronic pain and high impact chronic pain in the National Health Interview Survey and recommend revisions to the 2018 NHIS question set to align these surveys in line with the NPS screening tool and self-assessment questions Appendixes D and

E https://iprcc.nih.gov/sites/default/files/HHSNational_Pain_Strategy_508C.pdf (CDC, NIH)

Objective 2: Refine and employ standardized electronic health care data methods to determine use, underuse, effectiveness, and costs of pain treatments and services.

- A pilot study is underway to identify common EHR variables to identify patients with meaningful clusters of pain diagnoses and describe the receipt of pain-relevant health care services for these patients. It also uses survey data to estimate the prevalence of high impact chronic pain among adults who seek care in primary care settings, characterize patient self-care experiences and gaps and receipt of pain-related treatment services. Study completion expected in 2017. (NIH, External Stakeholders)

Prevention and Care

Objective 2: Develop nation-wide pain self-management programs

- Developed the Joint Pain Educational Program (JPEP) curriculum which highlights the importance of educating patients on skills and integrative health programs that emphasize self-management. JPEP includes multiple adjunct pain education videos (open access) for patients. (It also provides provider education resources (see Professional Education and Training - below).

<http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep/> (DOD, VHA)

Objective 3: Develop standardized, consistent, and comprehensive pain assessments and outcome measures across the continuum of pain.

- Developed the Defense and Veterans Pain Rating Scale (DVPRS) assessment of pain intensity and therapeutic goals of pain management, including reducing the impact of pain on physical and emotional function. The rating scale is consistent with current validated pain research tools and is adaptable to multiple clinical settings and scenarios throughout the continuum of care and research.

Disparities

Objective 2: Facilitate communication among patients and health professionals

- Developed and hosted a webinar entitled, “Shared Decision Making: Changing the Conversation”. This webinar series introduces health care providers to the practice of shared decision making in behavioral health care in multiple settings, including pain management. Shared decision making engages the patient in the treatment plan, provides the patient with unbiased information, and facilitates the incorporation of individual preferences into the plan. This webinar helps to change cultural attitudes towards pain management and behavioral health care; increases public awareness and engagement of the individual and their family.
- Developed an on-line tool to guide patients to communicate effectively with their health care providers to better manage their pain. The tool also includes patient education for treatment options and lifestyle changes to better manage and cope with chronic pain. “You Can Manage Your Chronic Pain to Live a Good Life” <https://store.samhsa.gov/system/files/sma13-4212.pdf>(SAMHSA)

Service Delivery and Payment

Objective 1: Define and evaluate integrated, multimodal, and interdisciplinary care for people with acute and chronic pain

- Conducted a pilot study on treatment coverage for acute and chronic back pain. The study aims were to examine current coverage policies for pharmacological and non-pharmacological interventions to treat acute or chronic back pain within a state Medicaid managed care program, a large private insurer and a large pharmacy benefit management program. The study also outlines the methodology for evaluating coverage policies for treatments for acute and chronic back pain and to assess the feasibility and resources required to scale up the study to a national level. The study is a systematic examination of coverage policies and the extent of coverage for non-opioid pain treatment alternatives. This assessment of coverage policies can be used to frame and target policy interventions among public and private payers that are necessary to advance the use of non-opioid alternatives to treat acute and chronic pain. The study is completed, and a full published report is expected in 2017. (ASPE, CDC)

- An expanded study of this pilot project is underway to assess coverage policies and parameters for treatment of low back pain at the national level. It uses the approaches developed in the pilot study described above. This study leverages the methodology and approach from the pilot study. It will assess coverage variables across large public and private health care providers and pharmacy distribution centers. The study is expected to be completed in March 2018. (ASPE, NIH).

Objective 2: Enhance the evidence base for pain care and integrate it into clinical practice through defined incentives and reimbursement strategies

- A Systematic Review of Studies on Noninvasive Treatments for Low Back Pain in Adults was performed to determine treatments used for low back pain and the evidence base for the efficacy and side effects of these treatments. <http://annals.org/aim/article-abstract/718376/systematic-review-strategies-using-exercise-therapy-improve-outcomes-chronic-low>

- A systematic review through an AHRQ Evidence Based Practice Center of Noninvasive, Nonpharmacological Treatment of Five Chronic Pain Conditions is currently underway to determine the treatments used and evidence base for the efficacy and side effects of these treatments. A final report is expected to be available in 2018. (AHRQ)

Professional Education and Training

Objective 1: Develop, review, promulgate, and regularly update core competencies for pain care education and licensure and certification at the pre-licensure (undergraduate) and post-licensure (graduate) levels.

- Developed and published a set of pain core competencies for pre-licensure inter-professional education, which has been endorsed broadly by many pain-associated health care disciplines

- <http://www.ncbi.nlm.nih.gov/pubmed/23577878> (External Stakeholders)

- Developed and hosts a health and wellness programs website with a module on chronic pain management to help providers meet the needs of Alaska Natives and American Indians with chronic pain. This educational tool is targeted to providers and includes pain assessment, substance screening, treatment planning and monitoring. <https://www.ihs.gov/painmanagement/> (IHS)

- Developed a Guide for Clinicians, TIP 54, which summarizes guidelines for clinicians treating chronic pain in adults with a history of substance abuse. It covers patient assessment, chronic pain management, managing addiction risk in patients treated with opioids, and patient education. “Managing Chronic Pain in Adults with or in Recovery from Substance Use Disorder.”

<http://store.samhsa.gov/product/TIP-54-Managing-Chronic-Pain-in-Adults-With-or-in-Recovery-From-Substance-Use-Disorders/SMA13-4671> (SAMHSA)

- Launched the IHS Essential Training on Pain and Addictions required six-hour provider training on fundamentals of pain management, patient assessment, safe opioid prescribing, and effective patient monitoring. <https://www.ihs.gov/telebehavioral/index.cfm/training/> (IHS)
- IHS has partnered with the University of New Mexico (UNM) to allow IHS providers to participate in the UNM Chronic Pain & Opioid Management Tele ECHO Clinic (ECHO Pain). The ECHO pain clinic facilitates a multifaceted approach to chronic pain by incorporating a team of specialists that support primary care clinicians in rural communities in the management of chronic pain and opioids. The clinic includes didactic presentations by specialists on specific topics of interest and in-depth case-based presentations by community clinicians for feedback and recommendations.

Objective 2: Develop a pain education portal of standardized materials to enhance curricula and competency

- Development of curriculum resources through the NIH Centers of Excellence on Pain Education. Several case-based scenarios on pain management for pain care providers were developed and evaluated through the Centers of Excellence and made available for public access. They are case-based learning modules on assessment, treatment, and outcomes for complex pain patients. https://www.painconsortium.nih.gov/NIH_Pain_Programs/CoEPES.html (NIH)
- Developed the Joint Pain Educational Program (JPEP) curriculum which provides primary care pain education for federal providers. JPEP consists of thirty didactic, evidence-based education modules and video adjuncts covering essentials of quality pain management for primary care providers. JPEP includes multiple adjunct pain education videos for patients (see Prevention and Care, Objective 2 – above) <http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep/> (DOD, VHA).
- “Pathways to Safer Opioid Use” is an immersive, interactive training for health professionals that promotes the appropriate, safe, and effective use of opioids to manage chronic pain. The training tool was designed using the opioid-related recommendations outlined in the National Action Plan for Adverse Drug Event Prevention Plan. The training uses the principles of health literacy and a multimodal, team-based approach to promote the appropriate, safe, and effective use of opioids to manage chronic pain. This web-based training allows the participant to assume the role of four playable characters who make decisions – controlled by the participant – about preventing opioid-related adverse drug events. The characters represent the following roles: primary care physician, nurse, pharmacist, and patient. It offers one CME/CE hour. The training will allow providers to apply health literacy strategies to help patients understand and act on information to prevent opioid related adverse drug events. Providers will be able to identify individual risk factors, opioid medications, and interactions that place individuals with chronic pain at increased risk for opioid related adverse drug events. Providers will be able to recognize the importance of a multidisciplinary, team-based approach to treating patients with chronic pain. Providers will be able to demonstrate the ability to combine the principles of the Health Literate Care Model and the

biopsychosocial model of chronic pain management. The long-term goal is to decrease adverse drug events.

<https://health.gov/hcq/trainings/pathways/index.html> (ODPHP)

- Developed and disseminated an Opioid Overdose Prevention Toolkit which equips communities, health care providers and local governments with material to develop policies and practices to help prevent opioid-related overdoses and deaths. It equips health care providers, communities and local governments with material to develop practices and policies to help prevent opioid-related overdoses and deaths. Addresses issues for health care providers, first responders, treatment providers, and those recovering from opioid overdose.

- Released/published CDC Guideline on Prescribing Opioids for Chronic Pain - Tools and Resources – Fact Sheet on Nonpharmacological Treatments (https://www.cdc.gov/drugoverdose/pdf/nonopioid_treatments-a.pdf).

A companion suite of tools and resources on a variety of pertinent topics such as non-pharmacologic therapies to encourage uptake of the recommendations contained in the Guideline.

<http://www.cdc.gov/drugoverdose/prescribing/resources.html> (CDC)

- Developed and hosted a webinar series for clinicians to learn about the recommendations outlined in the CDC Guideline for Prescribing Opioids for Chronic Pain.

See <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>

Four past live broadcast webinars are archived on CDC’s website. One session addresses non-pharmacological treatments for chronic pain. CDC encourages professional schools to incorporate elements of the CDC Guideline into their curricula as training tools about evidence-based recommendations on safe prescribing of opioids and pain management.

<https://www.cdc.gov/drugoverdose/prescribing/trainings.html> (CDC)

Public Education and Communication

Objective 2: Develop and implement a national educational campaign to promote safer use of all medications, especially opioid use, among patients with pain

- Implements substance use and mental health services treatment locators.

- o The Behavioral Health Treatment Service Locator is a source of information for persons seeking treatment facilities for substance use and/or mental health problems <https://findtreatment.samhsa.gov/>

- o The Opioid Treatment Program Directory identifies opioid treatment programs by state. <http://dpt2.samhsa.gov/treatment/directory.aspx>

o The Buprenorphine Treatment Physician Locator <https://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator> finds physicians authorized to treat opioid dependency with buprenorphine by state. The treatment locator also can be used to identify clinicians who have expertise in managing pain for those with substance use disorders and those who address chronic pain in a manner that promotes safer use of medication. (SAMSHA)



Pain Management

YESTERDAY

Early Greeks and Romans advanced the idea that the brain played a role in producing the perception of pain.

In the 19th century, physician-scientists discovered that opiates such as morphine could relieve pain and chemist Felix Hoffmann developed aspirin from a substance in willow bark. Aspirin remains the most commonly used pain reliever.

The French physician, Dr. Albert Schweitzer, proclaimed in 1931 that, “Pain is a more terrible lord of mankind than even death itself.”

In 1994, the International Association for the Study of Pain (IASP) (<http://www.iasp-pain.org/>) defined pain as an “unpleasant sensory and emotional experience associated with actual or potential tissue damage.”

2007 provided us with the WHO Normative Guidelines on Pain Management: Report of a Delphi Study to determine the need for guidelines and to identify the number and topics of guidelines that should be developed by WHO.

http://www.who.int/medicines/areas/quality_safety/delphi_study_pain_guidelines.pdf?ua=1

TODAY

Pain affects more Americans than diabetes, heart disease and cancer combined.

Pain is cited as the most common reason Americans access the health care system. It is a leading cause of disability and it is a major contributor to health care costs.

According to the National Center for Health Statistics (2006), approximately 76.2 million, one in every four Americans, have suffered from pain that lasts longer than 24 hours and millions more suffer from acute pain.

Chronic pain is the most common cause of long-term disability.

The diversity of pain conditions requires a diversity of research and treatment approaches.

Pain can be a chronic disease, a barrier to cancer treatment, and can occur alongside other diseases and conditions (e.g. depression, post-traumatic stress disorder, traumatic brain injury). For infants and children, pain requires special attention, particularly because they are not always able to describe the type, degree, or location of pain they are experiencing. Discoveries of differences in pain perceptions and responses to treatment by gender has have led to new directions for research on the experience and relief of pain. For example, medications called kappa-opioids provide good relief from acute pain in women yet increases pain in men.

NIH-supported scientists identified a gene variant of an enzyme that reduces sensitivity to acute pain and decreases the risk of chronic pain. COX-2 (cyclooxygenase-2) is a major contributor to pain associated with inflammation. A study of genes affected by COX-2 led to the discovery of its role in connection to multiple cellular pathways that contribute to pain relief and adverse side-effects.

Behavioral interventions for pain also demonstrate promise for providing pain relief either in conjunction with or in lieu of drug interventions. For example, NIH-supported research has demonstrated that individualized pain management programs may reduce cancer pain for some patients.

World Health Organization Treatment Guidelines on Pain

The Access to Controlled Medications Programme identified the development of treatment guidelines that cover the treatment of all types of pain as one of the core areas of focus for improving access to opioid analgesics. Such guidelines are interesting both for health-care professionals and policymakers. They are also important in improving access to controlled medicines for determining when those opioid medicines and when non-opioid medicines are preferred. Based on a Delphi study, WHO planned the development of three treatment guidelines, covering chronic pain in children, chronic pain in adults and acute pain.

The WHO Guidelines on the Pharmacological Treatment of Persisting Pain in Children with Medical Illnesses are evidence-based, following the procedures and methods prescribed by the WHO Guidelines Review Committee. These guidelines and related documents can be downloaded free of charge.

WHO is also developing the WHO Guidelines on the Pharmacological Treatment of Persisting Pain in Adults with Medical Illnesses and the WHO Guidelines on the Pharmacological Treatment of Acute Pain. The scoping document for the former have been approved by the [Guidelines Review Committee](#) and published.

http://www.who.int/medicines/areas/quality_safety/Scoping_WHO_GLs_PersistPainAdults_webversion.pdf?ua=1 For the latter, a draft scoping document is currently under review and will be made available when finalized.

TOMORROW

The NIH is poised to make major discoveries that will improve health outcomes for individuals experiencing acute or chronic pain by applying opportunities in genomics and other technologies to improve our understanding of the fundamental causes of pain. This will be accomplished through

translating basic laboratory science to new, improved pain treatments and by providing strategic support for the research community to discover more effective pain treatment strategies.

Applying genomics and other technologies to understand pain. Advances in basic and clinical genetics are making it possible to both characterize genetic factors related to pain sensitivity and develop novel therapeutic approaches.

In ongoing pain studies, scientists are using technologies such as microarray-based assays (complex genetic and molecular tests) to better understand the mechanisms of pain and analgesia, identify new targets for analgesic drugs, and test the efficacy and adverse reactions of newly developed or currently used drugs to treat pain. Researchers are currently using these technologies to discover the mechanisms by which drugs such as COX-inhibitors and neurotropins may relieve pain.

Translating basic science to improved pain treatments. Researchers will continue to focus on advancing both biological and behavioral pain management strategies from the research sphere to clinical applications.

Innovative ways to categorize and measure pain are currently being studied. For example, scientists are using computer-assisted technology to develop a novel program that will capture and quantify pain experiences. Tools such as this will be combined with existing methods to more accurately and consistently measure pain over time and across groups, diseases, and conditions.

Research will continue identifying biomarkers and biological pathways associated with painful conditions resulting from the use of drugs to treat diseases such as cancer and HIV/AIDS (<http://www.umgcc.org/research/et.htm>).

Providing Strategic Support for Research into Pain Treatment Strategies.

The NIH Pain Consortium (<http://painconsortium.nih.gov/>), an effort involving over 21 NIH Institutes, Centers, and Offices, promotes collaboration among the various NIH programs that support pain research, and provides strategic direction for accelerating advances in pain prevention, and treatment.

The Patient Protection and Affordable Care Act has established an Interagency Pain Research Coordinating Committee, led by the Department of Health and Human Services, to assess and coordinate pain research efforts across the Federal government.

Contact: NINR Office of Science Policy and Public Liaison, info@ninr.nih.gov, 301-496-0207

National Institute of Nursing Research (NINR): <http://www.ninr.nih.gov/>

International Association for the Study of Pain Working Group on Classification of Chronic Pain Reports Progress on ICD-11

<https://www.iasp-pain.org/PublicationsNews/NewsDetail.aspx?ItemNumber=4611>



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Let Your Voice Be Heard!





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Have your voice heard

There is nothing more powerful than your voice talking to your local Congressional Representatives or Senators about the issues you face when dealing with pain. It will be the stories you tell and issues that you relate to them or their staff that can impact their opinions about the dilemmas that you face. There are several issues for people who are seeking to obtain access to care in order to improve the quality of life and increase function while reducing the sense of suffering that pain can cause.



We realize that it is extremely difficult for you to do a visit in Washington, DC. The cost of the trip, the long hours of travel and the time away from work and family can present insurmountable obstacles. That is why we are asking you to make plans this September to **visit them in your own community**. Every legislator has local offices, places where you can visit to have your voice heard.



We have designed this tool kit to help you reach out to your local legislators so that you can schedule an appoint to visit their office. We will provide you with:

- how to make the appointment,
- a sample letter of request,
- what to do during the visit and the follow up.

It is our hope that you will make the effort during September to tell those who represent you in Washington, DC the issues you face as you seek a solution to live a life of pain.



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Meeting with Your Legislator: *Tips for a Successful Experience*

Step One: Scheduling an Appointment

- ❖ When you call your elected official's district office, ask to speak with the scheduler (the person who sets up all the legislator's appointments).
- ❖ Using the script provided in your packet as a guide, tell the scheduler that you are a constituent of Congressperson X, briefly summarize the purpose for the meeting, and list the names of those who will attend with you.
- ❖ Ask for the contact information of the person in the office with whom you should confirm your meeting with when the date gets closer.
- ❖ If you cannot get an appointment, ask for the office address and the name of the person to whom you may mail information.

Step Two: Be Prepared, Punctual, and Accommodating

- ❖ Be prepared to meet with your elected official or his/her staff by reviewing materials provided in this packet and noting any important points you don't want to forget during your meeting.
- ❖ Legislators have hectic schedules, so it is crucial that you arrive for your meeting on time and prepared (plan to arrive at least 10 minutes prior to the scheduled meeting time).
- ❖ Hurry Up and Wait. It is possible that your legislator may have unforeseen schedule changes the day of your meeting and your meeting may be delayed or interrupted. Be patient and flexible. If your legislator is unable to meet with you, ask to meet instead with his or her aide responsible for health care issues. This individual can carry your message to the elected official.
- ❖ Life Happens. If you find yourself running late for any reason, make sure you have the office phone number to call and give them warning. If you call ahead, they are most likely to still try to fit you in.

Step Three: Leave Behind Written Materials

- ❖ A fact sheet will be provided to you by Partners for Understanding Pain. Please make sure that you take these with you to your meeting(s) and leave them behind. These materials will give the legislators and their staff an opportunity to review the issues presented during the meeting and begin a file on the issue (they have not heard the last of us!).
- ❖ You can also develop a fact sheet about your organization, the population it serves, its reach nationally or internationally, support/contact you may have in your home state and any bills that have been introduced in your respective states.



Step Four: Thank You, Thank You

- ❖ Send a version of the sample thank you letter included with this guide once your meeting is over.

To find your elected officials, go to:
<https://www.usa.gov/elected-officials>
there you will find both state and
federal officials.



Sample Script for Scheduling an Appointment

The following sample script is provided to assist you in scheduling an appointment with your legislator.

To receptionist:

Hello. My name is _____ and I am Congresspersons _____'s constituent. I am calling to set up an appointment with Congressperson _____ and/or his staffer to discuss the importance of pain care today and the National Pain Strategy. May I please speak to his/her scheduler?

To scheduler:

Hello. My name is _____ and I am Congresspersons _____'s constituent. I am calling to set up an appointment with Congressperson _____ and/or his staffer to discuss the importance of pain care today and the National Pain Strategy.

September is Pain Awareness Month and across the country people like me will be meeting with their government officials to garner support and build awareness of the importance of taking chronic pain issues seriously.

Does Congressperson _____ and/or his staffer have any availability on September ___?

Scheduler answers YES:

Wonderful. Who is the appropriate person in the office for me to contact to confirm this appointment as the date gets closer? **Scheduler Response.** Thank you very much for your time.

Scheduler answers NO, Congressperson X and/or his/her staff is unavailable to meet during the month:

Is there a time when the Congressperson _____ and/or his staffer is available to meet?

Scheduler answers YES: Wonderful. Who is the appropriate person in the office for me to confirm this appointment as the date gets closer? **Scheduler Response.** Thank you very much for your time.

Scheduler answers NO: I am sorry that he/she is unavailable to meet in person. In this case, I would like to mail some materials to his/her office for review. To whom should these be directed? **Scheduler Response.** Thank you very much for your time.



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Sample Letter of Thanks

Dear Congressperson X:

Thank you for meeting with me.

Insert paragraph referencing something you talked about or how your visit relates to the mission of your association to combat chronic pain

The National Pain Strategy can play an important role in promoting and advancing the understanding of chronic pain. By focusing public attention on pain, ensuring the education of professionals in pain care, enhancing research and the sharing of new information about pain, and addressing the needs of all who experience pain, this effort will greatly enhance the quality of life of those with pain and pay economic dividends for decades to come.

Again, I/we greatly appreciate your time and we look forward to assisting you in advancing this legislation.

Sincerely,

Your signature Your
Association



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Congressional Meeting Evaluation Form

Your Name: _____

Date: _____

Other Volunteer(s) Present:

I met with (name, title)

in the Office of Congressperson

Topics Discussed (check those that apply):

_____ Personal Story

_____ National Pain Strategy

_____ Ways Congressperson can help

_____ Other; please specify:

Reaction:

Overall Reaction of Congressperson/Staffer:

(1= unresponsive, cold; 10=very empathic, wants to know how to help and who to contact in the future)

1 2 3 4 5 6 7 8 9 10

Specific Reaction:

Please list any comments made by the person you met with that stuck out in your mind:

Were any questions brought up to which you did not know how to answer, so that we may get back to them with the proper information?

Did he or she seem willing to be contacted in the future when Partners would like their help with legislation? Yes_____ No_____ Not Sure_____

Comments:

Additional Comments on the Overall Experience:



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Checklist for Visit

4-5 Weeks Prior to Meeting Date

- ___ Review information included in this kit about National Pain Strategy
- ___ Please contact Partners for Understanding Pain with any questions you might have.

3 Weeks Prior to Meeting Date

- ___ Contact others in your area who are scheduled to take part in the event and confirm their participation.

2 Weeks Prior to Meeting Date

- ___ Contact legislators' offices to confirm meeting date(s) and time(s).

Week Prior to Meeting Date

- ___ Review materials (especially *fact sheets, survey information, overview of National Pain Strategy* and handouts that you will be bringing with you to the meeting).
- ___ Gather materials you will need for your meeting:
 - Handouts for Legislators (Fact Sheet)
 - Contact information for you and others who will join you during your visit
 - Any notes you have made about important points you would like to make during the visit.

Day of Meeting

- ___ Make sure to bring all items listed directly above.
- ___ Review *Meeting with Your Legislator: Tips for a Successful Experience*.



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KEY MESSAGES ABOUT PAIN

- ❖ Pain is the number-one cause of adult disability in the United States and affects one in three people or about 100 million Americans.
- ❖ Pain costs an estimated **\$560 to \$635 billion annually** in lost workdays, medical expenses, and other benefit costs.¹
- ❖ Unmanaged pain can slow the rate of recovery for surgical patients and affect the quality of outcomes.
- ❖ Cancer patients who experience breakthrough pain are hospitalized and visit the emergency room more often than patients whose pain is under control.
- ❖ Despite its pervasiveness, few physicians receive more than a few hours of formal training on pain management.
- ❖ **Pain is a major economic issue.**
- ❖ According to the National Institute for Occupational Safety and Health, pain costs \$100 billion annually in lost workdays, medical expenses, and other benefit costs.
- ❖ Skyrocketing health care costs leave some, especially senior citizens, minorities, and the urban and rural poor, unable to get treatment that can help them manage their pain.
- ❖ **Pain is a major social issue.**
- ❖ Long-term, unmanaged pain can cause people to withdraw from family and friends and leave them unable to care for children, hold steady jobs, and at times even face a personal future.
- ❖ Pain has an impact on the fabric of society well beyond the individual, effecting his or her spouse or partner, children, family, and community.
- ❖ **Personal Story (Optional)**

¹ (IOM, *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*, 2011)

You do not have to share your personal story during your visit, however, doing so is an extremely powerful form of communicating the issue and often elicits understanding and empathy. You do not need to provide personal graphic details of your struggle. The most important points for you to discuss (briefly) are:

- 1) how chronic pain has impacted your life (e.g., things that you are now unable to do because of the disorder)
- 2) your struggle to find a knowledgeable provider (e.g., how much time passed before you were diagnosed, how many doctors you had to visit before finding help)
- 3) how treatments for chronic pain have helped (or not helped) your condition and how they have affected you (e.g., side effects)



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Talking Points

1. PROTECTING ACCESS TO CARE

Department of Health and Human Services should continually evaluate the impact of legislative, regulatory and enforcement measures to protect against unintended consequences that threaten legitimate patient access to appropriate care, including the appropriate use of opioid medications.

Several legislative initiatives recognize the need to evaluate strategies designed to reduce abuse and diversion to ensure that legitimate patient access to pain medications is preserved. Such evaluation should be conducted by those Federal agencies most directly involved, including FDA, CDC, ONDCP and DEA. It should also be informed by input from a wide array of stakeholders, including particularly patient advocates and health professionals with pain management expertise

2. PAYMENT AND COVERAGE POLICIES

The Centers for Medicare and Medicaid Services (“CMS”), with outreach to private payors, should do a comprehensive review of payment and coverage policies that may serve to promote opioid prescribing to the detriment of other therapies.

As noted above, opioids are often prescribed because they are readily available, they work for many patients, and they are generally inexpensive relative to other therapeutic options. Their relatively low short-term cost makes them attractive to payors. For this reason, other therapeutic options that may be superior for some patients and some conditions, that have fewer downside risks than opioids, and that may well be less expensive in the long run, face payment and coverage barriers. Ensuring appropriate payment for the most clinically appropriate therapeutic option should be part of any comprehensive approach to ensuring good pain management. Otherwise, a coverage or payment bias towards opioids may well substitute cheaper care for better care.

When opioid therapy is indicated, coverage and payment policies must support the other elements of comprehensive pain care that ensure **safe use**, including counseling services,

aggressive monitoring through follow-up office visits, drug testing, and similar patient compliance-related services, and **effective use**, including behavioral, psychological and rehabilitative therapies, as well as other indicated medical and interventional approaches.

3. PUBLIC EDUCATION

Department of Health and Human Services should implement the Institute of Medicine's 2011 recommendation in *Relieving Pain in America* to undertake a national public education campaign on pain management which includes information on (1) the role prescription opioids play as one therapeutic option for some patients with some conditions, (2) the safe use and disposal of such drugs, and (3) the risks to patients and society when such drugs are used for non-medical purposes or without appropriate clinical oversight.

4. PROFESSIONAL EDUCATION

Support positive incentives to promote physician education on safe and effective clinical practice with respect to prescribing opioids and other controlled substances as part of pain medicine diagnosis and treatment.

Most medical students and other health professionals receive insufficient training in both pain management and addiction medicine, including responsible prescribing practices, during their undergraduate and graduate training programs. There is a need for many to supplement core curricula through CME, particularly for primary care physicians. Practitioners beginning or maintaining opioid therapy should approach risk assessment systematically by applying validated screening instruments and other tools such as drug testing. There are already a multitude of both public and private efforts underway to develop and deliver education and training to enhance the competence of physicians and other professionals. For example, demonstration of an adequate knowledge base in pain management can be linked to state medical licensure and enforced through State Boards of Medicine, and this is already happening in some states. The Risk Evaluation and Mitigation Strategies ("REMS") overseen by the FDA for certain controlled substances are another example, with increased numbers of physicians expected to receive REMS training in the years ahead.

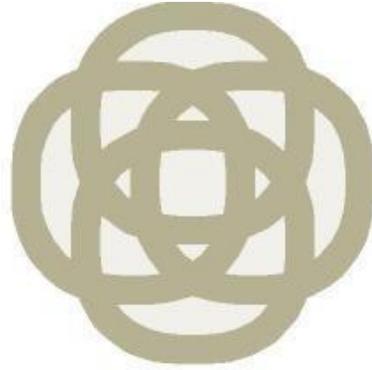
The NIH Pain Consortium has designated, and is modestly funding, health professional schools to serve as Centers of Excellence in Pain Education (CoEPEs). These centers develop and disseminate new pain management curriculum resources for medical and other schools which will improve pain management training for the next generation of practitioners. AHRQ's Health Care Innovations Exchange is disseminating training materials for use in emergency departments confronted with both drug-seeking patients at high risk of abuse, and patients with legitimate chronic pain conditions that are heavy users

of emergency departments because their pain is not effectively managed in other settings. SAMHSA also promotes accredited CME training on opioid prescribing practices for those treating chronic non-cancer pain patients.

Institutional health care providers and health systems have also recognized the risks associated with opioid medication and are actively training their own clinical workforces to better identify and manage risk associated with opioid prescribing.

Other examples abound, and more are under development. Collectively, they represent an appropriate response to improving pain care while at the same time better managing the risks associated with powerful pain medications.

*Adapted from **PAIN CARE COALITION**: American Academy of Pain Medicine • American Pain Society • American Society of Anesthesiologists*



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Ideas and Information





GIVE A SQUAT4PAIN

DON'T JUST SIT THERE

September is Pain Awareness Month.

The American Chronic Pain Association's (ACPA) Give a Squat 4 Pain campaign will raise funds for education and support programs that help those living with chronic pain live more fully. The campaign is simple, fun, challenging—and a little painful.

Here's how you can participate and help raise funds to assist those living with chronic pain.
By yourself, or with family, friends, or coworkers, find a wall or any vertical surface and:



SQUAT

Assume the squat position and hold it for as long as you can—longer than your friends. You'll start to feel the burn, but that's the point.



DONATE

While your legs still hurt, visit theacpa.org and make a donation. Be generous: Your pain will go away in just a few minutes.



INSPIRE

Challenge others to complete a wall squat by sharing yours on social media. Don't forget to include [#GiveASquat4Pain](https://twitter.com/GiveASquat4Pain) in your post.



For more than 30 years, the ACPA has been committed to facilitating peer support and education for individuals with chronic pain and their families so that these individuals may live more fully in spite of their pain. The ACPA is also active among the health community, engaging with policy makers and the public at large about the issues of living with chronic pain.

For more information about the ACPA or how you can become an advocate for those living with chronic pain, visit theacpa.org or call 1-800-533-3231.

#GiveASquat4Pain



Give A Squat 4 Pain
Feel the pain as you hold the squat
Challenge your friends and coworkers to hold the squat longer than you
Take a photo and share it on Facebook or Twitter

#GiveASquat4Pain



September Pain Awareness Month Campaign

Inside Out #acpainsideout

Pain is something that many of us feel, but it cannot be seen, that does not mean it is not real. If only one could see our pain, but it is for the most part inside our bodies, often preventing us from enjoying life, working or even sleeping.

One of the most difficult things to do is to have others understand what it is like to live with pain. But perhaps we can bring their attention to the pain that lives within.

Help us to generate awareness by wearing at least one piece of clothing **INSIDE OUT** on a **Friday** during September Pain Awareness Month. People will ask you why you are doing this; the perfect opportunity to talk about the importance of the topic.

Post your picture and challenge your friends to wear their cloths **INSIDE OUT** during a **Friday** in September!

Make a donation to the American Chronic Pain Association **#acpainsideout** to help us to reach more people living with pain.



Talking Points:

- There are 100 million people in the US living with some form of pain
- The cost exceeds \$600 billion annually
- Chronic pain is an invisible epidemic that has a profound effect of people and society
- Chronic pain does not discriminate; it affects people of all ages and backgrounds
- Almost 1 in 3 people in the U.S. have chronic pain
- Many people conceal their pain because of stigma and shame
- The personal and financial costs of chronic pain are immense
- Chronic pain has an impact on family members and can suffer as much as the person, they just don't feel the pain



Challenge you're your friends, family and coworkers to wear their clothes inside out one Friday in September, post your pictures #acpainsideout and donate to the ACPA!





International Pain Management Network

Mission Statement

Advancing awareness, understanding, and management of pain care throughout the world.

International Survey on Access and Attitudes Toward Pain

We have united with the aim of contributing to the improvement of pain (self-) management. For this purpose, we conducted a questionnaire-based survey completed by over 600 people living with pain from 37 countries and all continents.

Survey Results

The survey data compiled to date (N=672) are predominately from North Americans (78%) and dominated by responses from women (78%)

- Prescription medications were the most commonly used treatments for pain (75%), followed by OTC medications (57%)
 - 43% cited using physical therapy (PT), though the duration of PT was not assessed
 - 14% used marijuana, which the group noted was increasing
 - Acupuncture has also risen in popularity, and is now covered in the VA
 - Several differences were noted in data from Pakistan
 - 92% used OTC medications
 - only 2% used prescription medications
- In Poland (N=65), 70% reported using OTC products, and 10% used prescription medications
- When asked how many medications required a prescription, 3 was the most common answer
 - The group noted that the survey did not specify pain medications, nor did it specify how many were controlled substances
- 75% of survey participants believed their HCP took their pain seriously, which was considered surprisingly high
 - The question did not distinguish between a general HCP and a pain specialist
- General practitioners were the most common HCPs managing patients' pain, followed by pain specialists and neurologists
 - In Uganda, many have lost faith in the dysfunctional health care system, and instead rely on spiritual healers
- Survey participants noted a mix of methods of payment for their care, including private insurance, government insurance, personal income, or some combination of these
 - In Uganda, patients often barter possessions for herbal remedies
- 2% visited a free clinic, driven primarily by ex-US respondents

- Access to free care in the EU is limited because of extremely long wait times
- In Pakistan, 100% of respondents used personal income to pay for pain management
- In Bangladesh, patients have the choice between cheap herbal therapies or expensive pharmaceuticals paid for out of pocket
 - There is no competition among companies providing these medications

Know Your Dose

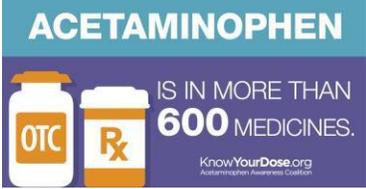
Audience

Below you will find draft acetaminophen safe use Twitter and Facebook posts for you to promote to your organizations as you see fit over the course of the year. If you have any questions regarding the contents of this toolkit, please contact Elizabeth Easterly at Elizabeth.Easterly@gmmb.com.

Thumbnail graphics are for reference only. All graphics can be downloaded at this link:

<https://gmmb.box.com/s/8v63m1g6o3idk582hpxmlfrbf65ubt9v>

***To upload GIFs to Facebook, first copy and paste the media.giphy.com link to your Facebook page. The GIF should then populate. Delete the media.giphy.com link and replace with the text before posting.**

Social Channel	Graphic	Text
Twitter		Do you know if #acetaminophen is in your medicines? Use this list to check: http://bit.ly/comm-meds #KYDpain
Facebook		Acetaminophen is the most common drug ingredient in America—have you checked to see if it’s in your medicines? Use this list: http://bit.ly/comm-meds #KYDpain
Twitter		When used as directed, #acetaminophen is safe & effective, but you can only take so much in 1 day: http://bit.ly/KYD-facts #KYDpain
Facebook		When used as directed, acetaminophen is safe and effective. But you can only safely take so much in one day—taking more acetaminophen than directed can hurt your liver. Learn more: http://bit.ly/KYD-facts #KYDpain
Twitter		What's your go-to pain reliever? Each time you take an OTC or Rx medicine, take time to read the label: http://bit.ly/KYDlabel #KYDpain

Facebook		<p>What pain reliever do you reach for most often? If you're one of the millions of acetaminophen users, make sure you understand how to take it safely: http://bit.ly/KYDlabel #KYDpain</p>
Twitter		<p>How much do you know about #acetaminophen safe use? Test your knowledge with this fun game: http://bit.ly/dose-game #KYDpain</p>
Facebook		<p>How much do you know about acetaminophen safe use? Choose a character and test your knowledge with this fun game: http://bit.ly/dose-game #KYDpain</p>
Twitter		<p>Parents: are you following these 3 safe use steps when giving #acetaminophen to your child? http://bit.ly/ped-acet #KYDpain</p>
Facebook		<p>Parents: are you following these three safe use steps when giving acetaminophen to your child? Learn more about safe use with infants and kids: http://bit.ly/ped-acet #KYDpain</p>
Twitter		<p>Be sure to use the dosing device that comes w/ babies' & kids' acetaminophen. Here's a guide to precise dosing: http://bit.ly/ped-acet #KYDpain</p>
Facebook		<p>Always use the dosing device that comes with acetaminophen for infants and children. Here's your guide for precise dosing: http://bit.ly/ped-acet #KYDpain</p>

<p>Facebook (video)</p>		<p>Double check your medicine labels to avoid accidentally taking two medicines with acetaminophen at once: http://bit.ly/KYDlabel #KYDpain</p>
<p>Twitter (GIF)</p>		<p>Avoid these 3 #acetaminophen dosing mistakes by reading your label. Here's how: http://bit.ly/KYDlabel #KYDpain</p>
<p>Facebook* (GIF)</p>		<p>Avoid the three most common dosing mistakes when taking acetaminophen by always reading your medicine label. Here are a few tips: http://bit.ly/KYDlabel #KYDpain</p> <p>https://media.giphy.com/media/xUA7aRrHsZbccokko/giphy.gif</p>
<p>Twitter (GIF)</p>		<p>The next time you take #acetaminophen, follow these 4 safe use steps: http://bit.ly/KYD-facts #KYDpain</p>
<p>Facebook* (GIF)</p>		<p>The next time you take acetaminophen, remember these four key safe use steps: http://bit.ly/KYD-facts #KYDpain</p> <p>https://media.giphy.com/media/3o7bu4bKDwqqmGGz9S/giphy.gif</p>



Time Counts

Embracing Carers™
2019 Advocacy Toolkit

US/NPR/0519/0342

Embracing Carers™ is supported by
EMD Serono.





Table of Contents

Time Counts ...Giving Back to Caregivers Around the World

Time Counts is an Embracing Carers™ call to action which increases visibility of the caregivers' role in supporting a loved one and raises awareness of how one can best support them.

This toolkit is intended to provide you with the tools to incorporate Time Counts in your communities. Thank you for your commitment to caregivers!

- 3** About Time Counts
- 4** Join Time Counts
- 5** How Your Connection Can Help
- 6** Ways to Connect
- 7** Spread the Word
- 8** How to Self-Tape for Social Media
- 9** About Embracing Carers™
- 10** Contact Us



About Time Counts



Why is time important?

At some point in your life you may be responsible for caring for a loved one – a responsibility you take on in addition to a number of other roles you already play in your life. The people in a caregiver's life are often the first to recognize when time is spent on others over themselves.



Why should I give my time?

Whether it's letting someone know you are thinking about them and willing to help, grabbing someone a much-needed cup of coffee or picking up some groceries while you're already out, your time can make a huge difference in the life of a caregiver.



Once I give my time, what do I do next?

Once you've given your time, it's time to take action. Connect with the caregiver in your life and speak with them about how your time can help and support them in their daily activities. It's also important to help others get involved. You can do this by sharing on social media using the #EmbracingCarers hashtag in your posts.

How can organizations become involved in Time Counts?

The following information provides resources and tips on how to engage. Additionally, visit www.embracingcarers.com for ideas on how your organization can get involved with Time Counts.

US/NPR/0519/0342

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**EMD
SERONO**



Join Time Counts

Visit EmbracingCarers.com to give your time by entering the number of minutes you wish to give.



EMD Serono's goal is to collect a total of 1 million minutes to help caregivers in need, so please, give your time and then spread the word.

Every minute that you give will be a huge help — not just for caregivers, but for the people who rely on them.

GIVE YOUR TIME

Your time can make a huge difference.
Give your time to grocery shop, help prepare meals or just spend time together.
Every minute counts!

GIVE YOUR TIME

US/NPR/0519/0342

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How Your Connection Can Help

As little as 5 minutes of your time could make a real difference to someone who is caring for a loved one.



A **5-minute connection** gives someone an email or text message letting them know you are thinking about them and willing to help if needed.



A **15-minute connection** gives a phone call to check in and make sure someone's okay or help scheduling an appointment.



A **30-minute connection** gives time to respond back to texts or missed phone calls.



A **60-minute connection** gives time for a cup of coffee/tea or time preparing a meal.



A **120-minute connection** gives time for a grocery shop or time for a walk or trip to the gym to help with both mental and physical health.



A **half day connection** gives time for running some errands or tidying up around the house.



A **one-day connection** gives time to catch up on well-needed sleep.

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SERONO**



Ways to Connect



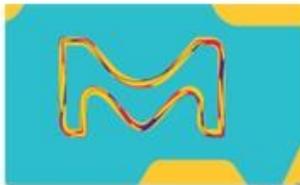
Use our minutes tracker to give your time then share on your social media channels



Link to Time Counts materials from your website/social channels



Share your caregiving story with us via the Time Counts webpage



Follow us on Twitter (@EMDSerono) to retweet/share content



Visit Embracing Carers™ on Facebook to like and share Time Counts content



Re-post content from our social media influencers/ambassadors



Use our GIFs to create your own social media posts



Download info from our Embracing Carers™ 'Facts' page



Share our videos on your social channels

Sean Hayes and caregiver ambassadors were compensated as part of the Embracing Carers™ initiative.

US/NPR/0519/0342

Embracing Carers™ is supported by EMD Serono.





Spread the Word

Use our pre-drafted social media posts to share on your own channels and spread the word about Time Counts

Facebook

Sample Post #1 From five minutes to an hour, the time you spend supporting #caregivers can make a difference. Is there a caregiver in your life you want to support, but you're not sure what to do? Then join Time Counts, a call to action led by #EmbracingCarers. As part of Time Counts, EMD Serono is supporting caregivers by trying to raise a total of 1 million minutes globally!

Give your time to a caregiver at <http://bit.ly/2W8N9wp>. Challenge your friends and family to a minute competition by sharing this post and see who can give the most minutes!

Sample Post #2 Comedic actor Sean Hayes makes 'em laugh on Will & Grace, but in real life he has a serious story to tell: he was a caregiver. Sean is partnering with #EmbracingCarers to launch the Time Counts call to action.

Provide support to #caregivers like Sean by giving your time through Time Counts. Time Counts is a call to action led by #EmbracingCarers. As part of Time Counts, EMD Serono is supporting caregivers by trying to raise a total of 1 million minutes globally!

Show caregivers like Sean that you care by giving your time at <http://bit.ly/2W8N9wp>. Like and share this post!

Twitter

Sample Post #3 From 5 minutes to an hour, time you spend supporting #caregivers can make a difference. Join #EmbracingCarers Time Counts at <http://bit.ly/2W8N9wp>. As part of Time Counts, @EMDSerono is supporting caregivers by trying to raise a total of 1 million minutes globally!

Sample Post #4 @SeanHayes was a #caregiver for his mother. He is partnering with #EmbracingCarers to launch the Time Counts call to action. Give your time at <http://bit.ly/2W8N9wp>. RT and challenge your friends/family to a minute competition!

Sample Post #5 People can give time back to caregivers by taking some of the responsibility of caregiving off their shoulders. Will you give time back to a #caregiver in your life? Join #EmbracingCarers Time Counts at <http://bit.ly/2W8N9wp>. RT and give your time!

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Embracing Carers™ is supported by EMD Serono.



How to Self-Tape for Social Media

Share your connection to caregivers! Film a cell phone video to tell others about how you're committing time to caregivers.

- Pay attention to background, and de-clutter any distractions for the viewer.
- Shoot horizontal, not vertical, using a 1:1 aspect ratio.
- Use a tripod if you can.
- Light your video. Use existing overhead light, lamps, and natural light.
- Make sure the microphone is close to you.
- Frame it right. Don't use the zoom and shoot from the chest- or waist-up.
- The first 3 seconds are the most important. Hook viewers from the start with something that sparks their interest or inspires their curiosity and end your video with the Time Counts call to action.

Consider the following:

At some point in your life, you may be a caregiver. We're asking you to join Time Counts and give your time to someone you know is caring for someone else. Visit www.EmbracingCarers.com to give your time to a caregiver in your life. Join Time Counts today.

Upload your video to social media using #EmbracingCarers.



About

Embracing Carers™



Embracing Carers™ seeks to build connections and implement practical solutions to support caregivers.



CARERS CANADA
PROCHES AIDANTS au CANADA



Embracing Carers™ is a global initiative led by EMD Serono in the U.S., in collaboration with leading caregiver organizations around the world, to increase awareness and discussion about the often-overlooked needs of unpaid caregivers.



International Alliance
of Carer Organizations

Building a global understanding and respect for the vital role of carers



EUROCARERS
EUROPEAN ASSOCIATION
WORKING FOR CARERS

In 2019, Embracing Carers™ will continue to activate with innovative projects aligned to the four key aims of the initiative including:

- Increasing Global Awareness
- Broadening Stakeholder Engagement
- Activating Policy
- Engaging Healthcare Systems



The success of Embracing Carers™ is through a collaborative effort by many. Thank you for supporting caregivers in your country.

US/NPR/0519/0342

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EMD Serono.





Contact Us



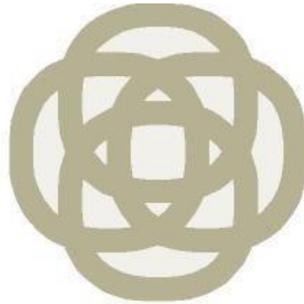
Questions and requests for additional information should be directed to:

Meagan Bates Perry
Embracing Carers™
Meagan.bates@emdserono.com

US/NPR/0519/0342

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**EMD
SERONO**



PARTNERS *for*
UNDERSTANDING PAIN

Action Ideas and Tools for Health Care Professionals



I choose to take action!



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Partners for Understanding Pain
Presents
Health Care Professionals CARE
Compassionate Attentive Responsive Educational

Pain Awareness Events
September 2019

The campaign is part of September Pain Awareness Month activities developed by Partners for Understanding Pain and its partners. Our goal is to educate both health care providers and consumers at all levels of treatment and therapy. In addition, we seek to put pain on the national health care agenda as an issue that needs our immediate attention. Your involvement will ensure that our messages get out to the public.

By sponsoring a Pain Awareness Day within your clinical setting, you can make a difference in the assessment, treatment, and long-term management of pain. The goals of the CARE campaign are to:

- Create a focus on pain within a range of clinical settings;
- Engage the “front line” of patient care in a more informed and sensitive response to pain;
- Increase communication between patient and health care providers;
- Provide a repository of resources for health care professionals in a wide range of settings for their use in helping patients and the public;
- Generate community awareness through health care settings in the facility during September.

Suggested events:

- Luncheon conference with expert speaker in pain management
- Lecture series on assessment and treatment of pain throughout the day
- Cafeteria table with petitions in support of the National Pain Strategies, materials, and resource lists for the public

- Health fair of community resources for people with pain
- Seek out opportunities to speak at community clubs and service organizations about the importance of prevention of long-term pain by treating pain at the on-set, awareness of local health care resources and information about pain management.
- Distribution of buttons to all staff members attached to flyer about pain assessment and management
- Get your department to wear their clothes inside out on one Friday in September. This is a great opportunity to start the conversation about people living with pain and the struggler to clear up the misunderstanding about pain, it is invisible and internal. But it is REAL!

For more information about additional activities, contact the American Chronic Pain Association at 800.533.3231 or by email at acpa@theacpa.org.



Action for Awareness of Chronic, Acute, and Cancer Pain

Developing the Foundation for a Grassroots Community Public Relations Plan

SITUATION

Pain can touch all of us. It is estimated that one in three people experience some type of ongoing, chronic pain. Chronic, cancer and acute pain are often under-treated leading to increased use of health care resources and needless suffering. The impact of pain on our economy, our society, and healthcare is significant.

Yet there is still apathy and a lack of understanding about pain. Now, with the National Pain Strategy and Partners for Understanding Pain, some consortium organizations have come together to raise awareness about chronic, acute, and cancer pain through grassroots community outreach and a national media relations campaign.

The most important resource of our partnership is each organization's ability to spread the word about chronic, acute, and cancer pain. To maximize our impact, Partners for Understanding Pain has developed the following document to suggest ways to raise awareness in your local community.

We welcome you to take these suggestions and customize them to align with your own organization's mission. **Together, we can saturate our local communities to bring pain to the forefront of public health issues.**

COMMUNITY OUTREACH IDEAS

Develop a pain awareness education section of your organization's website to spread the word about pain through education. Suggested items for the Website:

- ❖ Partners for Understanding Pain logo and link on homepage. Links to Partner organizations and their resources.
- ❖ Facts about how pain touches your organization.
- ❖ Distribute the Quality of Life Pain Scale to increase communication between the health care provider and the patient.
- ❖ Local community resource guide for people who have pain issues.
- ❖ If relevant to your organization, success stories about people who have dealt effectively with pain.

Cultivate community partnerships with local businesses and organizations

Partnering with local businesses and organizations that may have a health-related mission will provide a key outlet to spread the word about pain management and to continue to build a network of partners.

Partnership ideas:

- ❖ Ask organizations to post and distribute materials about pain, resources, and information about the Partners for Understanding Pain program.
- ❖ Co-sponsor a community event, re: walk to raise awareness for the importance of pain management. Set up a booth or pass out information about pain at already established community events.
- ❖ Set up appointments with local legislators to educate them about pain and how it's a major health issue that needs attention.
- ❖ Establish or re-establish connections with local hospitals to hold support meetings for people with pain. Invite health care professionals to talk about pain management.

Suggested places to promote pain and Partnership message materials:

- ❖ Drug stores Hospitals/doctor's office
- ❖ Local chapters of health-related organizations; health fairs
Health insurers
- ❖ Fitness centers/health-related stores
- ❖ Churches
- ❖ Libraries
- ❖ Senior centers

Join with local Partners, such as chapters of the Arthritis Foundation, Lupus Foundation of America, and National Consumer League

- ❖ Contact local health-related organizations to promote the partnership and identify possible collaboration areas including:
- ❖ Offering a speaker to talk about how pain touches those with heart disease, diabetes and cancer; make the information relevant to their organization.
- ❖ Asking organizations to identify success stories among their members.
- ❖ Asking organizations to display information about the Partners for Understanding Pain's resources and materials at community events and on their website.

Pain volunteer program

- ❖ Local university, school, and church groups often seek volunteer opportunities. Join with them to create a volunteer program for students. Volunteers may visit or help with activities of people with pain who may live alone, creating a support network. They also may work for the awareness campaign directly.

“Ask the doctor” about pain day

- ❖ Partner with local drug store, fitness, or health-related stores to sponsor a health care professional to be available to answer questions related to pain management for a day in the store.
- ❖ Organize a “Walk with the Doc” <http://walkwithadoc.org/> day to reinforce the importance of staying physically active to better manage pain.

Create a resource guide for people with pain in your community

- ❖ Creating a community resource guide for people who have chronic or cancer pain and their families can serve as an outlet to make people aware of the services in their community.

Suggested inclusions for the guide:

- ❖ Local pain doctors
- ❖ Local physical therapy organizations
- ❖ Local health food stores
- ❖ Support group
- ❖ Local health-related organizations and programs
- ❖ Financial advisors and assistance resources
- ❖ Transportation resources for disabled
- ❖ Homemaking services
 - Meals on wheels
- ❖ Home health services
- ❖ Senior centers

Recreational opportunities in the community that provide craft lessons and such

In-service staff trainings and ongoing pain education at local hospitals

- ❖ Partner with local hospitals and health care facilities to offer training on the intricacies of chronic and cancer pain to facilitate understanding among other health care professionals.
- ❖ Partner with local hospitals to offer ongoing pain education outreach such as tabletop displays that offer facts about chronic and cancer pain.

If you have any questions, please call our office at 800-533-3231.



PARTNERS *for*
UNDERSTANDING PAIN

FOR IMMEDIATE RELEASE

CONTACT: YOUR CONTACT
YOUR ORGANIZATION
YOUR PHONE

HEALTH CARE PROFESSIONALS CALL ATTENTION TO THE IMPACT OF PAIN

*Nursing Groups of Partners for Understanding Pain Mark
Health Care Professionals CARE during
September Pain Awareness Month*

YOUR TOWN, State, September 2019— September has been declared Pain Awareness Month by the Partners for Understanding Pain, a consortium of more than 80 professional and consumer organizations that have an interest in pain. As part of this effort, health care professionals in (**your workplace**) are sponsoring **Health Care Professionals CARE Compassionate Attentive Responsive Educational** to bring attention to the importance of appropriate pain management in the clinical setting.

Unmanaged pain can slow the rate of recovery for surgical patients and affect the quality of outcomes. Cancer patients who experience breakthrough pain are hospitalized and visit the emergency room more often than patients whose pain is under control. Costs associated with prolonged chronic pain total approximately \$600 billion a year. And health care professionals (HCP) often find themselves on the front lines of the fight against pain. Through the grass roots **Health Care Professionals CARE Compassionate Attentive Responsive Educational** campaign, we hope to increase awareness and understanding among health care facilities' staff, patients, and the public about the complex issues of assessing and treating pain.

Add quote from your organization spokesperson here.

The campaign is part of September Pain Awareness Month activities developed by Partners for Understanding Pain. "Pain can touch any of us," noted Penney Cowan, Executive director of the American Chronic Pain Association and convener of Partners for Understanding Pain. "It is the number one cause of adult disability in the United States, affecting one in three Americans, yet there is still apathy and a lack of understanding about pain." Partners for Understanding Pain is

dedicated to raising awareness about chronic, acute, and cancer pain through community outreach and a national media campaign. Partners' goals also include building a more comprehensive network of knowledge and better utilizing existing resources about pain management among its members.

For more information about other activities of Partners for Understanding Pain, contact the American Chronic Pain Association at 800-533-3231 or by email at acpa@theacpa.org.



DRAFT SCRIPT ANNOUNCER:

HEALTH CARE PROVIDERS AT (FACILITY NAME) ARE WORKING TO BRING ATTENTION TO THE NEED FOR BETTER PAIN ASSESSMENT AND TREATMENT. THEIR EFFORTS ARE PART OF ACTIVITIES PLANNED BY PARTNERS FOR UNDERSTANDING PAIN, A CONSORTIUM OF MORE THAN 80 PROFESSIONAL AND CONSUMER ORGANIZATIONS THAT HAVE AN INTEREST IN PAIN AND ITS EFFECTS, FOR SEPTEMBER’S PAIN AWARENESS MONTH ACTIVITIES.

UNMANAGED PAIN CAN SLOW THE RATE OF RECOVERY FROM SURGERY. CANCER PATIENTS WITH UNMANAGED PAIN ARE HOSPITALIZED AND VISIT THE EMERGENCY ROOM MORE OFTEN THAN PATIENTS WHOSE PAIN IS UNDER CONTROL. COSTS ASSOCIATED WITH PROLONGED CHRONIC PAIN TOTAL APPROXIMATELY \$600 BILLION A YEAR. HEALTH CARE PROVIDERS OFTEN FIND THEMSELVES ON THE FRONT LINES OF THE FIGHT AGAINST PAIN.

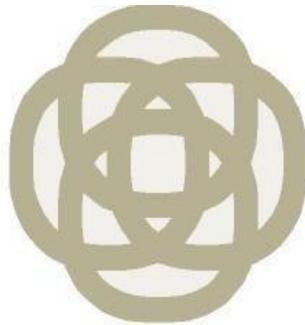
SOUNDBITE:

“PAIN IS A SERIOUS PUBLIC HEALTH AND ECONOMIC ISSUE THAT AFFECTS US ALL. BUT THERE IS A LACK OF UNDERSTANDING AMONG HEALTH CARE PROVIDERS AND CONSUMERS ALIKE. THE STAFF AT (YOUR FACILITY) IS CONDUCTING A PAIN AWARENESS DAY ON (DATE) TO FOCUS ON THE IMPORTANCE OF THE TREATMENT AND ASSESSMENT OF PAIN.”

ANNOUNCER:

TO LEARN MORE ABOUT PAIN AWARENESS DAY, CONTACT (YOUR NAME) AT (PHONE NUMBER) AND, FOR RESOURCES AND INFORMATION ABOUT PAIN, VISIT W-W-W-DOT- UNDERSTANDINGPAIN DOT-ORG. I’M _____REPORTING.

Health Care Professionals CARE



PARTNERS *for*
—•—
UNDERSTANDING PAIN

RESOURCES

September 2019





PARTNERS *for*
UNDERSTANDING PAIN

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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Alliance for Aging Research**

Mailing address: 1700 K St NW, Ste 740, Washington, DC 20006

Phone: 202-293-2856

Website: www.agingresearch.org

Facebook: <https://www.facebook.com/AllianceforAgingResearch/>

Twitter: https://twitter.com/Aging_Research

Email: info@agingresearch.org

Resource	Type	URL	Description
OTC Pain Medication: What You Need to Know	Short film	https://www.youtube.com/watch?v=jE0-r2APdc	Tens of millions of Americans buy over-the-counter (OTC) medications for relief of minor aches and pains. Being OTCs doesn't mean they're harmless. And with more than 1,000 acetaminophen and NSAID (non-steroidal anti-inflammatory drug) containing medications, choosing the right medication can seem over-whelming. This film guides viewers in choosing the medication right for them and their loved ones and gives tips on taking them safely. Also available in Spanish.
Safely Taking and Storing OTC Pain Medication	Short film	https://www.youtube.com/watch?v=bC5ckoxXh08	Once someone chooses an over the counter (OTC) pain medication that's right for them or their loved one, it's important to store them safely. This short film guides viewers on where to store meds, how to keep them Up and Away and Out of Sight of young children, how to prevent misuse, and what to do when a medication is no longer needed. Also available in Spanish.
Safe Medication Disposal	Short film	https://www.youtube.com/watch?v=Eh7O8IVyzNs	An estimated 40% of medications sold end up unused. What do we do with medications that we no longer want? This

			film offers viewers a simple step-by-step guide to safe disposal including how to dispose of medications at home in three simple steps; why certain medications must be flushed; tips on where to dispose of medications outside the home; and how to keep personal information safe.
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Academy of Pain Medicine**
 Mailing address: 8735 W Higgins Rd, Ste 300, Chicago, IL 60631
 Phone: 847-375-4731
 Website: www.painmed.org
 Facebook: <https://www.facebook.com/AmerAcadPainMed/>
 Twitter: <https://twitter.com/AmerAcadPainMed>
 LinkedIn: <https://www.linkedin.com/company-beta/10874458>

Resource	Type	URL	Description
AAPM Patient Center	Web resources and Facts on Pain information designed for patients and members of the public.	http://www.painmed.org/patientcenter/	<p>The Patient Center is the public information center of the American Academy of Pain Medicine. AAPM members represent a variety of medical specialties that combine their focus on the diagnosis, treatment and management of pain.</p> <p>The goal of the Patient Center is to help you find:</p> <ul style="list-style-type: none"> • General information about pain • A dedicated pain specialist in your area from AAPM's active membership • AAPM's Press Room
Initiating Therapies for OIC	Free online webinar series. CME, CEU available.	Part 1: https://www.pathlms.com/aapm/courses/2608 Part 2: https://www.pathlms.com/aapm/courses/2609	<p>Recommendations on Initiating Prescription Therapies for Opioid-Induced Constipation enduring virtual seminars (webinars) are designed for clinicians and all healthcare practitioners involved in the treatment of patients in pain.</p>

Essentials of Pain	Online educational courses (payment required). CME available.	https://www.pathlms.com/aapm/courses/1666	Essential Tools for Treating the Patient in Pain™ is designed for clinicians and all healthcare practitioners interested in obtaining an overview of the fundamentals of pain medicine in addition to identifying best practices and practical approaches to the treatment of common pain disorders. These on-demand education modules address the unmet education needs of all clinicians treating people with pain, through clinically-focused, case-based lectures that are designed to advance patient outcomes by improving the assessment, diagnosis, treatment, and management of patients with various acute and chronic pain disorders, including cancer and end-of-life conditions.
2017 PCSS-O Webinars	Free online webinars. CME available.	http://www.painmed.org/education/pcsso/	Navigating Perception and Managing Expectations in a Changing Prescribing Environment A Shifting Paradigm: From Biomedical to Biopsychosocial Interactions Demystifying Drug Interactions with Combined Analgesics Across Various Therapeutic Classes
2016 PCSS-O Webinars	Free online webinars. CME available.	https://www.pathlms.com/aapm/courses/2907	Maintaining Balance Among Compassionate Prescribing, Ethical Clinical Strategies, and Societal Obligations: Effective pain management is a moral and ethical obligation - an important public health and health care issue. Access to safe and effective care for people suffering from pain is a priority that needs to be balanced in parallel with efforts to curb diversion and misuse of opioid drugs.
2015 PCSS-O Webinars	Free online webinars. CME available.	https://www.pathlms.com/aapm/courses/1668	Best Practices: Eight Principles for Safer Opioid Prescribing for Pain Management Guide to Aberrant Drug-Related Behavior When Prescribing Opioids for Pain Management Responsible Prescribing of Methadone for Pain Management: Safety First

Methadone Education Curriculum	Free online webinar. CME available.	https://www.pathlms.com/aapm/courses/1665	With a commitment to making high-impact, long-term change, the American Academy of Pain Medicine (AAPM) has developed a patient safety-focused web-based continuing medical education (CME) program for all prescribers of opioids, with a targeted focus on those who prescribe methadone for the treatment of chronic pain. The AAPM's Methadone Education Curriculum is designed to equip prescribers with the knowledge, skills, and behaviors they need to implement evidence-based safe prescribing practices. Changes in prescribers' knowledge, competence and performance will minimize risks and reduce harm for patients being treated for chronic pain with methadone.
On-Demand Coding Seminars	Online educational courses (payment required).	https://www.pathlms.com/aapm/courses/2094	AAPM coding seminars discuss current and relevant industry trends in the pain medicine space. Stay current in pain medicine-related medical coding, billing, auditing, compliance, practice management, and much more. Save time and money by learning on your own pace and schedule with our on-demand pain medicine coding seminars.
<i>Pain Medicine</i>	Journal	http://www.painmed.org/journal/	<i>Pain Medicine</i> is the premier source of peer reviewed research and commentary on matters relevant to the multidisciplinary clinical practice of pain medicine. It is the official journal of the American Academy of Pain Medicine (AAPM), the Faculty of Pain Medicine of the Australian and New Zealand College of Anesthetists (FPMANZCA), and the Spine Intervention Society (SIS).



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Academy of Physical Medicine and Rehabilitation**

Mailing address: 9700 W Bryn Mawr Ave, Ste 200, Rosemont, IL 60018

Phone: 847-737-6000

Website: <http://www.aapmr.org/>

Facebook: <https://www.facebook.com/aapmrinfo/>

Twitter: <https://twitter.com/aapmr>

YouTube: <https://www.youtube.com/user/AAPMRsite>

Email: info@aapmr.org

Resource	Type	URL	Description
About Physical Medicine & Rehabilitation	Education	http://www.aapmr.org/about-physiatry/about-physical-medicine-rehabilitation	Pain medicine and rehabilitation (PM&R) aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities.
Find a PM&R Physician	Resource	https://members.aapmr.org/AAPMR/AAPMR_FINDER.aspx	A searchable database that allows you to locate a practicing PM&R physician your area.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Association of Colleges of Nursing**
 Mailing address: 655 K St NW Ste 750, Washington, DC 20001
 Phone: 202-463-6930
 Website: <http://www.aacn.nche.edu>
 Facebook: <https://www.facebook.com/AACNursing>
 Twitter: <https://twitter.com/AACNursing>
 YouTube: <https://www.youtube.com/watch?v=riXYEWuH-1o>

Resource	Type	URL	Description
Learning and networking days	Education	http://www.aacnnursing.org/	Free events in several cities designed to bring admissions professionals, faculty, IT staff, advisors, registrars, student services staff, and deans from nursing schools together to learn.
NursingCAS Configuration Manager	Help Guide	http://www.mynursingcas.org/users/program-configuration/	The Help Guide is designed to help you navigate through the NursingCAS Configuration Portal, which is the tool you will use to set up your programs.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Association of Rehabilitation Nurses**

Mailing address: 8735 W Higgins Road, Ste 300, Chicago, IL 60631-2738

Phone: 800-229-7530

Website: <http://www.rehabnurse.org/>

Facebook: <https://www.facebook.com/pages/Association-of-Rehabilitation-Nurses/131982048075>

Twitter: <https://twitter.com/assocrehabnurse>

YouTube: https://www.youtube.com/channel/UC-JoUwW2EZQGTywYITs_TaA

Email: info@rehabnurse.org

Resource	Type	URL	Description
Resources	Tool Kit	https://rehabnurse.org/resources/advocacy/advocacy-toolkit	The kit is to educate, inform and encourage people to become involved in advocacy.
Guide to Resources	Education	http://www.rehabnurse.org/education/content/Guide-to-Resources.html	Need help in choosing the most appropriate ARN resource or educational product to fit the needs of a variety of levels and roles within your facilities? Helpful guide to help you meet your educational goals.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Cancer Society**

Mailing address: 250 Williams St NW, Atlanta, GA 30303

Phone: 800-227-2345

Website: <https://www.cancer.org/>

Facebook: <https://www.facebook.com/AmericanCancerSociety?fref=ts>

Twitter: <https://twitter.com/americancancer>

YouTube: <https://www.youtube.com/user/AmerCancerSociety>

Resource	Type	URL	Description
Learn About Cancer	Education	https://www.cancer.org/cancer.html	Whether you or someone close to you has cancer, understanding what to expect can help you cope. Basic information as well as in-depth information about specific cancers.
Research	Research	http://www.cancer.org/research/index	Research is at the heart of our mission. No single nongovernmental, not-for-profit organization in the US has invested more to find the causes and cures of cancer.
Find Treatment & Support	Information	http://www.cancer.org/treatment/index	Learn about making treatment decisions, coping with side effects, handling financial matters, caregiving, and living well after cancer. Find support programs and services in your area.
Stay Healthy	Education	http://www.cancer.org/healthy/index	Many cancer deaths could be prevented by making healthy choices. Learn how to help lower your chances of getting cancer, plus what screening tests the American Cancer Society recommends, and when.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Chronic Pain Association (ACPA)**

Mailing address: PO Box 850, Rocklin, CA 95677

Phone: 800-533-3231

Website: <https://theacpa.org/>

Facebook: <https://www.facebook.com/pages/The-American-Chronic-Pain-Association/113362482021895>

Twitter: <https://twitter.com/TheACPA>

YouTube: https://www.youtube.com/channel/UCY89rzzYRckp4JIYQ2W_qvw

Email: acpa@theacpa.org

Resource	Type	URL	Description
ACPA Pain Log	Interactive Communication Tool	https://www.theacpa.org/pain-management-tools/communication-tools/tracking-tools/pain-log/	This log can help you track the everyday things that have an impact on your pain. When you understand what makes your pain worse, you can begin to work on ways to reduce or deal with your pain “triggers.”
ACPA Pain Maps	Interactive Communication Tool	https://www.theacpa.org/pain-management-tools/communication-tools/interactive-maps/	Pain can be complex and difficult to describe in the short time you may have with your health care provider. This tool can help you create a detailed picture of your pain---where it is, how it feels, how much it hurts, and what triggers it. Fill it out before your visit, print it, and share it with your provider. It will provide a lot of important information fast, so you and your provider can begin to address your issues more quickly.
ACPA Videos	Education	https://theacpa.org/videos	Educational videos from relaxation, family matters series, Veterans in Pain, Fibromyalgia 101, and many more.

Car with Four Flat Tires	Education	https://www.theacpa.org/pain-management-tools/videos/support/	A video that helps explain all the necessary components of pain management for a person to live a full life despite pain.
ACPA Chronicle	Newsletter	https://theacpa.org/Chronicle	The Chronicle is published quarterly by the American Chronic Pain Association. Click below to view our most current newsletters or view past articles from the Archives page
Relaxation Guide	Resource	https://www.theacpa.org/acpa_maze/relaxation-guide/	A five-minute relaxation guide that will help you to refresh and renew. Just click on the link and sit back and relax.
The Art of Pain Management	Resource	https://www.theacpa.org/pain-management-tools/the-art-of-pain-management/	<p>People with pain often comment that they find their experiences beyond expression. Talk therapy has been exhausted. There are no words to describe the journey they have taken. Both drawing and painting are an effective way for people with pain to express their level of suffering or the type of pain they are experiencing. However, art is not limited to drawing and painting. One can sculpt, use objects to create collages, or even finger paint to express your emotions. Even cooking is an art!</p> <p>The ACPA has developed this resource full of art project suggestions, words of encouragement and information regarding music therapy.</p>
ACPA Communication Tools	Resources	https://theacpa.org/Communication-Tools	Good communication with your health care provider is vital to getting the help you need to live well despite your pain.
Resource Guide to Chronic Pain Treatment		https://www.theacpa.org/pain-management-tools/resource-guide-to-chronic-pain-treatments/resource-guide-to-chronic-pain-management/	The ACPA believes that people with chronic pain benefit from being well informed about their medications. This knowledge may relieve the fears that can interfere with receiving maximum benefits from medications. This supplement is not meant to serve as medical advice for your condition or regarding your medication needs. Remember that the best source of information about your health and medication needs is from an open dialogue with your treating doctor.

Quality of Life Scale	Resource	https://www.theacpa.org/wp-content/uploads/2017/08/Life_Scale_3.pdf	American Chronic Pain Association Quality of Life Scale looks at ability to function, rather than at pain alone. It can help people with pain and their health care team to evaluate and communicate the impact of pain on the basic activities of daily life. This information can provide a basis for more effective treatment and help to measure progress over time.
ACPA Support Groups	Resource	https://theacpa.org/Support-Groups	The goal of an ACPA group is to provide support, validation, and education in basic pain management and life skills.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Nurses Association**

Mailing address: 8515 Georgia Ave, Ste 400, Silver Spring, MD 200910-3492

Phone: 800-284-2378

Website: <http://www.nursingworld.org/>

Facebook: <https://www.facebook.com/AmericanNursesAssociation>

Twitter: <https://twitter.com/anannursingworld>

YouTube: <https://www.youtube.com/user/nursesmatter>

Email: customerservice@ana.org

Resource	Type	URL	Description
Career & Credentialing	Education	http://www.nursingworld.org/MainMenuCategories/CertificationandAccreditation	You chose nursing because it provided you a challenge and was the profession for you. Now take the next step with online CE and ANCC Certification.
Ethics & Human Rights	Policy	http://www.nursingworld.org/MainMenuCategories/EthicsStandards	The Center is committed to addressing the ethical and human rights issues confronting nurses and designing activities and programs to increase the ethical competence and human rights sensitivity of nurses.
Policy & Advocacy	Policy	http://www.nursingworld.org/MainMenuCategories/Policy-Advocacy	From state legislatures to the White House, nurses have a unique opportunity to lend their expertise in influencing policy at all levels of government. The ANA ensures all nurses are represented and nurse's interests are not ignored by bureaucrats who lack true knowledge of the issues at the bedside.
Nursing Practice & the Environment	Education	https://www.nursingworld.org/practice-policy/work-environment/	A Healthy Work Environment is one that is safe, empowering, and satisfying. Parallel to the World Health Organization definition of health, it is not merely the absence of real and perceived threats to health, but a place of "physical, mental, and social well-being," supporting optimal health and safety.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Pain Society**

Mailing address: 8735 W Higgins Rd Ste 300, Chicago, IL 60631

Phone: 847-375-4715

Website: <http://americanpainsociety.org/>

Facebook: <https://www.facebook.com/americanpainsociety>

Twitter: <https://twitter.com/americanpainsoc>

YouTube: <https://www.youtube.com/user/AmericanPainSoc>

Email: info@americanpainsociety.org

Resource	Type	URL	Description
Advocacy	Advocacy	http://americanpainsociety.org/get-involved/advocacy/overview	APS has identified a broad agenda of pain issues and advocates in numerous arenas to improve the care of patients with pain. The society's goals in this activity are to advance the treatment of people in pain by ensuring access to treatment, removing regulatory barriers, and educating practitioners and policy makers in all settings about advances and economics of effective pain treatment.
Education	Education	http://americanpainsociety.org/education/overview	APS supports pain research and management professionals through high-quality educational resources and publications. In addition, APS provides various opportunities for pain professionals to share knowledge and earn continuing education.

The Journal of Pain	Research	http://americanpainso ciety.org/education/the-journal-of-pain/overview	<p><i>The Journal of Pain (JOP)</i> aims to improve the care of patients in pain by providing a platform in which clinical researchers, basic scientists, clinicians, and other health professionals can publish original research. <i>JOP</i> is the second ranked pain journal in the world and has a current impact factor of 4.859[©] on 2017 Journal Citation Reports[®], which rises every year.</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Pharmacist Association**

Mailing address: 2215 Constitution Avenue NW, Washington, DC 20037

Phone: 800-237-APhA (2742)

Website: <http://www.pharmacist.com/>

Facebook: <https://www.facebook.com/APhApharmacists>

Twitter: <https://twitter.com/pharmacists>

https://twitter.com/PublicHealth?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauth
or

YouTube: <https://www.youtube.com/user/aphapharmacists>

Resource	Type	URL	Description
APhA's Educational Library	Education	http://www.pharmacist.com/education	The APhA Library is designed to help pharmacy professionals Reflect on your personal and professional life, and identify areas requiring professional development. Plan your personal development in order to accomplish learning goals. Learn to put your personal development plan into action. Evaluate the success of your personal development plan.
Patient Care Tools	Resources	https://www.pharmacist.com/resources/patient-care	Our robust patient care tools and resources empower you to provide optimal care to patients and to enhance your service offerings.
Advocate for Your Profession	Advocacy	http://www.pharmacist.com/advocacy	The most important way to advocate for your profession is to regularly contact your legislators regarding issues of importance to pharmacy. Calling, writing, and most importantly, meeting in person with your elected officials will help establish you as a resource to consult when pharmacy issues come up for a vote.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Public Health Association**

Mailing address: 800 I St NW, Washington, DC 20001

Phone: 202-777-2742

Website: <https://www.apha.org/>

Facebook: <https://www.facebook.com/AmericanPublicHealthAssociation>

Twitter:

https://twitter.com/PublicHealth?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauth
or

YouTube: <https://www.youtube.com/user/aphadc>

Resource	Type	URL	Description
American Journal of Public Health	Journal	https://www.apha.org/publications-and-periodicals/american-journal-of-public-health	One of the 100 Most Influential Journals in Biology & Medicine over the last 100 Years as voted by SLA, the American Journal of Public Health publishes current, in-depth public health information. Selected as a core journal by the Public Health/Health Administration section of the Medical Library Association, AJPH is the publication health organizations depend on for authoritative editorials, thought-provoking commentary, and timely health policy analysis.
Public Statements and Advocacy	Advocacy	http://www.apha.org/policies-and-advocacy	APHA is the primary voice for public health advocacy. We lead the way to protect all Americans and their communities from preventable, serious health threats. We strive to assure community-based health promotion and disease prevention activities and preventive health services are accessible to everyone. APHA represents a broad array of health

			providers, educators, environmentalists, policymakers and health officials.
Professional Development	Education	https://www.apha.org/professional-development	<p>Welcome to APHA's Integrated Continuing Education Program for public health professionals and those interested in public health. This Web page is the portal to APHA's education, career and professional development activities. APHA's goal is to provide you with easy access to:</p> <ul style="list-style-type: none"> • expanded opportunities to earn continuing education credit online; • webinars on relevant topics; • links to other resources, meetings and activities of interest.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Sleep Apnea Association**
 Address: 641 S St NW, 3rd Floor, Washington, DC 20001
 Phone: 888-293-3650
 Website: <http://www.sleepapnea.org/>
 Facebook: <https://www.facebook.com/sleepapneaorg/>
 Twitter: <https://twitter.com/sleepapneaorg>
 YouTube: <https://www.youtube.com/user/sleepapnea>

Resource	Type	URL	Description
About Sleep Apnea Association	Information	http://www.sleepapnea.org/about-asaa.html	Interested in knowing what the association is working on, visit here for current plans and how you can help.
Information about what ASAA Offers	Resources	http://www.sleepapnea.org/about-asaa/who-we-are.html	As part of its endeavors to increase understanding of sleep apnea, the ASAA responds to thousands of requests for information from the public each year and answers a multitude of questions about diagnosis and treatment options. In addition, the ASAA works collaboratively with other nonprofit organizations and groups of health care professionals. The ASAA receives support with annual contributions from Industry Partners and Friends like YOU.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Society for Pain Management Nursing® (ASPMN®)**

Mailing address: 4400 College Blvd, Ste 220, Overland Park, KS 66211

Phone: 888-342-7766 or 913-222-8666

Website: www.aspmn.org

Facebook: https://www.facebook.com/pages/American-Society-for-Pain-Management-Nursing-ASPMN/62333302485?ref_type=bookmark

YouTube: <https://www.youtube.com/user/ASPMN>

LinkedIn: <https://www.linkedin.com/groups?gid=1870757>

Resource	Type	URL	Description
Basis of Opioid Doses	Statement	http://www.aspmn.org/Documents/Position%20Statements/Prescribing_and_Administering_Opioid_Doses_Based_Solely_on_Pain_Intensity.pdf	ASPMN's advocacy statement on prescribing and administering opioid doses based solely on pain intensity.
The Use of Medical Marijuana	Statement	http://www.aspmn.org/Documents/Advocacy%20Positions%20Statements/Statement%20on%20the%20use%20of%20Medical%20Marijuana%206-17-2015%20final.pdf	ASPMN's advocacy statement on the Use of Medical Marijuana

Abuse Deterrent Formulations	Statement	http://www.aspmn.org/Documents/Advocacy%20Positions%20Statements/Abuse%20Deterrent%20Formulations%206-17-2015%20final.pdf	ASPMN's Statement on Abuse Deterrent Formulations.
Nurses' Use of Integrative Therapies for Pain	Statement	http://www.aspmn.org/Documents/Advocacy%20Positions%20Statements/Statement%20on%20Nurses%20Use%20of%20Integrative%20Therapies%20for%20Pain%209-16-2015%20Final.pdf	ASPMN's Statement on Nurses' Use of Integrative Therapies for Pain.
Use of Opioids for Chronic Pain while Preventing Abuse and Diversion	Statement	http://www.aspmn.org/Documents/Advocacy/Statement%20Regarding%20the%20Use%20of%20Opioids%20for%20Chronic%20Pain%20While%20Preventing%20Abuse%20and%20Diversion.pdf	ASPMN's Statement on the Use of Opioids for Chronic Pain while Preventing Abuse and Diversion.
PCSS-O Educational Webinar Series	Webinars (live and enduring)	http://www.aspmn.org/education/Pages/pcssowebinars.aspx Clinical Vignettes: http://pcss-o.org/online-clinical-vignettes/	ASPMN is a partner in the Providers' Clinical Support System for Opioid Therapies (PCSS-O) grant from SAMHSA. PCSS-O is a national training and mentoring project developed in response to the prescription opioid overdose epidemic. The consortium of major stakeholders and constituency groups with interests in safe and effective use of opioid medications offers extensive experience in the treatment

		<p>Clinical Online Modules: http://pcss-o.org/modules/</p>	<p>of substance use disorders and specifically, opioid use disorder treatment, as well as the interface of pain and opioid use disorder. PCSS-O makes available at no cost CME programs on the safe and effective use of opioids for treatment of chronic pain and safe and effective treatment of opioid use disorder.</p>
<p>List of Association Position Statements Association Journal: Pain Management Nursing</p>	<p>Position Statements</p>	<p>http://www.aspmn.org/Pages/ASPMNPositionStatements.aspx</p> <p>www.painmanagementnursing.org</p>	



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Society of Perianesthesia Nurses**

Mailing address: 90 Frontage Road, Cherry Hill, NJ 08034-1424

Phone: 877-737-9696

Website: <http://www.aspan.org/>

Facebook: <https://www.facebook.com/pages/American-Society-of-PeriAnesthesia-Nurses/138460384349?ref=ts>

Email: aspan@aspan.org

Resource	Type	URL	Description
Advocacy	Resource	http://www.aspan.org/Resources/Advocacy/Find-Your-ASPAN-Liaison	Find an ASPAN Liaison; listing by region and state.
Research	Information	http://www.aspan.org/Research/Research-Information	Information about writing an abstract, research proposal, creating an effective research poster, and publication tips for your research.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Arthritis Foundation**

Mailing address: 1355 Peachtree St NE, # 600, Atlanta, GA 30309

Phone: 404-872-7100

Website: www.arthritis.org

Facebook: <https://www.facebook.com/Arthritis.org>

Twitter: <https://twitter.com/ArthritisFdn>

YouTube: <https://www.youtube.com/user/ArthritisFdn>

Resource	Type	URL	Description
Better Living Toolkit	Resource	http://blog.arthritis.org/news/better-living-toolkit-arthritis/	Get your Better Living Toolkit FREE . Depending on the kit you choose you will receive either a Better Living Health Tracker or Arthritis Today Drug Guide, educational brochures (disease specific), Arthritis Today magazine, and jar gripper.
Advocacy Blog Series	Advocacy	http://blog.arthritis.org/advocacy	Arthritis Foundation advocate testifies before U.S. Food and Drug Administration. Diagnosed with psoriatic arthritis, an advocate and doctor (who no longer can practice) testified before Arthritis Advisory Committee saying “It’s very important for people with arthritis to tell their story, helping people who are in decision-making positions better understand the challenges we face, but more importantly, how they can know down barriers an improve access to care.
Understanding Arthritis	Education	https://www.arthritis.org/about-arthritis/understanding-arthritis/	Learn more about the basics of arthritis, from arthritis 101 to common symptoms and diagnostic methods.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Asociación Venezolana para el Deporte y la Salud del Trasplantado y en Situación de Trasplante (AVEDESTRAS)**

Mailing address: avedestras@hotmail.com / ansequera@hotmail.com

Phone: +58 416-9138227

Facebook: <https://www.facebook.com/avedestras/>

Twitter: <https://twitter.com/avedestras?lang=en>

Resource	Type	URL	Description
Mass media campaigns	Awareness-raising activity		Using the mass media for campaigning about pain can help many people learn different ways to deal with this health issue.
Letters about pain issues to health authorities	Communication tool		Writing letters to health authorities can help us obtain useful information and / or resources to deal with pain issues more effectively. We could ask them for reading materials and videos to better understand how to manage pain. We could also let them know how some doctors and/or nurses seem not to be aware of the terrible pain their patients might be having when they treat them.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organisation: **Association québécoise de la douleur chronique (AQDC)**
Quebec Chronic Pain Association

Mailing address: 2030 Boulevard Pie-IX, bureau 403, Montreal Quebec H1V 2C8 Canada

Phone: 514-355-4198

Website: www.douleurchronique.org; French and/or English Website

Facebook: <https://www.facebook.com/douleurchronique>

Email: <mailto:aqdc@douleurchronique.org>

Other: Free membership. We have 8,000 members.

Resource	Type	URL	Description
Pain diseases Log		www.douleurchronique.org	This log can help you track the everyday things that have an impact on your pain. When you understand what makes your pain worse, you can begin to work on ways to reduce or deal with your pain “triggers.”



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Tool Kits for Health Care Professionals

Organization: **Baylor College of Medicine Department of Physical Medicine Rehabilitation**

Mailing address: One Baylor Plaza, Houston, TX 77030

Phone: 713-798-7246

Website: <https://www.bcm.edu/departments/physical-medicine-and-rehabilitation>

Facebook: <https://www.facebook.com/BaylorCollegeOfMedicine>

Twitter: <https://twitter.com/bcmhouston>

YouTube: <https://www.youtube.com/user/BCMweb>

Resource	Type	URL	Description
Community	Resource	https://www.bcm.edu/community/community-learning	A health sciences university like Baylor College of Medicine is defined by its commitment to its mission of excellence in patient care, biomedical research, medical education and community service – with a single objective: the improved health of the community.
Research	Resource	https://www.bcm.edu/research	A culture of collaboration and innovation combined with the resources only available in the heart of the Texas Medical Center lead to research advances that improve health locally, nationally and globally.
Healthcare	Resource	https://www.bcm.edu/healthcare	Our collaborative approach to healthcare means more specialists, greater access to clinical trials, and a better quality of life.
Education	Education	https://www.bcm.edu/education	Our location in the heart of the world’s largest medical complex and culture of collaboration and innovation prepare our trainees to shape the future of science and healthcare.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

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Organization: **Choosing Wisely**
 Mailing address:
 510 Walnut Street, Suite 1700
 Philadelphia, PA 19106
 Web site: <https://www.choosingwisely.org/>

Resource	Type	URL	Description
for patients and providers to find resources for care and advice	Web site	https://www.choosingwisely.org/	Resources and advice for clinicians, health care professionals, community organizations and employers looking to implement Choosing Wisely and engage patients.
Resources for clinicians	Web site	https://www.choosingwisely.org/clinician-lists/	<i>Complete lists of recommendations by society can be found by clicking the society name or via individual recommendation pages.</i>
Resources for patients	Web site	http://www.choosingwisely.org/patient-resources/	type of condition you are looking for and it will provide list of resources
Imaging Tests for Lower-Back Pain	Web site	http://www.choosingwisely.org/patient-resources/imaging-tests-for-lower-back-pain/	X- rays, CT scans, and MRIs are called imaging tests because they take pictures, or images, of the inside of the body. You may think you need one of these tests to find out what is causing your back pain. But these tests usually don't help. Here's why: . . .



Partners for Understanding Pain



Tool Kits for Health Care Professionals

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Tool Kits

Organization: **Chronic Pain Ireland**

Mailing address: Carmichael Centre, North Brunswick St, Dublin 7

Phone: +353 1 8047567

Website: <http://www.chronicpain.ie/>

Facebook: <https://www.facebook.com/ChronicPainIreland>

Twitter: <https://twitter.com/ChronicPainIRL>

Email: info@chronicpain.ie

Resource	Type	URL	Description
Our Mission	Information	http://www.chronicpain.ie/about-us/our-mission-and-aims	MISSION: To create a greater awareness of Chronic Pain and to provide relevant information and support for those living with the condition, for their families and friends.
Our Aims	Information	http://www.chronicpain.ie/about-us/our-mission-and-aims	<ol style="list-style-type: none"> 1. To create a greater awareness and understanding of the serious condition of Chronic Pain and provide support to those living with Chronic Pain. 2. To work more closely with Pain Consultants, Pain Management Teams and the HSE throughout the country. 3. To be financially stable. 4. To harmonies and develop relationships with our members 5. To provide up to date information on Chronic Pain for our members. 6. To adhere to the principles of good corporate governance.

Support Line	Resource	http://www.chronicpain.ie/our-services/support-phone-line	Like to talk to someone confidentially, call us on 01 8047567. Our support line is open Tues, Thurs and Fri from 9:30 a.m. to 5:00 p.m.)
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Chronic Pain Research Alliance**
 Mailing address: PO Box 26770, Milwaukee, WI 53226
 Phone: 262-432-0350
 Website: www.ChronicPainResearch.org
 Twitter: https://twitter.com/CPRAlliance_org
 YouTube: <https://www.youtube.com/user/TMJAssociation>
 Other: <http://endwomenspain.org/>

Resource	Type	URL	Description
Impact of chronic overlapping pain conditions on public health and the urgent need for safe and effective treatment	Whitepaper	http://www.chronicpainresearch.org/public/CPRA_WhitePaper_2015-FINAL-Digital.pdf	White paper promotes awareness and research of chronic overlapping pain conditions. This resource provides a 2015 analysis and policy recommendations.
Cutting Edge-COPCs Research Advances	E-newsletter	http://www.cpralliance.org/New_Findings	Stay abreast of recent research advances. You'll receive abstracts of recently published studies on the epidemiology, pathophysiology and clinical management of Chronic Overlapping Pain Conditions (COPCs, which include chronic low back pain, chronic migraine and tension-type headache, endometriosis, myalgic encephalomyelitis / chronic fatigue syndrome, fibromyalgia, vulvodynia, temporomandibular disorders, irritable bowel syndrome and interstitial cystitis / painful bladder syndrome.
Chronic Overlapping	Brochure	http://www.chronicpainresearch.org/public/	This brochure addresses what are COPCs are, how COPCs are diagnosed, the

Pain Conditions		CPRA Brochure Web.pdf	complexity of the chronic pain experience, and how to work with your health care provider to develop a treatment plan.
Chronic Overlapping Pain Conditions - Patient Guide	Booklet	http://www.chronicpainresearch.org/public/CPRA_Patient_Guide.pdf	Self-help booklet for patient with Chronic Overlapping Pain Conditions.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Coordinadora Nacional de Artritis**

Mailing address: presidencia@conartritis.org

Phone: 915352141

Website: www.conartritis.org

Facebook: <https://www.facebook.com/ConArtritis/>

Twitter: <https://twitter.com/ConArtritis>

YouTube: <https://www.youtube.com/user/ConArtritis>

Other: <https://www.instagram.com/conartritis/>

LinkedIn: www.linkedin.com/in/conartritis

Resource	Type	URL	Description
Web Page	Web	http://www.conartritis.org	Open web page to all users. It offers text and video information on rheumatoid arthritis, psoriatic arthritis, juvenile idiopathic arthritis and espondiliartritis, news, research, treatment format, etc. We also offer free publications and studies to download. We organize meetings with doctors and chat online through the web.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Covenant Health System, Covenant Medical Center Covenant Lakeside**

Mailing address: 3615 19th St, Lubbock, TX 79410

Phone: 866-426-8362

Website: <http://www.covenanthealth.org/Contact-Us.aspx>

Facebook: <https://www.facebook.com/CovenantHealth>

Twitter: <https://twitter.com/covhs>

Contact form: <https://www.covenanthealth.org/Contact-Us/Email-Us.aspx>

Resource	Type	URL	Description
For Community	Resource	http://www.covenanthealth.org/For-Community.aspx	Access to health care is one of the most urgent issues facing the communities Covenant Health serves. That's why each year we allocate 10 percent of our net bottom line to community outreach programs that improve health services for those who are underprivileged, uninsured or geographically isolated. To give our efforts greater impact, we formed the Covenant Community Health Screening Initiative. This group works to identify underserved communities and organize comprehensive screening clinics that provide education, early detection and ensure follow-up care where necessary.
Our Services	Resource	http://www.covenanthealth.org/Our-Services.aspx	At Covenant, our Centers of Excellence offer a comprehensive, multidisciplinary approach to a specific condition. Choosing where to receive your health care is an important decision. When you choose Mission Hospital, you benefit from the convenience of advanced technology, and the peace of mind that comes from being

			cared for by compassionate staff. We combine experienced medical professionals, successful patient outcomes and community outreach to provide the best possible patient care.
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Defense and Veterans Center for Integrative Pain Management**

Mailing address: 11300 Rockville Pike, Ste 709, Rockville, MD 20852

Phone: 301-816-4723

Website: <https://www.dvcipm.org/>

Contact Form: <https://www.dvcipm.org/contact-us/>

Resource	Type	URL	Description
DVPRS	Pain Measurement Tool	http://www.dvcipm.org/clinical-resources/	Defense & Veterans Center for Integrative Pain Management provides a wide variety of tools, resources, meetings, and workshops available to the public. As a direct result of our research we have created several publicly available tools to assist in the treatment of acute and chronic pain management. You will find links to resources such as the Defense and Veterans Pain Rating Scale (DVPRS) as well as information about upcoming meetings and workshops. For questions or additional information about the resources below you can reach us on our contact us page
JPEP	Pain Curriculum and Educational Videos	http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep	The JPEP is a collaboration effort between the Department of Defense (DoD) and Department of Veterans Affairs (VA) to develop a standardized pain management curriculum to improve complex patient and provider education and training. The Objectives of the JPEP are to: <ul style="list-style-type: none"> - Standardize DoD/VHA education curriculum content, supporting materials, and a variety of

			<p>commonly accessible delivery systems.</p> <ul style="list-style-type: none">- Enhance pain care transition between the DoD and VA- Commit to learning and training our providers, teams, centers, and agencies together; ultimately building a new model of pain care.
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Department of Veteran Affairs Medical Center, Houston, TX**

Mailing address: 2002 Holcombe Blvd, Houston, TX 77030

Phone: 713-791-1414 | 800-553-2278

Website: <https://www.houston.va.gov/>

Facebook: <https://www.facebook.com/HoustonVAMC>

Twitter: <https://twitter.com/vahouston>

Resource	Type	URL	Description
Patient information	Information	http://www.houston.va.gov/patients/index.asp	Patient Information Home includes everything from determining your eligibility, schedule an appointment, a Veteran Information Packet, advance directives, through billing and insurance.
Research	Information	http://www.houston.va.gov/services/research.asp	Supported with more than \$26.8 million annually, research conducted by staff at the Michael E. DeBakey VA Medical Center ensures Veterans access to cutting-edge medical and health care technology. With 615 active research projects, the MEDVAMC Research & Development (R&D) Program is an integral part of the medical centers mission and plays a very important role in the health care Veterans receive. New knowledge, techniques, and products has improved prevention, diagnosis, treatment, and control of the many diseases faced by the Veterans.
VA Center for Innovation	Resource	http://www.innovation.va.gov/	The VA Center for Innovation identifies, tests, and evaluates new approaches to efficiently and effectively meet the current and future needs of Veterans through innovations rooted in data, design-thinking, and agile development.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Endometriosis Research Center**
 Mailing address: 630 Ibis Drive, Delray Beach, FL 33444
 Phone: 800-239-7280
 Website: <https://www.endocenter.org/>
 Facebook: <https://www.facebook.com/EndoResCenter/>
 Twitter: <https://twitter.com/EndoResCenter>
 Email: askerc@endocenter.org

Resource	Type	URL	Description
About the ERC	Information	https://www.endocenter.org/about-the-erc/	Welcome! We're glad you're here. The ERC was founded in early 1997 by Executive Director Michelle E. Marvel with the vision of addressing the ongoing need for international endometriosis awareness, advocacy, support, education, legislative efforts and research facilitation. Since our founding, we have been giving a voice to those with the disease. We were among the first endometriosis organizations to be formed and have long enjoyed working with various newcomer organizations over the years to present a unified voice on this disease.
What We Do	Information	https://www.endocenter.org/about-the-erc/	The ERC strives to make a positive impact on behalf of all shareholders in the disease, to ensure that society recognizes the far-reaching impact the illness continues to have on patients of all ages – not just those trying to conceive. Everyone has a voice in our organization. Since our inception, we have tirelessly addressed myths, misinformation and lack of understanding

			<p>about this illness on a global basis. There is never a fee to join, participate in or benefit from the ERC's programs. A free, truly non-profit foundation in every sense of the word, we exist solely on donations and there are no staff salaries. Moreover, we have no industry or sponsorship ties.</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: European Pain Federation & Societal Impact of Pain (SIP)

Mailing address: secretary@efic.org

Website: www.efic.org ; sip-platform.eu

Facebook: www.facebook.com/EFICorg ; www.facebook.com/SIPPainPolicy/

Twitter: [@EFIC_org](https://twitter.com/EFIC_org) ; [@SIP_PainPolicy](https://twitter.com/SIP_PainPolicy)

You Tube: <https://www.youtube.com/user/EFICorg> ; www.youtube.com/user/SIPplatform ;

LinkedIn: <https://www.linkedin.com/in/efic-european-pain-federation-executive-office-29417725/> ; <https://www.linkedin.com/groups/3691000>

Resource	Type	URL	Description
<ul style="list-style-type: none"> The European Pain Federation EFIC® Education Platform 	Online learning platform for healthcare professionals	http://educationplatform.europeanpainfederation.eu/	The EFIC Education Platform feature a selection of lectures and presentations recorded at congresses and pain schools hosted by the European Pain Federation EFIC. The library is constantly updated. Scientific Content covers several aspects related to pain including cancer pain, use of analgesic, neuropathic pain etc.

<ul style="list-style-type: none"> • Societal Impact of Pain (SIP) Platform website 	Website dedicated to pain policy, advocacy and awareness raising	https://www.sip-platform.eu/	The "Societal Impact of Pain" (SIP) is an international platform created in 2009 as a joint initiative of the European Pain Federation EFIC® and the pharmaceutical company Grünenthal GmbH. The scientific framework of the SIP platform is under the responsibility of the European Pain Federation EFIC®. Co-operation partners for SIP are Pain Alliance Europe and Active Citizenship Network. The pharmaceutical company Grünenthal GmbH is responsible for funding and non-financial support. The website of the SIP platform hosts a comprehensive collection of national and international initiatives, campaigns and projects aimed at tackling the societal impact of pain. The website is constantly updated with national and international events and news of relevance to pain, awareness raising, policy and advocacy
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Societal Impact of Pain (SIP) 2016 Recommendation	Policy and advocacy tool	https://www.sip-platform.eu/pain-resources/achievements/SIP-2016	The organizing partners of the SIP platform formulated key recommendations directed at the institutions of the European Union and national
Societal Impact of Pain (SIP) Joint Statement and Framing paper – European Commission Thematic Network Program – <i>interim draft</i>	Policy and advocacy tool	https://www.sip-platform.eu/media/details/sip-thematic-network-framing-document-v2	Comprehensive policy document, produced by the SIP partners, with the European Pain Federation and Pain Alliance Europe as project leads, the guidance and support of the European Commission DG SANTE directorate and several contributing and endorsing civil society stakeholders focused on pain. The document presents an overview of existing policy and advocacy initiatives addressing the societal impact of pain and identifies gaps for further policy actions. The document includes a call to actions to fill these gaps and continue tackling the societal impact of pain. The document will be finalized and presented to the European Commission in November and expected to be endorsed by several international organizations who contributed to its
The Societal Impact of Pain (SIP) Roadmap for Action	Policy and advocacy action plan	https://www.sip-platform.eu/files/structure_until_2016/Symposia/THE%20SOCIAL%20IMPACT%20OF%20PAIN%20A%20ROAD%20MAP%20FOR%20ACTION%20Endorsment%200%2018%2005%202011.pdf	Developed during the 2011 SIP symposium, the roadmap sets out a plan for European governments and institutions to improve pain policy. The roadmap forms the basis of the policy and advocacy work of the Societal Impact of Pain Platform.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: The Facial Pain Association

Mailing address: 22 SE Fifth Avenue, Suite D, Gainesville, FL 32601-7092

Phone: 800-923-3608 or 352-384-3600

Email: info@tna-support.org

Web site: <http://www.facepain.org>

Facebook: <https://www.facebook.com/facialpainassociation/>

Resource	Type	URL	Description
FPA Patient Guide	Education	http://fpa-support.org/support-network/guide/	Free Patient Guide includes information on the management and treatment of Trigeminal Neuralgia and related facial pain conditions.
“Quarterly”	Education	http://fpa-support.org/quarterlies/	Journal of the Facial Pain Association
“Striking Back”	Education	http://fpa-support.org/support-network/shop-fpa-resources/	The Trigeminal Neuralgia and Face Pain Handbook: This book describes all aspects of TN and facial pain, in layman’s terms
Webinar	Education	http://fpa-support.org/learn/webinar-archive/	A series of interviews with prominent medical professionals concerning TN and neuropathic facial pain, hosted by the chairmen of FPA’s Medical Advisory Board, Jeffrey A. Brown, MD. <i>Previous webinars are available to view on FPA website</i>
News Wire	Education	http://fpa-support.org/support-network/fpa-news-wire/	Scientific and general interest news distributed via Email each month, to patients with trigeminal neuralgia and related neuropathic face pain. <i>Sign up is required</i>

Face to face support groups and Telephone Network contacts	Support	http://fpa-support.org/support-network/support-groups/	FPA Support Network provides support and information that empowers those who deal with facial pain to make informed decisions about treatment of TN and related facial pain conditions.
YPC - Young Patient Committee	Support and Education	http://fpa-support.org/about/young-patients-committee-ypc/	Information and tips concerning the unique situations facing young patients under 40 years of age
Conferences	Education	https://fpa-support.org/connectio nsconference/	FPA hosts various conferences across the country. These conferences provide a unique opportunity to learn, share and connect with patients, medical experts and others affected by neuropathic face pain.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Family Caregivers Alliance**

Mailing address: 101 Montgomery St, Ste 2150, San Francisco, CA 94104

Phone: 800-445-8106 | 415-434-3388

Website: <https://www.caregiver.org/>

Facebook: <https://www.facebook.com/FamilyCaregiverAlliance>

Twitter: <https://twitter.com/CaregiverAlly>

YouTube: <https://www.youtube.com/user/CAREGIVERdotORG>

Contact Form: <https://www.caregiver.org/contact>

Resource	Type	URL	Description
Support groups	Resource	https://www.caregiver.org/support-groups	Family Caregiver Alliance offers three different online support groups for caregivers and their loved ones and two face-to-face support groups (one in Spanish).
Caregiver education	Education	https://www.caregiver.org/resources-health-issue-or-condition	Families provide 80% of the long-term care in this country, and the need for information is great—and growing. FCA's resources provide are a comprehensive collection of family-friendly publications filled with practical information on caregiving issues and health conditions.
Caregiver education	Education	https://www.caregiver.org/caregiving-issues-and-strategies	Whether you're trying to work out a care plan for your aging parents with your siblings or searching online for the latest app to assist you with your ill spouse's medication reminders, FCA's resources on <i>Caregiving Issues and Strategies</i> offer a wealth of information. This section provides you with practical care strategies, stress relief, available community resources, how to handle family issues, as well as hands-on care.

Caregiving Around the Clock

The theme for National Family Caregivers Month November 2017 is
“Caregiving Around the Clock”

Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer’s or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night?

Morning: [Getting off to work.](#) The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day before getting yourself out the door for work.

All Day Long: [Managing medications.](#) Up to 70% of the time, the family caregiver – not the patient – manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring your loved one is taking their medication correctly and maintaining an up-to-date [medication list](#).

During the Workday: [Juggling caregiving and work.](#) Six out of 10 family caregivers work full- or part-time in addition to juggling their caregiving responsibilities at home. And most of them say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

Evening: [Family time and meal time.](#) Ensuring that you get proper [nutrition](#) will help you maintain strength, energy, stamina, and a positive attitude. [Nutrition](#) is as important for you as the caregiver as it is for your loved one. Caregiving affects [the whole family](#).

Late at Night: [Taking time for yourself.](#) Late at night might be the only time you get a few minutes for yourself. Make sure you take time to [rest and recharge](#). The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.

The Middle of the Night: [Emergency room visits.](#) Have you ever had to take your loved one to the emergency room in the middle of the night? [Be prepared](#) ahead of time with what you need to know and what you need to have with you.

During National Family Caregivers Month,
we recognize the challenges family caregivers face when their loved ones need

Caregiving Around the Clock!

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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **FindMeCure Foundation**

Mailing address: Daniela.shikova@findmecure.com

Phone: +44 203 287 5712

Website: www.findmecure.com/foundation

Facebook: <https://www.facebook.com/findmecure/>

Twitter: <https://twitter.com/FindMeCure>

YouTube: <https://www.youtube.com/channel/UC7FFOgPIztGHOSi3CLkTgNQ>

Resource	Type	URL	Description
Search engine for pain clinical trials worldwide	Interactive search engine for clinical trials	https://www.findmecure.com/clinicaltrials/search?mandatoryq=1&ver=2&utm_expid=.Vg6r9BELO7e_6VUwQ4ewbw.1&utm_referrer=https%3A%2F%2Fwww.findmecure.com%2F%3Fver%3D2&condition=&location=Loomis%2C+United+States%2A3&openStudiesOnly=true	The search engine helps patients find, understand and join clinical trials. Our foundation is focused on raising awareness about clinical trials as an option for a treatment. We also guide patients through the application process. We have access to trials of 7 types of pain currently.
Information on clinical trials	Video	https://www.youtube.com/watch?v=tRHRfs-66oc	The video explains in a simple language and shows with animations how the clinical trial process works and how we can help patients through our search engine
Webinar	Recording	https://www.youtube.com/watch?v=5OMITkXzRdw&list=PL8J46ZEXtBuGzsNcJgdIKr1c2cu6AcKAh&index=1	The webinar was organized by FindMeCure Foundation and Chronic Pain Ireland with the kind support from the International Alliance of Patient Organisations. The webinar was led by Maya Zlatanova, CEO of FindMeCure and Board member of FindMeCure Foundation and Deirdre Ryan, Governing Body Member of Chronic Pain Ireland and a patient living with chronic pain. It was focused on the main challenges patients with chronic pain are facing nowadays and the options they must receive an innovative treatment

			through participation in clinical trials. The recording will be further shared with communities and patients in September to remind them about this treatment option.
Information on clinical trials	Video	https://www.youtube.com/watch?v=1s3i9JppwXA	The video explains Efficacy and Safety of Clinical Trials
Blog post on pain management + infographic	Content	To be posted in September	A blog post published in our channels containing information for pain management and giving info about clinical trials for different types of pain. It can also contain an info graphic.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **For Grace**

Mailing address: PO Box 1724, Studio City, CA 91614

Phone: 818-760-7635

Website: <http://www.forgrace.org/>

Facebook: <https://www.facebook.com/ForGraceWomenInPain/>

Twitter: <https://twitter.com/forgrace>

YouTube: <https://www.youtube.com/user/ForGrace>

Email: forgracewip@yahoo.com

Contact Form: <http://www.forgrace.org/about-us/contact/>

Resource	Type	URL	Description
About Us	Information	http://www.forgrace.org/about-us/	<p>Founded in 2002, For Grace’s main goal is to increase awareness and promote education of the gender disparity women experience in the assessment and treatment of their pain.</p> <p>We believe empowering women to be better consumers for their pain management care, sensitizing the general public to gender pain disparities and enlightening public policy makers about pain as a major health issue will improve life outcomes for all women in chronic pain.</p> <p>Also, we see increased medical research about the differences in how men and women experience pain as part of the answer to alleviating the toll of human suffering. We believe medical research will pave the way for gender-specific therapies that will better manage persistent pain.</p>

The Wonder Project	Music Therapy	http://www.forgrace.org/women-pain/wonder-project/	<p>Our spokesperson, Cynthia Toussaint, has recorded her first CD after losing her singing voice to CRPS for 15 years – and this testament to the healing power of music therapy is dedicated it to all Women in Pain.</p> <p>Dubbed “The Wonder Project”, this collection of songs captures the essence of the pain experience while conveying the joy of reinvention and coming out the other side to better wellness.</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Foundation for Peripheral Neuropathy**

Mailing address: 485 Half Day Rd, Ste 350, Buffalo Grove, IL 60089

Phone: 877-883-9942

Website: <https://www.foundationforpn.org/>

Facebook:

https://business.facebook.com/FoundationForPeripheralNeuropathy/?business_id=10153789786591494

Twitter: <https://twitter.com/neuropathyassoc>

Contact Form: <https://www.foundationforpn.org/contact-us/>

Resource	Type	URL	Description
Support groups	Resource	https://www.foundationforpn.org/living-well/support-groups/	<p>Support groups bring together people who share a common health concern or interest. A support group usually focuses on a specific situation or condition, such as peripheral neuropathy. Support groups may be formed by a lay person with the condition or by someone interested in it, such as a family member, or a healthcare professional.</p> <p>Some groups are educational and structured. For example, the group leader may invite a doctor, psychologist, nurse or social worker to talk about a topic relative to the group's needs. Other support groups emphasize emotional support and shared experiences.</p>
About Us	Information	https://www.foundationforpn.org/about-us/	The Foundation for Peripheral Neuropathy is a public charity committed to fostering collaboration among today's most gifted and dedicated neuroscientists and

			<p>physicians. These specialists from around the country will help us maintain a comprehensive view of the field and determine the research areas that hold the most promise in neuropathy research and treatment to develop new and effective therapies that can reverse, reduce and one day eliminate Peripheral Neuropathy. It is our ultimate goal to utilize every means and opportunity to dramatically improve the lives of those living with this painful and debilitating disorder.</p>
Clinical Trials	Research	https://www.foundationforpn.org/2016/07/11/gene-therapy-trial-target-underlying-cause-diabetic-peripheral-neuropathy/	<p>VM BioPharma, the United States division of ViroMed Co., Ltd. in Seoul, Korea, announced the first patient was dosed in the recently initiated Phase 3 clinical study evaluating VM202, a proprietary DNA based biopharmaceutical, in patients with painful diabetic peripheral neuropathy (DPN). This is the first pivotal gene therapy trial specifically targeting the most common cause of severe neuropathy.</p> <p>“The initiation of a pivotal clinical trial for VM202 is incredibly exciting, because we observed in the Phase 2 trial a rapid and significant reduction in DPN pain, along with signals that VM202 may elicit a disease-modifying effect,” said Dr. Jack Kessler, M.D., professor of neurology at Northwestern University’s Feinberg School of Medicine and the principal investigator of the Phase 3 study (and former Board Member of the Foundation for Peripheral Neuropathy). “Current treatments for DPN are aimed at providing symptom management, and along with a high rate of patient failure, do not modify the underlying pathology of the condition.”</p>
Clinical Trials	Research	https://www.foundationforpn.org/2015/08/31/comparison-of-treatment/	<p>A common cause of neuropathy is diabetes, but in about 25 to 50% of the population no cause is found. This group is often referred to as cryptogenic sensory polyneuropathy (CSPN). This study looks at four different drugs in patients with CSPN and plan to determine which drug is</p>

			most effective: nortriptyline, duloxetine, pregabalin, or mexiletine. The study is funded through PCORI: Patient-Centered Outcomes Research Institute whose research is “designed to improve patient care and outcomes through patient-centered comparative clinical effectiveness research.”
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Healthy Women**

Mailing address: PO Box 430, Red Bank, NJ 07701

Phone: 877-986-9472 (Toll-free); 732-530-3425

Website: <http://www.healthywomen.org/>

Facebook: <https://www.facebook.com/healthywomen/>

Twitter: <https://twitter.com/HealthyWomen>

Other: <https://www.linkedin.com/company/healthywomen>

Instagram: <https://www.instagram.com/healthywomenorg/>

Pinterest: <https://www.pinterest.com/healthywomenorg/>

Resource	Type	URL	Description
Diseases & Conditions: Pain Management	Comprehensive online guide	http://www.healthywomen.org/condition/pain-management	This is one of our comprehensive health topics that includes an overview and information on pain management options for various conditions.
9 Questions to Ask About Postsurgical Pain Management	Online list of questions	http://www.healthywomen.org/content/article/9-questions-ask-about-postsurgical-pain-management	Online article with questions to ask your health care provider about postsurgical pain management.
Know Your Options for Managing Pain after Surgery	Online article	http://www.healthywomen.org/content/article/know-your-options-managing-pain-after-surgery	This article focuses on working with your health care provider to develop a plan to manage postsurgical pain.
When It Comes to Managing Pain after Surgery, Women Want a Choice	Online article	http://www.healthywomen.org/content/article/when-it-comes-managing-pain-after-surgery-women-want-choice	This article is based on a survey by Healthy Women, with support from Pacira Pharmaceuticals, to find out what women know about managing pain after surgery.

Ease Chronic Pain with Fish Oils	Online article	http://www.healthywomen.org/content/article/ease-chronic-pain-fish-oils	This article discusses how fish oils may relieve some types of chronic pain.
Health Facts: Pain Management	Downloadable pdf	http://www.healthywomen.org/sites/default/files/Pain-Mgmt-fact-sheet.pdf	A one-page fact sheet with basic info on pain management.
Pain Management Quiz	Online quiz	http://www.healthywomen.org/content/quiz/pain-management-quiz	This is a 5-question online quiz about pain management.
NSAIDs: Questions to Ask Your Health Care Provider	Online article	http://www.healthywomen.org/content/article/nsaids-questions-ask-your-health-care-provider	12 questions to ask your health care provider.
Chronic Pain: Move It to Lose It	Online article	https://www.healthywomen.org/content/article/chronic-pain-move-it-lose-it	This article tells how to exercise with chronic pain.
Coping with Chronic Pain	Online article	http://www.healthywomen.org/content/article/coping-chronic-pain	General overview of how to cope with chronic pain.
Easy Help for Hurting Hands	Online article	http://www.healthywomen.org/content/article/easy-help-hurting-hands	This article includes 4 exercises for hurting hands.
Ease Chronic Pain with Fish Oils	Online article	http://www.healthywomen.org/content/article/ease-chronic-pain-fish-oils	This article discusses how fish oils may relieve some types of chronic pain.

Adaptive Exercise: What to Do When Moving Isn't Easy	Online article	http://www.healthymen.org/content/article/adaptive-exercise-what-do-when-moving-isnt-easy	This article is about exercises people can do even when they have pain.
Exercising with Joint Pain	Online article	http://www.healthymen.org/content/article/exercising-joint-pain	Article on how to exercise with joint pain.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Institute for Health and Productivity Management**

Mailing address: 17470 N Pacesetter Way, Scottsdale, AZ 85255

Phone: 480-305-2100

Website: <https://www.ihpm.org/>

Facebook: https://www.facebook.com/IHPMHQ/?ref=aymt_homepage_panel

Resource	Type	URL	Description
Workplace Wellness Alliance	Education	http://www.ihpm.org/workplace-wellness-alliance/	Organizations, in their role as employers, have an even greater responsibility to nurture employee resilience; there is strong evidence that a healthy workforce is vital to a country’s competitiveness, productivity and well-being. Over 50% of the working population spend most of their time at work, so the workplace provides a unique opportunity to raise awareness, as well as guide and incentivize individuals to develop healthier behaviors. This has proven to have a multiplier effect, as employees integrate health and well- being into their families and communities. [Klaus Schwab, Founder & Executive Chairman, World Economic Forum]
Workplace Wellness – Pain Management	Education	http://www.ihpm.org/workplace-centers/pain-management/	1) The Burden of Pain on Employee Health and Productivity and article “The High Impact of Pain on Employee Health and Productivity: A Case Study” — <i>Health & Productivity Management</i> magazine, Vol. 4, No. 3, pp. 18-21 (by Harris Allen, David Hubbard and Sean Sullivan)... click here 2) Economic Burden of Illness for Employees with Painful Conditions —

			<p><i>Health & Productivity Management</i> magazine, Vol. 5, No. 4...click here.</p> <p>3) “Reducing Musculoskeletal Pain in the Workplace” — <i>Health & Productivity Management</i> magazine, Spring 2009, pp. 4-7 (by John Schaab at Intel and Rick Nevins)...click here</p> <p>4) Recognizing the Impact of Migraine in the Workplace — Special Issue <i>Health & Productivity Management</i> magazine...click here.</p>
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Tool Kits for Health Care Professionals

Organization: **Intercultural Cancer Council**

Mailing address: Meharry Medical College, Dr DB Todd Jr Blvd, Nashville, TN 37208

Website: <http://agable.net/>

Facebook: <https://www.facebook.com/MeharryMedicalCollege/>

Contact form: http://agable.net/?page_id=387

Resource	Type	URL	Description
Mission	Information		The Intercultural Cancer Council promotes policies, programs, partnerships, and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories.
Motto: Speaking with One Voice	Information		“The Intercultural Cancer Council’s motto ‘Speaking with One Voice’ embodies the power of uniting a diverse and representative membership to raise issues, propose solutions and, most importantly, to effect change that benefits all regardless of race, ethnicity, socioeconomic status or geography. Finding leadership from the communities where cancer health disparities exist, the ICC is committed to returning to those leaders, their organizations and their communities, the skills, resources and programs that offer solutions to our call to action.” – Armin D. Weinberg, PhD Co-Founder, Intercultural Cancer Council Baylor College of Medicine

			<p>“There is still a disproportionate cancer incidence, morbidity, and mortality among minorities, persons of low socioeconomic status in the United States, its associated territories and our Tribal Nations. Health inequities and health disparities suffered by these communities have been documented through many published reports including the tobacco crisis in America. There is still a critical need to develop knowledge and strategies to address this crisis with the leadership and full participation of the affected communities. The Intercultural Cancer Council will continue to provide a multicultural forum to address, discuss and demonstrate the importance and promotion of the issues of cancer and chronic diseases that impact our communities.” – Pamela M. Jackson, MS Executive Director, Intercultural Cancer Council Baylor College of Medicine</p> <p>“The ICC is about solving national cancer issues with representation from all Americans. It cannot be defined as either an entity composed of grassroots organizations or categorized as mainstream, but as an American organization whose members are the fabric of which this nation is comprised. It is more of a fine salad than a melting pot.” – Lovell A. Jones, PhD Co-Founder, Intercultural Cancer Council Associate Dean for Research Prairie View A & M University College of Nursing</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Alliance of Patients' Organizations (IAPO)**

Mailing address: CAN Mezzanine, 49-51 East Road London, N1 6AH, United Kingdom

Phone: +44 20 7250 8280

Website: <https://www.iapo.org.uk/>

Facebook: <https://www.facebook.com/IAPOvoice>

YouTube: <https://www.youtube.com/user/IAPOPatientVoice>

Twitter: <https://twitter.com/IAPOvoice>

Email: info@iapo.org.uk

Resource	Type	URL	Description
Mission statement	Information	https://www.iapo.org.uk/vision-and-mission	<p>Our vision is to see patients at the centre of healthcare throughout the world. Our mission is to help build patient-centred healthcare worldwide.</p> <p>We do this by: Actively working with patients' organizations and building them up to be as effective as possible; advocating internationally with a strong patients' voice on relevant aspects of healthcare policy, with the aim of influencing international, regional and national health agendas and policies; and building cross-sector alliances and working collaboratively with like-minded medical and health professionals, policy makers, academics, researchers and industry representatives</p> <p>Get in touch: If you would like to help us by getting involved, please get in touch.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis**

Mailing address: 9650 Rockville Pike, Bethesda, MD 20814

Phone: 301-634-7701

Website: <http://iacfsme.org/>

Facebook: <https://www.facebook.com/MECFSDiary/>

YouTube: <https://www.youtube.com/watch?v=nvRzUI97YLc>

Email: membership@iacfsme.org

Resource	Type	URL	Description
Mission statement	Information	http://iacfsme.org/Organization/Mission-Statement.aspx	<p>The mission of IACFS/ME is to promote, stimulate and coordinate the exchange of ideas related to CFS, ME and fibromyalgia (FM) research, patient care and treatment. In addition, the IACFS/ME periodically reviews current research and treatment literature and media reports for the benefit of scientists, clinicians and patients. We also conduct and/or participates in local, national, and international scientific conferences in order to promote and evaluate new research and to encourage future research ventures and cooperative activities to advance scientific and clinical knowledge of these illnesses.</p> <p>We shall at all times be organized and operated exclusively for charitable, scientific, literary or educational purposes as a qualified exempt organization described under section 501 (c) (3) of the IRS code of 1986 and the regulations</p>

			promulgated thereunder as they may now exist or as they may be hereafter amended.
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Association of Peer Supporters (iNAPS)**

Mailing address: PO Box 755, Norton, MA 02766

Website: <http://www.inaops.org/>

Facebook: <https://www.facebook.com/NA4PS/>

Twitter: <https://twitter.com/inaps4peers>

Linked In: <https://www.linkedin.com/company/inaops/>

Email: info@inaops.org

Resource	Type	URL	Description
History	Information	https://www.iapo.org.uk/governing-board	The International Association of Peer Supporters (iNAPS) is a 501(c)(3), non-profit organization. It was begun by a small group of peer specialists in Michigan interested in what was happening in other states. Founded in 2004, the organization now includes members from every state and several countries outside the US — including Australia, Canada, Japan and Belgium. Members of this network can come together to share their ideas and innovations, exchange resources and information based on real world application, and add their voice to others when concerns and issues affecting all of us require a global response from a global community.
Mission & Vision	Information	http://www.inaops.org/mission-vision	Our mission is to grow the profession by promoting the inclusion of peer supporters throughout mental and behavioral health systems worldwide. Join us as we expand our grassroots movement in new and exciting ways. In demonstrating healthy relationships and friendships, the

			<p>organization and all of those we influence along the way will become stronger. And we even have fun while working on projects together.</p> <p>We learn together and grow in our ability to:</p> <ul style="list-style-type: none"> • Demonstrate compassion and hope • Understand • Expect more and encourage the next step • Increase acceptance of those with mental health, substance use, or trauma experiences in their communities of choice • Increase awareness of the benefits of hiring peer support providers <p>Our vision is to make peer support services an option for anyone who needs the compassion and understanding of someone who has been there.</p> <p>As an organization with international connections, we advocate for the worldwide wisdom that peer support providers have gained from their own experiences to be an important component in mental health treatment and in system transformation.</p> <p>We believe peer supporters are, in many locations, an untapped resource for the mental health system and those who are being served. We also aim for better working conditions, compensation and the adoption of trauma-informed and recovery-oriented practices.</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Association for the Study of Pain (IASP)**

Mailing address: 1510 H St NW, Ste 600, Washington, DC 20005-1020

Phone: 202-856-7400

Website: <http://iasp-pain.org/>

Email: IASPdesk@iasp-pain.org

Resource	Type	URL	Description
Mission statement	Information	http://www.iasp-pain.org/Mission?navItemNumber=586	<p>Vision Statement: Working together for pain relief throughout the world.</p> <p>Mission: IASP brings together scientists, clinicians, health-care providers, and policymakers to stimulate and support the study of pain and to translate that knowledge into improved pain relief worldwide.</p>
Pain Resources	Resources	http://www.iasp-pain.org/Education/Content.aspx?ItemNumber=1723	<p>This is a listing of resources relevant to patients in pain. Note: IASP does not offer patient referrals and links should not be construed as endorsement. IASP is not responsible for information contained on 3rd-party sites.</p> <p>American Chronic Pain Association, Australian Pain Management Association, Chronic Pain Australia, Chronic Pain Scotland, Pain Connection-Chronic Pain Outreach Center, and Patient Advocate Foundation.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Endometriosis Association**

Website: <http://www.endometriosisassn.org/>

Facebook: <https://www.facebook.com/EndoAssn/>

Twitter: <https://twitter.com/EndoAssn>

YouTube: <https://www.youtube.com/channel/UCJZvXs03eJVkHbzsSQWKd9A>

Contact Form: <https://endometriosisassn.org/contact-us>

Support: support@endometriosisassn.org

Resource	Type	URL	Description
Free Resources	Resources	https://endometriosisassn.org/endometriosis_resources	We offer the following services * Education * Support * Research * that can help educate and support you and others affected by this disease, as well as promote and facilitate research leading towards the cause and cure for endometriosis.
EA Info Packet	Education	https://endometriosisassn.org/endometriosis_resources/info-packet	EA brochures in several different languages, specialized brochure for teenagers, one for girls 8-12 years, and Endometriosis & Menopause.
Resources for Women with Endo	Resources	https://endometriosisassn.org/endometriosis_resources/women-endo	We offer services that can help educate and support those affected by this disease, as well as promote and facilitate research leading towards the cause and cure for endometriosis. The EA offers: <ul style="list-style-type: none"> • Safe private online community created for EA members • Crisis call hotline and correspondence networks

			<ul style="list-style-type: none">• Health care provider lists and contact lists• Prescription drug discount program• Resources and Books on endometriosis: <i>Endometriosis: The Complete Reference for Taking Charge of Your Health</i>, <i>The Endometriosis Sourcebook</i>, <i>Endometriosis: Libro de consulta</i>, & Dian Mills – <i>A Key to Healing Through Nutrition</i>.• Discount on EA Select Supplements• A chance to MAKE A DIFFERENCE!
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Name: **International Foundation for Functional Gastrointestinal Disorders**

Address: PO Box 170864, Milwaukee, WI 53217

Phone: 414-964-1799

E-mail: <mailto:iffgd@iffgd.org>

Website: www.iffgd.org

Facebook: <https://www.facebook.com/IFFGD>

Twitter: <https://twitter.com/IFFGD>

YouTube: <https://www.youtube.com/user/IFFGD>

Contact Form: <https://www.iffgd.org/contact-us.html>

Resource	Type	URL	Description
Information about all types of functional gastrointestinal disorders	Resource	www.iffgd.org	<p>International Foundation for Functional Gastrointestinal Disorders is your resource for reliable digestive health knowledge, support, and assistance about functional gastrointestinal (GI) and motility disorders (FGIMDs). We are a nonprofit that started in 1991. Discover information you need on digestive disorders in adults and children.</p> <p>Going to the doctor can be stressful, especially if you are sick or worried. You may think that being a "good" patient means doing what your doctor tells you. But the truth is, staying quiet is not a good idea. By asking questions and understanding your treatment options, you can share in making decisions with your doctor and receive the best possible care. In this section, we offer tips and information to help you better manage your own healthcare and be an active member of your healthcare team.</p>

			<p>Going to the doctor can be stressful, especially if you are sick or worried. You may think that being a "good" patient means doing what your doctor tells you. But the truth is, staying quiet is not a good idea. By asking questions and understanding your treatment options, you can share in making decisions with your doctor and receive the best possible care. In this section, we offer tips and information to help you better manage your own healthcare and be an active member of your healthcare team.</p> <p>The Digestive System Finding a Doctor Symptoms and Causes Tests and Diagnosis Diet and Treatments Medications Tips and Daily Living</p> <p>We also offer information on ways to Take Part in Studies.</p> <p>You can find more information on each of these topics related to specific functional GI and motility disorders, on these IFFGD websites:</p> <p>www.aboutIBS.org www.aboutConstipation.org www.aboutGERD.org www.aboutIncontinence.org www.aboutKidsGI.org www.aboutgiMotility.org www.aboutGastroparesis.org</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Pain Foundation**

Phone: 480-882-1342

Website: <https://internationalpain.org/>

Facebook: <https://www.facebook.com/iPainFoundation/>

Twitter: <https://twitter.com/powerofpain>

YouTube: Contact form (bottom of page):

<https://internationalpain.org/>

Resource	Type	URL	Description
National Pain Strategy	Patient Awareness	https://powerofpain.org/national-pain-strategy/	<p>A core recommendation of the 2011 IOM Report: Relieving Pain in America is: “The Secretary of the Department of Health and Human Services should develop a comprehensive, population health-level strategy for pain prevention, treatment, management, education, reimbursement, and research that includes specific goals, actions, time frames, and resources.” The IOM report highlighted specific objectives for the strategy:</p> <p>Describe how efforts across government agencies, including public– private partnerships, can be established, coordinated, and integrated to encourage population-focused research, education, communication, and community-wide approaches that can help reduce pain and its consequences and remediate disparities in the experience of pain among subgroups of Americans.</p> <p>Include an agenda for developing physiological, clinical, behavioral,</p>

			<p>psychological, outcomes, and health services research and appropriate links across these domains.</p> <p>Improve pain assessment and management programs within the service delivery and financing programs of the federal government.</p> <p>Proceed in cooperation with the Interagency Pain Research Coordinating Committee and the National Institutes of Health's Pain Consortium and reach out to private-sector participants as appropriate. Involve the appropriate agencies and entities.</p> <p>Include ongoing efforts to enhance public awareness about the nature of chronic pain and the role of self-care in its management.</p> <p>For additional detailed information on the NPS, please visit: http://iprcc.nih.gov/National_Pain_Strategy/NPS_Main.htm</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Pain Management Network**

Mailing address: Post Office Box 850, Rocklin, CA 95677

Phone: 800-533-3231

Website: <https://ipmnetwork.org/>

Email: IPMNetwork2015@gmail.com

Resource	Type	URL	Description
Our hope for tomorrow	Mission	https://ipmnetwork.org/	<p>Increase awareness of the burden and consequences of pain at all levels</p> <p>Inform the international community that pain management/relief is a basic human right</p> <p>Improve communication between patient and health care provider</p> <p>Develop tools and resources to identify and manage pain</p> <p>Inspire empathy for those experiencing chronic pain</p> <p>Encourage a multidisciplinary and tailored approach to pain care</p> <p>Reassure patients they do not need to suffer from pain in silence</p>
International Resources for pain	Resource	https://ipmnetwork.org/news	News from around the world about the issues that we all face when it comes to pain management.

<p>Healthcare is a Human Right</p>	<p>Resource</p>	<p>https://ipmnetwork.org/healthcare-is-a-human-right</p>	<p>We should all have access to the healthcare we need: good quality, affordable care without fear of discrimination. This is our human right.</p> <p>The World Health Organization states that every person has ‘the right to the highest attainable standard of health Decision-makers in every country and continent are obliged to make this happen: to respect, protect and fulfil the rights of patients</p> <p>This Patient Solidarity Day we call on individuals, organizations and institutions to agree that healthcare is a human right for all – without exception – which must be reflected at every level of care. Systems should be designed, and services delivered to meet the needs of patients.</p> <p>We call on everyone to stand together on 5 December to raise awareness under this banner, to change the perspectives of others and to improve the lives of patients around the world.”</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Interstitial Cystitis Association**

Mailing address: 7918 Jones Branch Dr, Ste 300, McLean, VA 22102

Phone: 703-442-2070

Website: <http://www.ichelp.org/>

Facebook: <https://www.facebook.com/InterstitialCystitisAssociation>

Twitter: <https://twitter.com/ichelp>

YouTube: <https://www.youtube.com/user/ICHelp>

Email: icamail@ichelp.org

Resource	Type	URL	Description
Clinical Trials	Research	http://www.ichelp.org/research/clinical-trials/	<p>Interstitial cystitis (IC) clinical trials, why participate?</p> <p>By participating in an IC clinical trial, you can play a more active role in your healthcare, gain access to new IC research treatments before they are widely available, and help others by contributing to medical research.</p> <p>Researchers: Need Help Recruiting for an IC Clinical Trial?</p> <p>Patients: Studies Seeking IC Patients to Participate in Studies</p> <p>- See more at: http://www.ichelp.org/research/clinical-trials/#sthash.c6ChLDEi.dpuf</p>
Interstitial Cystitis and Diet	Education	http://www.ichelp.org/living-with-ic/interstitial-cystitis-and-diet/	<p>Changes in diet help many patients control their symptoms and IC treatment guidelines recommend dietary changes as part of an IC therapy plan. However, studies have found there is a lot of variability from one IC patient to another. Some people with IC report that certain foods appear to irritate their bladders and</p>

			<p>cause painful IC flares. These patients find that making a few strategic changes to what they eat, and drink can help to control their IC symptoms including pain, frequency, and urgency. Other IC patients find that diet does not affect their flares. - See more at: http://www.ichelp.org/living-with-ic/interstitial-cystitis-and-diet/#sthash.rG4RxGLY.dpuf</p>
IC Treatment Guideline	Information	http://www.ichelp.org/diagnosis-treatment/ic-treatment-guideline/	<p>The need for standardized guidelines for diagnosing and treating interstitial cystitis (IC) has become very apparent over the past few years—and has generated many heated debates. The good news is that several countries and professional medical associations are now in the process of developing their own IC Guideline. - See more at: http://www.ichelp.org/diagnosis-treatment/ic-treatment-guideline/#sthash.4zDXvwaI.dpuf</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Lupus Foundation of America**

Mailing address: 2121 K Street NW, Ste 200, Washington, DC 20037

Phone: 202-349-1155

Website: www.lupus.org

Facebook: <https://www.facebook.com/LupusFoundationofAmerica/>

Twitter: <https://twitter.com/LupusOrg>

YouTube: <https://www.youtube.com/user/LupusFoundation>

Email: <mailto:info@lupus.org>

Resource	Type	URL	Description
National Resource Center on Lupus	Online web portal	lupus.org/resources	A collection of up-to-date resources and information on lupus. You will find a questionnaire to see if your symptoms could be related to lupus, a guide for talking with your doctor, additional information on how lupus is diagnosed, a lupus symptom tracker and more.
National Health Educator Network	Health education network	Lupus.org/HealthEducator	Our health education experts are available to answer questions and provide helpful information, resources and support to those with questions about lupus. Call 1-800-558-0121 or visit Lupus.org/HealthEducator to get help in English and Spanish.
LupusConnect™ Online Community	Online community	Lupus.org/LupusConnect	An online community where members engage with others like them to share experiences and find

			emotional support. Lupus.org/LupusConnect
E-newsletter	Monthly newsletter series	lupus.org/subscribe	Sign up to receive our monthly e-newsletter that includes the latest research news and articles about living with lupus.
Take Charge Series	Weekly email series	lupus.org/take-charge	A weekly education email series for people with lupus, including those recently diagnosed. Each week for 8 weeks, you'll get an email from our Health Educators with tips and resources that can empower you to take charge of your health.
Social media	Daily updates on social channels	FB: LupusFoundationofAmerica TW: LupusOrg Insta: LupusOrg YouTube: LupusFoundation	For daily updates on news and information on lupus, follow us on social media.
<i>Walk to End Lupus Now</i> Events	Walk events nationwide	lupus.org/walk	<i>Walk to End Lupus Now</i> events provide people with affected by lupus and their families an opportunity to come together for one unified purpose – to end lupus.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Men's Health Network**
 Mailing address: PO Box 75972, Washington, DC 20013
 Phone: 202-543-MHN-1 (6461) ext. 101
 Website: <http://www.menshealthnetwork.org/>
 Facebook: <https://www.facebook.com/menshealthnetwork>
 Twitter: <https://twitter.com/menshlthnetwork>
 YouTube: <https://www.youtube.com/user/MHNMedia>
 Email: info@menshealthnetwork.org

Resource	Type	URL	Description
About MHN	Information	http://www.menshealthnetwork.org/about	Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.
e-Newsletter	Information	http://www.menshealthnetwork.org/newsletters	Healthy E-Male Newsletter Check out some of our past newsletters! Healthy E-Male May 10, 2018 Healthy E-Male April 11, 2018 Healthy E-Male March 15, 2018 Healthy E-Male February 16, 2018 If you don't get the Healthy E-Male but would like to Click here.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Association for the Advancement of Colored People**

Mailing address: 4805 Mount Hope Dr, Baltimore, MD 21215

Phone: 877-NAACP-98

Website: <http://www.naacp.org/>

Facebook: <https://www.facebook.com/naacp>

Twitter: <https://twitter.com/naacp>

YouTube: <https://www.youtube.com/user/naacpvideos/videos>

Contact Form (bottom of page): <http://www.naacp.org/page/s/contact>

Instagram: <https://www.instagram.com/naacp/>

Resource	Type	URL	Description
Our Mission	Information	http://www.naacp.org/pages/our-mission	The mission of the National Association for the Advancement of Colored People is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
Health	Education	http://www.naacp.org/programs/entry/health-programs	The NAACP is committed to eliminating the racial and ethnic disparities in our health care system that plague people of color in the United States. African Americans continue to have the highest incidence, prevalence and mortality rates from chronic diseases like cardiovascular disease, diabetes and obesity. Additionally, issues like HIV and infant mortality have continued to overwhelm the Black community. Systemic imbalances in the health care delivery system disproportionately affect African Americans and Latinas more than their White counterparts.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Association of Social Workers (NASW)**

Mailing address: 750 First Street NE, Ste 800, Washington, DC 20002-4241

Phone: 800-742-4089

Website: www.socialworkers.org

Facebook: <https://www.facebook.com/naswsocialworkers/>

Twitter: <https://twitter.com/nasw>

YouTube: <https://www.youtube.com/user/socialworkers>

Other: LinkedIn: <https://www.linkedin.com/groups/115089/profile>

Instagram: <https://www.instagram.com/naswsocialworkers>

Email: membership@socialworkers.org

Resource	Type	URL	Description
NASW Comments to HHS Pain Management Best Practices Inter-Agency Task Force	Policy advocacy	https://www.socialworkers.org/LinkClick.aspx?fileticket=F1A-lt2Boio%3d&portalid=0	NASW submitted comments to the Inter-Agency Task Force regarding the Draft Report on Pain Management Best Practices. NASW expressed strong support for improving access to appropriate pain care and promoting comprehensive integrative pain management (CIPM).
Clinical Practice Guidelines for Quality Palliative Care (4th ed.)—National Consensus Project for Quality Palliative Care	Standards and guidelines	https://www.nationalcoalitionhpc.org/ncp/	The <i>Clinical Practice Guidelines for Quality Palliative Care, 4th edition</i> promote quality palliative care, foster consistent and high standards in palliative care, and encourage continuity of care across settings. Pain management is an integral component of the guidelines, which are available to the public as a free download.
NASW Endorsement of the National Consensus Project	Standards and guidelines	https://www.socialworkers.org/LinkClick.aspx?fileticket=71KHxcmj2cc%3d&portalid=0	NASW issued an endorsement of the National Consensus Project <i>Guidelines on Quality Palliative Care, 4th ed.</i> , which set a high standard for quality palliative care for consumers and professionals.

Guidelines on Quality Palliative Care, 4 th ed.			
NASW Comments on Healthy People 2030 Proposed Objectives	Policy advocacy	https://www.socialworkers.org/LinkClick.aspx?fileticket=rhnqSGInlhA%3d&portalid=0	NASW submitted comments to HHS on Healthy People 2030 Proposed Objectives.
NASW attends the Integrative Pain Care Policy Congress	Policy advocacy	http://www.ihpc.org/national-strategy-for-comprehensive-integrative-pain-management-gaining-momentum-at-2nd-annual-integrative-pain-care-policy-congress/	In November 2018, NASW staff participated in the Integrative Pain Care Policy Congress, hosted by the Academy of Integrative Pain Management. The gathering focused on promoting appropriate access to pain care and comprehensive treatment.
NASW Hospice Care Policy Statement	Policy advocacy	https://www.naswpress.org/publications/profession/social-work-speaks-1.html	An updated Hospice Care Policy Statement is published in <i>Social Work Speaks</i> , National Association of Social Workers Policy Statements 2018–2020, 11th Edition.
NASW Statement on Integrative Pain Management	Policy advocacy	https://www.socialworkers.org/LinkClick.aspx?fileticket=uj5ApiqwXas%3D&portalid=0	NASW issued a statement in advance of the 2017 Pain Care Policy Congress, hosted by the Academy of Integrative Pain Medicine.
NASW Comments to AHRQ	Policy advocacy	https://www.socialworkers.org/LinkClick.aspx?fileticket=izhhr7vbYoE%3d&portalid=0	NASW submitted comments to the Agency for Healthcare Research and Quality regarding Noninvasive, Nonpharmacological Treatment for Chronic Pain.
NASW Comments to AHRQ with the Academy of Integrative Pain Management	Policy advocacy	https://www.socialworkers.org/LinkClick.aspx?fileticket=lhOpKyM04hM%3d&portalid=0	In collaboration with the Academy of Integrative Pain Management and partner organizations, comments were submitted to the Agency for Healthcare Research and Quality regarding Noninvasive, Nonpharmacological Treatment for Chronic Pain.
NASW Endorses CARA 2.0 Policy Solutions for Chronic Pain	Policy advocacy	https://www.socialworkers.org/LinkClick.aspx?fileticket=IqrDwrjZlqI%3d&portalid=0	In collaboration with partner organizations, NASW signed on to CARA 2.0 Policy Solutions for Chronic Pain.
Social Work Advocates	Publications	https://www.socialworkers.org/News/Social-Work-Advocates	NASW’s magazine, is a primary information source for social work practitioners, administrators, policy advocates, researchers, faculty, and students. The magazine is free to NASW members and available by subscription

			to nonmembers.
Social Work Online CE Institute	Continuing education	https://naswinstitute.inreachce.com/	Find self-study courses, teleconferences and webinars on the topics of social work assessment and intervention for chronic pain management and evidence-based strategies to promote quality palliative care.
NASW Standards for Social Work Practice in Health Care Settings	Standards and guidelines	https://www.socialworkers.org/LinkClick.aspx?fileticket=fFnsRHX-4HE%3d&portalid=0	These standards guide social work practice across health care settings and outline the knowledge and skills that health care social workers should possess. The standards are available to the public as a free download.
NASW Standards for Social Work Practice in Palliative & End of Life Care	Standards and guidelines	https://www.socialworkers.org/LinkClick.aspx?fileticket=xBmd58VwEhk%3d&portalid=0	These standards, which are available to the public as a free download, delineate the services social workers should provide, employers should support, and consumers should expect in palliative and end-of-life care. Pain management is an integral component of the standards.
NASW Standards and Indicators for Cultural Competence in Social Work Practice	Standards and guidelines	https://www.socialworkers.org/LinkClick.aspx?fileticket=7dVckZAYUmk%3d&portalid=0	These standards, which are available to the public as a free download, address multiple concepts integral to effective pain management, such as language and communication.
Code of Ethics of the National Association of Social Workers	Standards and guidelines	https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English	The <i>Code</i> , available to the public as a free download in English and Spanish, guides the everyday professional conduct of social workers. Its ethical values and principles implicitly support consumer access to holistic pain management services.
NASW Press	Publications	http://www.naswpress.org	NASW Press publications include NASW's four journals (of which <i>Health & Social Work</i> is one); the <i>Encyclopedia of Social Work</i> , available in both print and online formats, which includes articles about pain, palliative care, and hospice; and numerous books.
NASW–NHPCO advanced practice specialty credentials in hospice and palliative social work	Credentials	https://www.socialworkers.org/Careers/Credentials-Certifications/Apply-for-NASW-Social-Work-Credentials/Advanced-Certified-Hospice-and-Palliative-Social-Worker	NASW and the National Hospice and Palliative Care Organization jointly developed two credentials: the Certified Hospice and Palliative Social Worker (CHP-SW), for bachelor's-level social workers (BSWs), and the Advanced Certified Hospice and Palliative Social Workers (ACHP-SW), for master's-level social workers (MSWs). Assessing and managing the psychosocial aspects of pain is a core function required both credentials.
Help Starts Here	Consumer education	http://www.helpstartshere.org/	NASW's consumer Website, <i>Help Starts Here</i> , includes information about pain management, living with illness, and related topics. The site also includes links to several free databases

			listing social workers, including those who specialize in pain management.
Dementia Care Practice Recommendations—Alzheimer’s Association	Standards and guidelines	https://www.alz.org/professionals/professional-providers/dementia_care_practice_recommendations	A consensus-based process, in which NASW and multiple other national organizations participated, informed the development of these evidence-based practice recommendations. The recommendations (which are available to the public as a free download) were released in four phases, and each publication includes a section dedicated to pain management.
Advanced Care, Hospice, and End-of-Life Principles—Leadership Council of Aging Organizations	Policy advocacy	https://www.lcao.org/lcao-advanced-care-hospice-end-of-life-principles/	This advocacy document, developed by the Leadership Council of Aging Organizations (of which NASW is a member), delineates principles integral to person- and family-centered care for older adults living with advanced illness or nearing the end of life. Pain management is included as an integral component of such care. The document is available to the public as a free download.
Speak Up: What you need to know about your serious illness and palliative care—The Joint Commission	Consumer education	https://www.jointcommission.org/topics/speak-up-serious-illness-and-palliative-care.aspx	This consumer-oriented brochure (developed in collaboration with the American Academy of Hospice and Palliative Medicine, the Association of Professional Chaplains, the Center to Advance Palliative Care, the Hospice and Palliative Nurses Association, the Lance Armstrong Foundation, NASW, and the National Hospice and Palliative Care Organization) describes how palliative care helps to relieve pain and other symptoms associated with serious illness. Available to the public as a free download in both English and Spanish.
What Social Workers Need to Know About Chronic Pain Management	Continuing education	https://naswinstitute.inreachce.com/Details/Information/5e191973-a317-41e8-b38a-3b708b10c3d5	This self-study course, presented by Jeffrey Gorelick, MD, delineates a variety of treatment options for chronic pain and addresses how to respond to the psychosocial needs of people with chronic pain. Available to all social workers, for a fee.
NASW comments to the 2015 White House Conference on Aging	Policy advocacy	https://www.socialworkers.org/LinkClick.aspx?fileticket=jk7TGpA_aU%3d&portalid=0	In its comments to the 2015 White House Conference on Aging, NASW advocated for increased awareness of and access to hospice and palliative care and to pain management services across health care settings.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Consumers League**

Mailing address: 1701 K St NW, Ste 1200, Washington, DC 20006

Phone: 202-835-3323

Website: <http://www.nclnet.org/>

Facebook: <https://www.facebook.com/nationalconsumersleague>

Twitter: https://twitter.com/ncl_tweets

YouTube: <https://www.youtube.com/user/nationalconsumers>

Contact form: http://www.nclnet.org/contact_us

Email: info@nclnet.org

Resource	Type	URL	Description
Our Work	Information	http://www.nclnet.org/	For more than a century, NCL has led the charge to improve the lives of consumers and workers on the issues that matter most. We Listen. We Educate. We Advocate.
Stop Child Labor	Education	http://stopchildlabor.org/	Promoting health, safety, education and well-being for working minors. Pursuing an end to child labor exploitation.
Health	Education	http://www.nclnet.org/your_health	Changes to our healthcare system in recent years have meant new opportunities and challenges for consumers. Keeping America's families safe and healthy is our goal, and with Your Health NCL has got you covered.
Advocate	Advocacy	https://www.jointcommission.org/assets/1/18/Palliative_brochure.pdf	In the earliest days of workplace advocacy, NCL played a role in establishing the 8-hour workday and the minimum wage. Today's workplace poses many new safety and fairness challenges across all sectors, and NCL continues to fight to protect and improve Worker's Rights.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Fibromyalgia and Chronic Pain Association (Correct it)**

Mailing address: 31 Federal Avenue, Logan, UT 84321

Phone: 801-200-3627

Website: <http://www.fmcpaware.org/>

Facebook: <https://www.facebook.com/NFMCPA/>

Twitter: <https://twitter.com/FibroAndPain>

YouTube: https://www.youtube.com/user/FMCPAWARE?feature=creators_corner-//s.ytimg.com/yt/img/creators_corner/YouTube/40x40_yt_white.png

Contact Form:

Email: info@fmcpaware.org

Resource	Type	URL	Description
Resources for Fibromyalgia & Education	Education		<p>Fibromyalgia (FM) doesn't only affect the patients; it also impacts their family, friends, and colleagues.</p> <p>If your life has been touched by FM, as a patient or someone supporting a patient, here you'll find resources to help you deal with the impact of FM--everything from the latest research news and details about ongoing clinical trials, to information to aid with decisions about healthcare options, disability, and insurance issues.</p>
Mission Statement	Information	https://fibroandpain.org/about-nfmcpa	The National Fibromyalgia & Chronic Pain Association unites patients, policy makers, and healthcare, medical and scientific communities to transform lives through visionary support, advocacy, research and education of fibromyalgia and chronic pain illnesses.

Education and Support Groups	Education & Support	https://fibroandpain.org/support-groups	
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Fibromyalgia Partnership, Inc. (NFP)**

Mailing address: PO Box 2355, Centreville, VA 21022

Website: <http://www.fmpartnership.org/>

Other: <http://www.fmpartnership.org/brochure.asp> (contact form and brochure)

Resource	Type	URL	Description
Our Mission	Information	http://www.fmpartnership.org/about.asp	<p>Our Mission is to make medically-accurate, quality resource information on fibromyalgia (FM) available to our membership, health care professionals, and the community-at-large.</p> <p>Our Goal is to provide informational tools to promote the timely and appropriate diagnosis and treatment of fibromyalgia.</p>
Do Your Own Research	Education	http://www.fmpartnership.org/resources.asp	<p>National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH)</p> <p>Lead institute at the NIH in the funding of extramural, fibromyalgia research. Also has useful consumer information on fibromyalgia, arthritis, and other chronic musculoskeletal pain conditions.</p> <p>http://www.niams.nih.gov</p>

<p>Do Your Own Research</p>	<p>Education</p>	<p>http://www.fmpartner.org/resources.asp</p>	<p>PubMed Database of the U.S. National Library of Medicine of the National Institutes of Health PubMed comprises more than 22 million citations for biomedical literature from MEDLINE, life science journals, and online books. http://www.pubmed.gov</p> <p>NIH Office of Dietary Supplements Offers a wide array of consumer fact sheets and resource information on dietary supplements. http://ods.od.nih.gov</p> <p>National Council on Disability (NCD) NCD is a small, independent federal agency charged with advising the President, Congress, and other federal agencies regarding policies, programs, practices, and procedures that affect people with disabilities. A wide variety of reports on disability-related topics is available for download and/or printing. http://www.ncd.gov</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Headache Foundation**

Mailing address: 820 N Orleans St, Ste 201, Chicago, IL 60610

Phone: 312-274-2650

Website: <http://www.headaches.org/>

Facebook: <https://www.facebook.com/NationalHeadacheFoundation>

Twitter: <https://twitter.com/nhf>

YouTube: <https://www.youtube.com/user/nhf1970>

Email: info@headaches.org

Contact Form: <http://www.headaches.org/contact/>

Resource	Type	URL	Description
Encouraging You to Rule Your Headache	Information	http://www.headaches.org/nhf-further-awareness-of-headache-and-migraine/	<p>Over the past 48 years, our mission at the National Headache Foundation has been to further awareness of headache and migraine as legitimate neurobiological diseases. Much has changed during this time. With aid from advanced technology and clinical innovation, there are more treatment options than ever before. However, we understand that these diseases are still largely misunderstood and that finding the right treatment options for you requires insight.</p> <p>We have collected the most comprehensive information on headache and migraine, which we make freely available to you. Every day, our health care provider finder connects patients, who have just begun to seek treatment or those who are looking for more options. Our magazine, Head Wise provides in depth articles on advances in</p>

			<p>treatment and understanding of these complex diseases.</p> <p>In your continuing pursuit of the treatment and understanding that you deserve, please know that the National Headache Foundation is your partner. We have been inspiring hope since 1970.</p>
Headache Sufferer's Diet	Education	http://www.headache-s.org/headache-sufferers-diet/	<p>Dietary triggers do not necessarily contribute to headaches in all patients, and particular foods may trigger attacks in certain individuals on occasion. Be your own expert by keeping a log of the foods you have eaten before a migraine attack and see whether the removal of these foods from your diet reduces or eliminates your headaches. Download a list of foods that may trigger migraine headaches and should be avoided by sufferers at https://headaches.org/wp-content/uploads/2018/02/237149311-Low-Tyramine-Headache-Diet-from-the-National-Headache-Foundation.pdf</p>
The Truth About Caffeine	Education	http://www.headache-s.org/new-perspectives-on-caffeine-and-headache/	<p>When it comes to caffeine and headache, the relationship is complex. In fact, even with today's medical advances, you can still find medical professionals who disagree on "the truth" about caffeine.</p> <p>Caffeine and Headache Brief Look at Caffeine What is Caffeine? Where Can I Find Caffeine? Caffeine: A Double-Edged Sword</p> <p>Read full article through link to left.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Name: **National Hispanic Medical Association**
 Address: 1902 L St NW, Ste 725 Washington, DC 20036
 Phone: 202-628-5895
 Email: nhma@nhmamd.org
 Website: www.nhmamd.org
 Facebook: <https://www.facebook.com/NHMAmd.org>
 Twitter: <https://twitter.com/i/moments>
 YouTube: <https://www.youtube.com/user/NHMAvideos>
 Instagram: <https://www.instagram.com/nhmamd/?hl=en>

Resource	Type	URL	Description
Hispanic HCP	Resource	www.nhmamd.org	Established in 1994 in Washington, DC, the National Hispanic Medical Association is a non-profit association representing 36,000 licensed Hispanic physicians in the United States. The mission of the organization is to empower Hispanic physicians to lead efforts to improve the health of Hispanic and other underserved populations in collaboration with Hispanic state medical societies, residents, and medical students, and other public and private sector partners.
Health care professionals that work with the Hispanic Medical Association	Resource	www.nhmamd.org	In 2004, the NHMA established the National Hispanic Health Professionals Leadership Network which includes the National Association of Hispanic Nurses http://www.nahnnet.org , the Hispanic Dental Association http://hdassoc.org/ , the Latino Caucus of the American Public Health Association http://latinocaucus-apha.org/ , the Latino

			<p>Behavioral Health Association http://nlbha.org, the National Forum of Latino Health Executives, the NY based <u>Association of Hispanic Healthcare Executives</u>, the <u>Physician Assistants for Latino Health, dietitians, podiatrists, and several national and regional Hispanic medical societies</u>. This portal will be initially developed with the assistance and direction from this network.</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Medical Association**

Mailing address: 8403 Colesville Rd, Ste 820, Silver Spring, MD 20910

Phone: 202-347-1895

Website: <http://www.nmanet.org/>

Facebook: <https://www.facebook.com/NationalMedAssn/>

Twitter: <https://twitter.com/NationalMedAssn>

YouTube: https://www.youtube.com/channel/UCar4wNq0_yzHUf3AIh67q2w

Contact Form: <http://www.nmanet.org/general/?type=CONTACT>

Resource	Type	URL	Description
Health Policy		http://www.nmanet.org/page/HealthPolicy	<p>Prioritize Preventive Care The United States health care system faces serious challenges when it comes to prevention and disease management. Our healthcare system spends about 75 cents of every healthcare dollar dealing with chronic diseases, most of which are either preventable or treatable. Prevention and increased coordination of care would significantly alter the cost equation. The NMA supports a shift toward prevention and disease management that will serve to improve quality of health care in all populations.</p> <p>Preserve the Health Care Safety Net As the “Conscience of American Medicine,” the NMA is very concerned about the preservation of the health care safety net. The NMA is convinced that advocacy efforts to protect entitlements such as Medicare and Medicaid are critical to the survival of the nation’s medically</p>

			<p>underserved populations. Insured Americans, along with federal and state governments, already foot the bill for the uncompensated care of the uninsured. Higher premiums and disproportionate share (DSH) payments could be reduced if more of the uninsured were covered under their own (affordable) plans.</p> <p>Reduce Health Disparities</p> <p>The NMA has been responding to inequities in healthcare throughout its history. Although the reasons for disparate health are numerous and complex, bold action must be taken now to reduce and eliminate disparities. One such way is through health information technology (HIT). HIT adoption stands to benefit all Americans by improving information exchange, reducing errors, and cutting costs.</p> <p>Read more through link at left.</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Urban League**

Mailing address: 120 Wall Street, New York, NY 10005

Phone: 212-558-5300

Website: <http://nul.iamempowered.com/>

Facebook: <https://www.facebook.com/NatUrbanLeague/>

Twitter:

https://twitter.com/NatUrbanLeague?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

YouTube:

<https://www.youtube.com/user/IAmEmpoweredVideo>

Contact Form: <http://nul.iamempowered.com/contact-us>

Resource	Type	URL	Description
Community Health Worker Program			<p>In partnership with Morehouse School of Medicine, the National Urban League designed and implemented the Community Health Worker (CHW) program to promote healthy lifestyles among African Americans, improve their health outcomes and their access to healthcare and other community assets, and influence public policy in favor of community health worker models. CHW is a Signature Program of the National Urban League.</p> <p>Chief Community Health Workers with a background in health or health education work directly with clients. CHWs also oversee workers from the local community with similar socio-economic and cultural backgrounds who serve as coaches to help</p>

			<p>clients carry out their action plans.</p> <p>National Urban League affiliates and Morehouse adapted the CDC's Power to Prevent curriculum into an authentic, culturally-sensitive educational tool for chronic disease management and community resources. It encourages and supports participants as they take ownership of their health, lifestyle behaviors and health treatment. It includes a strong mental health and wellness component that acknowledges the stress factors of race and poverty in underserved communities.</p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Vulvodynia Association**

Mailing address: PO Box 4491, Silver Spring, MD 20914-4491

Phone: 301-299-0775

Website: <http://www.nva.org/>

Facebook: <https://www.facebook.com/nationalvulvodyniaassociation>

YouTube: <https://www.youtube.com/c/NvaOrg>

Contact Form: <http://www.nva.org/about-us/contact-us/>

Resource	Type	URL	Description
Self-Help Tips	Education	http://www.nva.org/f-or-patients/self-help-tips/	<p>While you are seeking effective treatment for vulvar pain, here are some coping measures to relieve symptoms and prevent further irritation. Even when your symptoms are under control, these guidelines are recommended as a preventive strategy.</p> <p>Clothing and Laundry</p> <ul style="list-style-type: none"> • Wear all-white cotton underwear. • Do not wear panty hose (wear thigh high or knee-high hose instead). • Wear loose-fitting pants or skirts. • Remove wet bathing suits and exercise clothing promptly. • Use dermatologically approved detergent such as Purex or Clear. • Double-rinse underwear and any other clothing that comes into contact with the vulva. • Do not use fabric softener on undergarments.

			<p>Hygiene</p> <ul style="list-style-type: none"> • Use soft, white, unscented toilet paper. • Use lukewarm or cool sitz baths to relieve burning and irritation. • Avoid getting shampoo on the vulvar area. • Do not use bubble bath, feminine hygiene products, or any perfumed creams or soaps. • Wash the vulva with cool to lukewarm water only. • Rinse the vulva with water after urination. • Urinate before the bladder is full. • Prevent constipation by adding fiber to your diet (if necessary, use a psyllium product such as Metamucil) and drinking at least 8 glasses of water daily. • Use 100% cotton menstrual pads and tampons. <p>Physical Activities</p> <ul style="list-style-type: none"> • Avoid exercises that put direct pressure on the vulva such as bicycle riding and horseback riding. • Limit intense exercises that create a lot of friction in the vulvar area (try lower intensity exercises such as walking). • Use a frozen gel pack wrapped in a towel to relieve symptoms after exercise. • Enroll in an exercise class such as yoga to learn stretching and relaxation exercises. • Don't swim in highly chlorinated pools. • Avoid the use of hot tubs. <p>Everyday Living</p> <ul style="list-style-type: none"> • Use a foam rubber donut for long periods of sitting. • If you must sit all day at work, try to intersperse periods of standing (e.g., rearrange your office so that
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			<p>you can stand while you speak on the phone).</p> <ul style="list-style-type: none"> Learn some relaxation techniques to do during the day (The Relaxation and Stress Reduction Workbook by Davis, Eshelman and McKay or The Chronic Pain Control Workbook by Catalano and Hardin are recommended).
Participate in Research	Information	https://clinicaltrials.gov/ct2/results?term=vulvodynia&recr=Open&no_unk=Y	Additional research is critical to understanding the causes of and treatments for vulvodynia. You can help with this research by participating in research studies , many of which the NVA is funding .



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Women’s Health Resource Center**

Mailing address: PO Box 430, Red Bank, NJ 07701

Phone: 877-986-9472

Website: <http://www.healthywomen.org/>

Facebook: <https://www.facebook.com/healthywomen/>

Twitter: <https://twitter.com/HealthyWomen>

Pinterest: <https://www.pinterest.com/healthywomenorg/>

Instagram: <https://www.instagram.com/healthywomenorg/>

Email: info@healthywomen.org

Resource	Type	URL	Description
Pain Center	Information	http://www.healthywomen.org/ages-and-stages/healthy-living/pain-center	
Know Your Options	Education	http://www.healthywomen.org/content/article/know-your-options-managing-pain-after-surgery?context=ages-and-stages/18934&context_title=	<p>If you find yourself heading to the operating room, you're not alone. Each year, 51.4 million people undergo in patient surgical procedures in the United States for various reasons. While preparing for the surgery itself is important, preparing for what happens after the surgery is crucial to ensuring a smooth and comfortable recovery.</p> <p>Working with your health care provider to develop a plan to manage postsurgical pain is an important first step.</p> <p>Before undergoing surgery, read these must-known facts about postsurgical pain management:</p> <p>The importance of pain management</p>

			<p>Customizing your pain management plan</p> <p>Pain management options</p> <p>Types of postsurgical pain</p> <p>How to measure your pain</p> <p>Managing pain at home</p> <p>Recovery time</p>
Pain Management	Education	http://www.healthymen.org/condition/pain-management	<p>Pain is one of the most common human experiences. Yet pain has never been fully accepted as a medical problem. One reason may be because pain is a subjective and highly individualized experience. You can measure pain even though you can't touch it, feel it (unless it's your own), image it or prove its existence. Even a pinprick creates differing sensations of pain for different people.</p> <p>Nevertheless, chronic pain affects millions of Americans. Pain is the body's way of sending a warning to the brain that something is wrong. Aches are felt when pain messages, carried by chemicals called neurotransmitters, travel from the nerves along the spinal cord to the brain. In the brain, pain messages are meshed with thoughts, emotions and expectations that shape our interpretation and response to pain.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Online Nurse Practitioner Programs**

Mailing address: SR Education Group, 123 Lake Street S B-1, Kirkland, WA 98033

Website: <https://www.guidetoonlineschools.com/degrees/nursing/nurse-practitioner>

Contact Form: <http://www.guidetoonlineschools.com/contact>

Resource	Type	URL	Description
Complete Guide to Online Nurse Practitioner Programs	Information	http://www.guidetoonlineschools.com/degrees/nursing/nurse-practitioner	<p>Nearly every career in the healthcare industry is in increasingly high demand, especially nursing. Nurses care for patients in several ways, and professionals who commit to extra training in order to become nurse practitioners have an even wider scope of responsibilities. A nurse practitioner (NP), also known as an Advanced Registered Nurse Practitioner (ARNP), performs tasks comparable to that of a doctor, from prescribing medication or ordering and interpreting the results of tests to performing minor surgeries. Online NP programs can be found at both the master's and doctoral levels. Our list of top online schools offering NP master's programs or top online schools offering Doctor of NP programs can help prospective NPs find an online program that has an affordable tuition and strong academics.</p> <p>Because NP students usually seek nurse practitioner licensure after graduating, it is essential that they select accredited programs. Licensing and certification boards will not recognize a degree earned through a non-accredited school.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Osteoarthritis Action Alliance (OAAA)**

Mailing address:

Thurston Arthritis Research Center
 University of North Carolina
 3300 Thurston Building, CB 7280
 Chapel Hill, NC, 27599-7280

Phone: (919) 966-7209

Website

Facebook - follow us!

Twitter - follow us!

YouTube - archive of Lunch and Learn webinars and OAAA video clips

Pinterest - eye-catching visual messaging and graphics for all things osteoarthritis

HealthUnlocked - a new peer-to-peer community forum site for people with osteoarthritis to share experiences, ask questions, and learn from each other. OA Community started and managed by the OAAA.

Resource	Type	URL	Description
StandUp2OA campaign	Web page	StandUp2OA #StandUp2OA	The first and only national campaign that focuses on preventing the onset and progression of osteoarthritis. Learn how you can take action to StandUp2OA and spread the word.
Osteoarthritis: A Central Problem Infographic	Infographic	Page with infographic	This infographic depicts the financial, social, and health-related burdens of OA as well as solutions to alleviate such burdens with research, community-based exercise programs, and access to healthcare providers.
Arthritis and Physical Activity Infographic	Infographic	Page with infographic	This infographic illustrates the barriers, and benefits of physical activity as well as strategies to improve access to physical activity programs.

Physical Activity Implementation Guide	Webpage	Online physical activity implementation guide	This comprehensive guide is designed to engage a broad array of agencies and organizations in 6 key sectors as partners in establishing environmental and policy strategies for increasing physical activity among adults with arthritis. Sectors include: business/industry; community/public health; healthcare; mass media/communications; parks/recreation/fitness/sport; transportation/land use/community design.
Resources for Community Partners	List of Intervention Program Recommendations and Guidelines	Resource List	This list of resources offers a thorough collection of arthritis programs, evidence-based interventions for physical activity and chronic disease self-management, marketing such programs to the community, and implementing programs for community partners and individuals with arthritis.
Can My Weight Make My Joint Pain Worse?	Brochure		This pamphlet assists individuals affected by excess weight and who are experiencing joint pain or have been diagnosed with arthritis to take action steps to improve their joint pain.
Weight Gain and Joint Pain	Brochure		This pamphlet assists individuals affected by excess weight and who are experiencing joint pain or have been diagnosed with arthritis to take action steps to improve their joint pain.
Cost of Osteoarthritis	Web page	Cost of Arthritis Page	This web page gives quick facts and figures on the economic impact of arthritis to the nation, states, employers, and individuals.
Lunch & Learn webinars	Webinar webpage	Webinar events	Webinars are 30 minutes delivered by field experts in arthritis on topics related to research findings, evidence-based programs, and general OA-related programs and information. Webinars are free and live broadcast on the designated date; they are archived for free viewing/sharing on our YouTube channel.
Newsletters & Webinar announcements	e-newsletters; e-news	Newsletters - sign up at the bottom of our website homepage (or any page!) Newsletter archive	Sign up to get regular news about OA, research funding, spotlights on our wonderful member orgs, and much more direct to your email weekly, biweekly, monthly or quarterly. Also get our webinar announcements so you don't miss a thing.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Pain Alliance Europe**

Mailing address: Grensstraat 7, 1837 Diegem Belgium

Phone: +31650222735

Website: www.pae-eu.eu

Facebook: <https://www.facebook.com/PainAllianceEurope/>

Twitter: https://twitter.com/pain_europe

You Tube: https://www.youtube.com/results?search_query=pain+alliance+europe

Other: <https://www.linkedin.com/groups/8634299>

Resource suggestions

Resource	Type	URL	Description
Brain, Mind and Pain Patient Centred innovation grant	Research opportunity	http://bmp-grant.eu/	This grant is managed and setup by patients, developed by patients and for patients. It is a grant which helps national/ regional patient associations to initiate small research projects in the benefit of patients.
Brain, Mind and Pain Interest group	Awareness / advocacy tool	http://www.brainmindpain.eu/	Creates opportunities to raise awareness for specific items on a high political level and is an opportunity to share best practices
Surveys	Advocacy tool	https://pae-eu.eu/surveys/	Advocacy tool as a patient reported outcome on specific items of chronic pain across Europe. National data are available for national advocacy work in relation with European data.
SIP stakeholders' group on the European health platform	Advocacy / awareness tool		This group allows associations to share best practices, compare them with healthcare professionals, share information with other stakeholders, inform policy makers and politicians on European and national level.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Pain & Policy Studies Group University of Wisconsin**

Mailing address: 6152 Medical Sciences Center, 1300 University Ave, Madison, WI 53706

Phone: 608-263-7662

Facebook: <https://www.facebook.com/painpolicy>

Twitter: <https://twitter.com/painpolicy>

YouTube: <https://www.youtube.com/user/painpolicypallcare>

Resource	Type	URL	Description
U.S. Resources	Resources		Click on link to the left to see selected resources relating to federal and state policies governing pain management and the appropriate use of opioid analgesics, including methods to reduce medication diversion and non-medical use.
Online Course	Education		<p>Every day throughout the world, millions of adults and children suffer physical pain after accidents, surgery, and from chronic diseases like cancer and AIDS. Unrelieved pain can have devastating effects on quality of life. Although there are many drug and non-drug approaches to treating pain, opioid analgesics play an essential role in relieving moderate to severe pain. However, most of the world's population lacks access to opioid medications, especially in low- and middle-income countries, and in some developed countries as well.</p> <p>This course is about the relationship between government policies that affect the medical availability of opioid analgesics</p>

			and patients who experience moderate to severe pain. It is critically important for health care professionals and government drug regulators, as well as advocates involved in the area of palliative care and pain relief, to understand the government policies that control opioid analgesics and how they can impact medication availability and patient access to opioid analgesics.
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **PainPathways Magazine**

Mailing address: 150 Kimel Park Dr, Ste 100-B, Winston-Salem, NC 27103

Phone: 336-760-2944

Website: <http://www.painpathways.org>

Facebook: <https://www.facebook.com/PainPathwaysMagazine>

Twitter: <https://twitter.com/PainPathwaysMag>

YouTube: <https://www.youtube.com/channel/UCDN4V6VWtr-NltlCqA2uY6w>

LinkedIn: <https://www.linkedin.com/groups/4874299>

Pinterest: <https://www.pinterest.com/painpathways/>

Email: info@painpathways.org

Resource	Type	URL	Description
PainPathways Magazine	Magazine for people with pain, caregivers and providers	http://www.painpathways.org	PainPathways (first published in 2008) is the first, only and ultimate pain magazine. Dr. Richard Rauck, a leading expert in pain management, created PainPathways to connect and inspire people who live with pain, both personally and professionally, offering in-depth information on new treatments, integrative therapies and current research. This quarterly resource not only provides in-depth information on current treatments, therapies and research studies but also connects people who live with pain, both personally and professionally. PainPathways is the official magazine of the World Institute of Pain (WIP).



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Pharmaceutical Research and Manufacturers of America**

Mailing address: 950 F St NW, Ste 300, Washington, DC 20004

Phone: 202-835-3400

Website: <https://www.phrma.org/>

Facebook: <https://www.facebook.com/phrma>

Twitter: <https://twitter.com/phrma>

YouTube: <https://www.youtube.com/user/PhRMAPress>

Contact Form: <http://www.phrma.org/printmail/40>

Resource	Type	URL	Description
From Hope to Cures	Information	http://www.phrma.org/value	Biopharmaceutical innovation and new drug discovery delivers far-reaching benefits to patients, the U.S. health care system and our state and national economies. New medicines discovered and developed by America's biopharmaceutical research companies are helping people lead longer, more productive lives, controlling healthcare costs and stimulating the economy through high-quality jobs and a healthier workforce.
Medicines in Development - Arthritis	Information	https://catalyst.phrma.org/biopharmaceutical-research-companies-developing-92-medicines-to-treat-arthritis-and-musculoskeletal-diseases	For many patients, hope for a brighter future is directly tied to the potential of medicines in the pipeline to treat their disease or condition. The light at the end of the tunnel is a little brighter today with 92 medicines in development by biopharmaceutical research companies for the more than 52 million Americans with some form of arthritis or musculoskeletal disease. These medicines, according to a new Medicines in Development report by PhRMA, are either in clinical trials or

			awaiting review by the U.S. Food and Drug Administration (FDA) and offer great promise.
Clinical Trials	Research & Development	https://www.phrma.org/advocacy/research-development/clinical-trials	A pivotal moment in the life of a potential new medicine is the period of gradually-expanding tests on human volunteers known as clinical trials. Clinical trials are vital to determining the impact of a new potential treatment. With strict oversight by Institutional Review Boards, clinical trials provide the U.S. Food and Drug Administration with the scientific information needed to weigh the benefits and risks of a new medication and decide whether it is safe for patients.
Patients	From Hope to Cures	https://www.phrma.org/patients	<p>Receiving a diagnosis can be overwhelming, and patients face a range of daunting decisions about treatment and care. It's valuable to draw insight from the experiences of other patients who've confronted health challenges and learn about the resources PhRMA member companies offer to support patients. These companies are researching and developing thousands of new treatments and cures and helping more patients every day.</p> <p>From Hope to Cures outlines the interactions between patients, the health care system, regulators, and the biopharmaceutical industry. As part of the campaign, real stories from people such as Rhys, a 5-year-old with diabetes and celiac disease, Jamie who is fighting a rare blood cancer and Jen, a researcher, who wakes up every day working to find new treatments and cures for patients are featured. The campaign also highlights data and information on fighting diseases, clinical trials and the economic contributions of the biopharmaceutical industry.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Post-Polio Health International (PHI)**

Mailing address: 4207 Lindell Blvd Ste 110, Saint Louis MO 63108-2930

Phone: 314-534-0475

Website: <http://www.post-polio.org/>

Facebook: <https://www.facebook.com/pages/Post-Polio-Health-International-PHI/173414896052885>

Twitter: <https://twitter.com/PolioPlace>

Resource	Type	URL	Description
Polio Place	Education	http://www.polioplac e.org/	Explore the past, the present and help build a promising future for the world's polio survivors You are invited <i>to learn</i> by searching the major sections and sub-sections and <i>to add</i> your knowledge by Submitting an Artifact .
Polio Network Newsletters	Information	http://polioplac e.org/PNN	Click link to left to get full listing of newsletters from Fall 1985 to Winter 2018.
Research	Information	http://www.post-polio.org/edu/pphnews/PPH32-1win16p1.pdf	PHI Awards \$100,000 for new research in 2016-2017. The \$100,000 award will be for activities completed in 2016 and 2017. The next request for proposals will be issued in early 2017 for 2018.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Sickle Cell Disease Association of America**

Mailing address: 3700 Koppers St, Ste 570, Baltimore, MD 21227

Phone: 800-421-8453 or 410-528-1555

Website: <http://www.sicklecelldisease.org/>

Facebook: <https://www.facebook.com/sicklecellcampaign>

Twitter: <https://twitter.com/SCDAAorg>

YouTube: <https://www.youtube.com/user/scdaa>

Email: admin@sicklecelldisease.org

Resource	Type	URL	Description
Programs	Education	https://www.sicklecelldisease.org/programs/	SCDAA and its member organizations engage in community outreach and program efforts throughout the United States and Canada. These efforts may include but are not limited to educational campaigns and programs that provide services such as genetic testing and counseling, case management and psychosocial support for individuals and families impacted by sickle cell disease.
Advocacy	Information	http://www.sicklecelldisease.org/research	The sickle cell community celebrated with the announcement of two legislative victories in Congress. First, the U.S. House of Representatives passed H.R. 2410 on February 26, 2018, the Sickle Cell Disease Research, Surveillance, Prevention, and Treatment Act , which was introduced on May 11, 2017, by Rep. Danny Davis (D-IL). Then, on February 28, 2018, Senator Cory Booker (D-NJ) and Senator Tim Scott (R-SC) introduced the Senate companion bill to H.R. 2410 into the Senate.



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Tool Kits for Health Care Professionals

Organization: **Sidney Kimmel Comprehensive Cancer Center at John Hopkins**
 Mailing address: Weinberg Bldg, Ste 1100, 401 N Broadway, Baltimore, MD 21287
 Phone: 410-955-5222
 Website: http://www.hopkinsmedicine.org/kimmel_cancer_center/
 Facebook: <https://www.facebook.com/Johns.Hopkins.Medicine>
 Twitter: <https://twitter.com/HopkinsMedicine>
 YouTube: <https://www.youtube.com/user/JohnsHopkinsMedicine>
 Linked In: <https://www.linkedin.com/company/johns-hopkins-medicine>

Resource	Type	URL	Description
Patient Information	Resource	http://www.hopkinsmedicine.org/kimmel_cancer_center/patient_information/	<p>Patient Information</p> <p>Patients and families, who cope with cancer, face many challenges. We believe that the more our patients know about their cancer and its treatment, the more equipped they are to actively participate in their care. The Harry J. Duffey Family Patient and Family Services Program offers a variety of resources to assist patients and families during this time. Contact: 410-955-8934</p> <p>Our Team</p> <p>Learn more about the team members dedicated to providing support and resources to our patients, families and caregivers.</p>
Pain Care and Pain Program	Resource	http://www.hopkinsmedicine.org/kimmel_cancer_center/centers/palliative_care_pain/	<p>The Harry J. Duffey Family Pain and Palliative Care Program was founded in 2007 to provide compassionate, supportive care for our patients and families at the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center.</p>

			<p>Our trained staff can help guide you throughout the cancer process. No matter where you are in your cancer treatment, everyday matters.</p> <p>Palliative Care Experts</p> <p>How to contact us: Call 410-502-9632</p> <p>Ask your doctor, nurse, or other health care provider to contact us.</p> <p>Visit the Duffey Patient and Family Services program in person in Ste 1210, Weinberg Building</p> <p>What is palliative care?</p> <p>Palliative (pronounced PAL-lee-uh-tiv) care focuses on the whole person and the relief of symptoms, such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, depression and difficulty sleeping. It can help patients carry on with daily life, including tolerating medical treatments. Palliative care is appropriate at any stage of an illness and can be provided at the same time as your cancer treatment.</p> <p><u>American Society of Clinical Oncology Announces New Palliative Care Guidelines</u></p>
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **The TMJ Association**

Mailing address: PO Box 26770, Milwaukee, WI 53226

Phone: 262-432-0350

Website: www.tmj.org

Facebook: https://www.facebook.com/pages/TMJ-Association/25861340364?v=app_194007727289608

Twitter: <https://twitter.com/tmjassociation>

YouTube: <https://www.youtube.com/user/TMJAssociation>

Resource	Type	URL	Description
Your Guide to Temporomandibular Disorders	Brochure	http://www.tmj.org/common/file?id=59	This brochure is a straightforward, easy-to-read booklet that guides patients in how to make health care decisions.
TMD Nutrition and You	Booklet	http://www.tmj.org/common/file?id=179	<i>TMD Nutrition and You</i> , was specifically developed to help those with compromised oral function to maintain a diet of good nutrition despite their oral disability and provides guidance on making dental appointments as comfortable as possible.
Temporomandibular Disorders, Dental Care and You	Guide/article	http://www.tmj.org/site/page?pageId=332	The TMJ Association developed this guide to provide you with oral hygiene; self-care tips that you can do at home, as well as suggestions for future dental appointments. Routine maintenance of your teeth and gums should reduce the risk of dental disease and the need for invasive dental treatments.
<i>TMJ News Bites</i>	e-newsletter	http://www.tmj.org/Newsletters	The TMJ Association raises awareness of TMJ problems, expands research, advocates for safe and effective treatments, and provides support to TMJ patients and

			their loved ones. Stay up to date on the latest news through our e-newsletter.
Chronic Overlapping Pain Conditions	Brochure	http://www.chronicpainresearch.org/public/CPRA_Brochure_Web.pdf	This brochure addresses what COPCs are, how COPCs are diagnosed, the complexity of the chronic pain experience, and how to work with your health care provider to develop a treatment plan.
Chronic Overlapping Pain Conditions Guide for Patients	Booklet	http://www.chronicpainresearch.org/public/CPRA_Patient_Guide.pdf	Self-help booklet for patient with Chronic Overlapping Pain Conditions.



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Tool Kits for Health Care Professionals

Organization: **UF Pain Research and Intervention Center of Excellence**

Mailing address: Clinical and Translational Research Building, University of Florida, 2004 Mowry Rd,
Gainesville, FL 32610

Phone: 352-273-8700

Website: <https://price.ctsi.ufl.edu/>

Facebook: <https://www.facebook.com/UFHealth/>

Twitter: <https://twitter.com/ufhealth/>

YouTube: <https://www.youtube.com/user/UFHealthScience>

Email: info@ctsi.ufl.edu

Resource	Type	URL	Description
Mission	Information	http://price.ctsi.ufl.edu/about-the-center/mission/	UF PRICE endeavors to reduce pain-related suffering throughout Florida and the nation through excellence in pain research, treatment and education, which ultimately will be achieved by integrating all three missions under one interdisciplinary Center. PRICE serves as the professional home for UF scientists, clinicians and trainees dedicated to improved understanding and treatment of pain.
Clinic Overview		http://price.ctsi.ufl.edu/about-the-center/overview/	PRICE is a multi-college Center of Excellence that serves as the professional home for UF scientists, clinicians and trainees dedicated to improved understanding and treatment of pain. PRICE is affiliated with and supported by the UF Clinical and Translational Science Institute and receives strong support from the UF Institute on Aging and the UFHealth Cancer Center. PRICE provides member

			<p>investigators with resources and services in order to facilitate clinical and translational pain research at UF, including assistance with protocol development and assistance with recruitment of research participants. Also, PRICE offers facilities and services to assist investigators with collection of pain assessment data in their research protocols.</p> <p>In addition, PRICE endeavors to enhance the intellectual and professional work environment for the UF pain research community by coordinating training activities related to pain, including our T32 training grant in translational pain research, as well as journal clubs, seminar series, and a monthly Pain Interest Group.</p>
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Tool Kits for Health Care Professionals

Organization: **VZV Research Foundation** (this site is being rebuilt)

Mailing address: 603 W 115th St, #371, New York, NY 10025

Phone: 212-222-3390

Website: <http://www.vzvfoundation.org/>

Email: Shingles@ShinglesFoundation.org

Resource	Type	URL	Description
PHN Pamphlet	Pamphlet	http://www.vzvfoundation.org/	Click link on left to download and/or print Post-Herpetic Neuralgia (PHN) pamphlet.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Women in Pain**

Mailing address: PO Box 1724, Studio City, CA 91614

Phone: 818-760-7635

Website: <http://www.forgrace.org/>

Facebook: <https://www.facebook.com/ForGraceWomenInPain/>

Twitter: <https://twitter.com/forgrace>

YouTube: <https://www.youtube.com/user/ForGrace>

Resource	Type	URL	Description
Women in Pain Conference	Annual event	http://www.forgrace.org/get-involvedshare-your-story/conferences/	This year's conference focused on Pain & Relationships with an emphasis on our all-important caregivers. The conference took place on September 14th at the California Endowment's Center for Healthy Communities in downtown Los Angeles. Featured photos were taken by women in pain attendees and the vocal performance, "Kind and Generous", about our caregivers was by Cynthia Toussaint. This video montage and song brought this empowering day to its close.
101 Women in Pain Wellness Ideas	Online Resource	http://www.forgrace.org/women-pain/101-ideas-to-empower-women/	As you all know, just getting through any day with pain is a challenge. For Grace has gathered these easy-to-do, self-empowering suggestions and resources to help you better manage your pain, improve your care and, ultimately, enhance your overall wellness. Strive for fulfillment —and seize the day!

<p>Battle For Grace Book Project</p>	<p>Empowerment Resource</p>	<p>http://www.forgrace.org/women-pain/battle-for-grace-memoir/</p>	<p>Our founder Cynthia Toussaint's <i>Battle for Grace</i> is a gut-wrenching memoir about excruciating pain, remarkable redemption and impossible love, told warts and all by the two people who lived it.</p> <p>The book describes a journey that took Cynthia Toussaint and her life partner John Garrett to depths that could have ended their lives, but instead are giving hope to millions of women around the world. Hope borne out of devastating pain that's been overcome by a brave love for each other and for life.</p> <p>All of Cynthia Toussaint's net proceeds from the sale of this book go to For Grace.</p>
<p>Women In Pain Share Your Story Project</p>	<p>Online Resource</p>	<p>http://www.forgrace.org/get-involvedshare-your-story/share-your-story/</p>	<p>If you are a Woman In Pain or know someone who is, we invite you to email us your story (in no more than 400 words) and we will post it below. (Note: We reserve the right to edit submissions.) Specifically, we are looking for stories that detail lack of diagnosis, under-treatment and/or health care provider abuse related to your gender.</p> <p>Be sure to tell us your name, as well as your city, state and country. Feel free to attach a photo of yourself. Also, if you're interested in sharing your story with the media, please include your contact number (this number will not be posted publicly).</p> <p>Please submit your story, photo and information to our main For Grace address at mailto:forgracewip@yahoo.com. Thank you in advance!</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Other Resources

Journals/Newsletters

The ACPA Chronicle – a patient-oriented bi-monthly newsletter of the American Chronic Pain Association. It includes letters, essays, articles, and book reviews written by people with chronic pain or their families. Periodically, healthcare professionals have inclusions. Website: <https://www.theacpa.org>

American Journal of Hospice & Palliative Care – A peer reviewed research journal published bi-monthly by Prime National Publishing Corp. Focus on hospice and palliative care news and research. Website:

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=146927&fileId=S1478951503030128>

Cancer Care News – provides information for people with cancer, their families and loved ones. Website: <http://www.cancercare.org>

Pain Medicine – Official Journal of the American Academy of Pain Medicine – A quarterly journal that provides information on all aspects of pain including the psychosocial dimensions and ethical issues of pain management. Website:

<http://painmedicine.oxfordjournals.org/>

The European Journal of Palliative Care – Official journal of the European Association for Palliative Care. Published six times a year by Hayward Medical Communications.

Website: <http://www.haywardpublishing.co.uk/ejpc.aspx>

Headway Migraine – a complimentary newsletter specifically focused on migraine and its treatment. To subscribe, contact website <http://www.relieve-migraine-headache.com/HeadWay-backissues.html>

Hospice Journal – Official journal of the National Hospice and Palliative Care Organization (NHPCO) which promotes and maintains quality care for the terminally ill and their families. <https://www.nhpco.org/>

HOSPICE Magazine – A quarterly magazine dedicated to promoting hospice care and end-of-life care issues. <https://www.nhpco.org/resources/publications>

The Hospice Professional – a quarterly publication for members of the National Council of Hospice Professionals. This newsletter emphasizes hospice care and the interdisciplinary team concept. Each issue focuses on a theme.
<https://www.nhpco.org/>

IASP Newsletter – International Association for the Study of Pain (IASP). Timely topics in pain research and treatment selected for publication as well as information on upcoming international and national conferences. IASP also publishes *Clinical Updates*, which provide periodic supplements devoted to specific pain conditions and related research. Website: <http://www.iasp-pain.org>

Innovations in End-of-Life Care – An on-line international peer-reviewed journal and forum highlighting promising practices that improve end-of-life care. Website: <http://www.hhnmag.com/articles/6024-innovation-in-end-of-life-care> (Says security error when trying to connect to site)

International Journal of Pain Medicine and Palliative Care – An electronic newsletter featuring articles and reports from international medical venues and symposia, drawing together diverse work and palliative care literature. Website: <https://www.sciencedirect.com/science/article/pii/S0885392407001224>

International Journal of Palliative Nursing – A bi-monthly publication which promotes excellence in palliative nursing. Website: <http://www.magonlinelibrary.com/toc/ijpn/current>

Journal of Hospice and Palliative Nursing – A quarterly peer-reviewed journal published by NurseCom, Inc. Website: <https://journals.lww.com/jhpn/pages/currenttoc.aspx>

Journal of Pain and Symptom Management – Monthly journal that publishes original articles and other clinical papers. Website: <https://www.jpsmjournal.com/>

Journal of Psychosocial Nursing and Mental Health Services – Covers current news in psychosocial nursing, updates on psychopharmacology, geopsychiatry, and mental health nursing. Website: <https://www.healio.com/psychiatry/journals/jpn>

NCCN Advantage – National Comprehensive Cancer Network (NCCN). Outlines current programs, conferences, and programs. Website: <http://www.nccn.org>

PAIN – Official publication of the International Association for the Study of Pain.
Website: <http://www.iasp-pain.org>

Palliative Medicine – International journal, published bi-monthly, dedicated to improving knowledge and clinical practice in the palliative care of patients with advanced disease. <https://journals.sagepub.com/home/pmj>



Recommended Books

The Child with Headache: Diagnosis and Treatment by Patricia A. McGrath and W Loretta M. Hillier (2001). ISBN: 0-931092-30-2. IASP Press. Website: <https://adc.bmj.com/content/86/1/68.4>

Pain: Clinical Manual 2nd Edition by McCaffery & Pasero, 1999 book order form - this manual is an invaluable guide to an interdisciplinary approach in the care of patients with pain. ISBN #: 0-8151-5609-X (29563). Visit to order (enter ISBN # or search for pain on website to find this item)

Academy for Guided Imagery: Interactive guided imagery self-paced audio/video study course, P.O. Box 2070, Mill Valley, CA 94942, 1-800-726-2070, 415-389-9324, 415-389-9342 FAX, Website: <http://acadgi.com/>

The Art of Caring - Nurses and caregivers are at the forefront of the healthcare revolution. Join three experts in holistic nursing for this complete course in total mind body healthcare, including alternative techniques based on imagery, music, touch, subtle energy, and more. *The Art of Caring* is for nurses, therapists, hospice workers, counselors, doctors - anyone interested in creating "whole-person" health. Nurses can earn 9.6 contact hours for completing the accompanying 40-page workbook. Product code: 1-56455-302-7. Order form available at <https://www.amazon.com/The-Art-of-Caring/dp/B007PKBZG6>

Coping Skills for Bone Marrow Transplantation Relaxation, imagery, distraction and conversation with yourself (e.g., positive thoughts). These approaches to pain management are helpful with pain experiences other than bone marrow transplantation. To order booklet and accompanying audio tape for relaxation: Behavioral Sciences, Fred Hutchinson Cancer Research Center, 1100 Fairview Avenue N., FM815, Seattle, WA 98109-1024, (206) 667-5022, (206) 667-6356 Fax

Core Curriculum for Holistic Nursing – 1997 version Based on AHNA's Standards of Holistic Nursing Practice. Barbara M. Dossey, RN, MS, HNC, FAAN. 1997, 416 pages.

Published by Aspen Publishing. ISBN #0834208709. (<http://www.worldcat.org/title/core-curriculum-for-holistic-nursing/oclc/35627513>).

Exceptional Cancer Patients This is a healing center founded by Bernie Siegel, MD, which sells self-help materials and audiotapes, including relaxation tapes. Touch Star Productions, 522 Jackson Park Drive, Meadville, PA 16335, (800) 759-1294, (814) 337-0699, Website: <http://berniesiegelmd.com/tag/exceptional-cancer-patients/>

Audio resource (CD) to assist caregivers, dying persons, and their families to help transition from denial to acceptance. To order: Companion Arts, PO Box 19944, Boulder, CO 80308, (303) 772-1464, Website: <http://companionarts.org/index.html>, E-mail: info@companionarts.org.

From Patient To Person: First Steps Begin your journey from patient to person with this workbook designed to help anyone who has a chronic pain problem gain an understanding of how to cope with the problems that their pain creates.

Topics include:

- Understanding Chronic Pain
- Knowing Yourself
- Learning to Live With Others
- Helping Your Body



Other Organizational Links

American Council for Headache Education	http://www.achenet.org
American Academy of Medical Acupuncture	http://www.medicalacupuncture.org/
American Association for Therapeutic Humor	http://www.aath.org
American Holistic Nurses Association	http://www.ahna.org
American Massage Therapy Association	http://www.amtamassage.org
American Music Therapy Association	https://www.musictherapy.org/
Alliance of Patient Organizations	https://www.iapo.org.uk/
International Pain Management Network	http://www.ipmnetwork.org
National Center Complementary & Alternative Therapies	http://nccam.nih.gov
National Library of Medicine	https://www.nlm.nih.gov



National Pain Strategy outlines actions for improving pain care in America

Plan seeks to reduce the burden and prevalence of pain and to improve the treatment of pain

The Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services today released a National Pain Strategy, outlining the federal government’s first coordinated plan for reducing the burden of chronic pain that affects millions of Americans. Developed by a diverse team of experts from around the nation, the National Pain Strategy is a roadmap toward achieving a system of care in which all people receive appropriate, high quality and evidence-based care for pain.

“Chronic pain is a significant public health problem, affecting millions of Americans and incurring significant economic costs to our society,” said Karen B. DeSalvo, M.D., M.P.H., M.Sc., HHS acting assistant secretary for health. “This report identifies the key steps we can take to improve how we prevent, assess and treat pain in this country.”

In 2011, in recognition of the public health problem of pain in America, the Institute of Medicine called for a coordinated, national effort of public and private organizations to transform how the nation understands and approaches pain management and prevention. In response, HHS tasked the Interagency Pain Research Coordinating Committee (IPRCC), a group of representatives from the Department of Defense, Department of Veterans Affairs, Agency for Healthcare Research and Quality, Centers for Disease Control and Prevention, Food and Drug Administration, National Institutes of Health and members of the public, including scientists and patient advocates, with developing a National Pain Strategy that recognizes access to safe and effective care for people suffering from pain as a public health priority. The final Strategy being released today makes recommendations for improving overall pain care in America in six key areas: population research; prevention and care; disparities; service delivery and payment; professional education and training; and public education and communication.

More specifically, the Strategy calls for:

- Developing methods and metrics to monitor and improve the prevention and management of pain.

- Supporting the development of a system of patient-centered integrated pain management practices based on a biopsychosocial model of care that enables providers and patients to access the full spectrum of pain treatment options.
- Taking steps to reduce barriers to pain care and improve the quality of pain care for vulnerable, stigmatized and underserved populations.
- Increasing public awareness of pain, increasing patient knowledge of treatment options and risks, and helping to develop a better-informed health care workforce regarding pain management.

“Of the millions of people who suffer from chronic pain, too many find that it affects many or all aspects of their lives,” said Linda Porter, Ph.D., director, NIH’s Office of Pain Policy and co-chair of the IPRCC working group that helped to develop the report. “We need to ensure that people with pain get appropriate care and that means defining how we can best manage pain care in this country.”

The IPRCC engaged with a broad range Strategy, the Office of the Assistant Secretary for Health, in conjunction with other HHS operating and staff divisions, will consider the recommendations included in the Strategy and develop an implementation and of experts, including pain care providers, scientists, insurers, patient advocates, accreditation boards, professional societies and government officials to develop the Strategy. Upon the release of the evaluation plan based on this process. In addition, the IPRCC is creating a research agenda to advance pain-related research to realize the goals of the Strategy.

“Pain can affect all aspects of a patient’s life, so we wanted to hear from everyone,” said Sean Mackey, M.D., Ph.D., chief, Division of Pain Medicine, Stanford University, and a co-chair of the IPRCC working group that helped to develop the report. “Similarly, to achieve the goals in this report, we will need everyone working together to create the cultural transformation in pain prevention, care and education that is desperately needed by the American public.”

Better pain care, achieved through implementation of the National Pain Strategy, is an essential element in the Secretary’s initiative to address the opioid epidemic. Access to care that appropriately assesses benefits and risks to people suffering from pain remains a priority that needs to be balanced with efforts to curb inappropriate opioid prescribing and use practices. The Strategy provides opportunities for reducing the need for and over-reliance on prescription opioid medications, including:

- Improving provider education on pain management practices and team-based care in which multiple treatment options are offered – moving away from an opioid-centric treatment paradigm.

- Improving patient self-management strategies, as well as patient access to quality, multidisciplinary care that does not depend solely on prescription medications, especially for vulnerable populations.
- Encouraging the evaluation of risks and benefits of current pain treatment regimens.
- Providing patients with educational tools to encourage safer use of prescription opioids.
- Conducting research to identify how best to provide the appropriate pain treatments to individual patients based on their unique medical conditions and preferences.

These efforts will build on the current work underway at HHS to equip providers with the tools and information they need to make informed patient-centered treatment decisions that include safer and appropriate opioid prescribing.

National Pain Strategies

EXECUTIVE SUMMARY

In 2010, the National Institutes of Health (NIH) contracted with the Institute of Medicine (IOM) to undertake a study and make recommendations “to increase the recognition of pain as a significant public health problem in the United States.” The resulting 2011 IOM report called for a cultural transformation in pain prevention, care, education, and research and recommended development of “a comprehensive population health-level strategy” to address these issues. In response to the report, the Assistant Secretary for Health, Department of Health and Human Services (HHS) asked the Interagency Pain Research Coordinating Committee (IPRCC) to oversee creation of this National Pain Strategy (NPS). Experts from a broad array of public and private organizations explored areas identified in the core IOM recommendations—population research, prevention and care, disparities, service delivery and reimbursement, professional education and training, and public awareness and communication. A companion effort is underway to address the IOM’s call for further research to support the cultural transformation.

As articulated in the IOM report, efforts to reduce the burden of pain in the United States cannot be achieved without an expanded and sustained investment in basic and clinical research on the biopsychosocial mechanisms that produce and maintain chronic pain and development of safe and effective pain treatments. As a first step to respond to the full set of research recommendations of the IOM, the IPRCC and the NIH completed a comprehensive analysis of the existing federal pain research portfolio. The next step is development of the Federal Pain Research Strategy which will complement the NPS. It will identify gaps in our research agenda and recommend directions for new research to guide federal entities in their support of essential pain research programs. Findings and recommendations from the IOM report guided the development of the National Pain Strategy (NPS).

These included:

- The public at large and people with pain would benefit from a better understanding of pain and its treatment to encourage timely care, improve medical management, and combat stigmatization.
- Increased scientific knowledge regarding the pathophysiology of pain has led to the conclusion that chronic pain can be a disease that requires adequate treatment and a research commitment.
- Chronic pain is a biopsychosocial condition that often requires integrated, multimodal, and interdisciplinary treatment, all components of which should be evidence-based.
- Data are lacking on the prevalence, onset, course, impact, and outcomes of most common chronic pain conditions. The greatest individual and societal benefit would accrue from a focus on chronic pain.

- Every effort should be made to prevent illnesses and injuries that lead to pain, the progression of acute pain to a chronic condition, and the development of high-impact chronic pain.
- Significant improvements are needed to ensure that pain assessment techniques and practices are high-quality and comprehensive. The Interagency Pain Research Data Base and Summary Report can be found at: http://iprcc.nih.gov/portfolio_analysis/portfolio_analysis-index.htm
- Self-management programs can improve quality of life and are an important component of acute and chronic pain prevention and management.
- People with chronic pain need treatment approaches that consider individual differences in susceptibility for pain and response to treatment, as well as improved access to treatments that consider their preferences and are in accord with best evidence on safety and effectiveness.
- Treatments that are ineffective, whose risks exceed their benefits, or that may cause harm for certain subgroups need to be identified and their use curtailed or discontinued.
- Much of the responsibility for front-line pain care rests with primary care clinicians who are not sufficiently trained in pain assessment and comprehensive, evidence-based treatment approaches.
- Greater collaboration is needed between primary care clinicians and pain specialists in different clinical disciplines and settings, including multispecialty pain clinics.
- Significant barriers to pain care exist, especially for populations disproportionately affected by and undertreated for pain and need to be overcome.
- People with pain are too often stigmatized in the health care system and in society, which can lead to delayed diagnosis or misdiagnosis, bias in treatment, and decreased effectiveness of care.

The objectives and action plans developed in this report to address the core IOM findings and recommendations are summarized below by work group topics and include:

Population Research

Understanding the significance of health problems in a population is a core public health responsibility. To increase the quantity and quality of what is known about chronic pain within the U.S. population, the NPS recommends specific steps to increase the precision of information about chronic pain prevalence overall, for specific types of pain, and in specific population groups and to track changes in pain prevalence, impact, treatment over time, to enable evaluation of population-level interventions and identification of emerging needs. It also recommends development of the capacity to gather information electronically about pain treatments, their usage, costs, effectiveness, and safety.

Prevention and Care

Prevention of acute and chronic pain, especially primary prevention strategies, needs greater emphasis throughout the health care system, including delivery of long-term services and

supports, and in environments where injuries are likely to occur (e.g., the workplace), and among people at increased risk of developing chronic pain. When chronic pain develops, treatment should begin with a comprehensive assessment, followed by creation of a care plan that can evolve over time to address the full range of biological, psychological, and social effects of pain on the individual. The NPS recommends strengthening the evidence base for pain prevention strategies, assessment tools, and outcome measures—particularly those relevant for primary care—in part through the development of new, rigorously researched approaches. It also recommends improvements in pain self-management programs that can help affected individuals improve their knowledge, skills, and confidence to prevent, reduce, and cope with pain, and minimize treatment risks and adverse effects.

Disparities

Pain is more prevalent or disabling and/or care is inadequate in certain vulnerable populations including people with limited access to health care services, racial and ethnic minorities, people with low income or education, children, older adults, and those at increased risk because of where they live or work, or because of limited communication skills. Many of these groups face additional problems of stigmatization and bias in pain care. To eliminate disparities and promote equity in pain assessment and treatment, the NPS recommends efforts aimed at increasing understanding of the impact of bias and supporting effective strategies to overcome it; increasing access to high-quality pain care for vulnerable population groups; and improving communication among patients and health professionals.

Service Delivery and Payment

Evidence suggests that wide variations in clinical practice, inadequate tailoring of pain therapies to individuals, and reliance on relatively ineffective and potentially high-risk treatments such as inappropriate prescribing of opioid analgesics, or certain surgical interventions, not only contribute to poor quality care for people with pain, but also increase health care costs. The NPS recommends a population-based, biopsychosocial approach to pain care that is grounded in scientific evidence, integrated, multimodal, and interdisciplinary, while tailored to an individual patient's needs. Research and demonstration efforts are needed that build on current knowledge, develop new knowledge, and support further testing and diffusion of model delivery systems.

Professional Education and Training

Although pain is one of the most common reasons for health care visits, most health profession education programs have yet to give it adequate attention. The NPS recommends steps to improve discipline-specific core competencies, including basic knowledge, assessment, effective team-based care, empathy, and cultural competency. It encourages educational program accreditation bodies and professional licensure boards to require pain teaching and clinician learning at the undergraduate and graduate levels. The NPS also recommends development of a web-based pain education portal that would contain up-to-date, comprehensive, and easily accessed educational materials. These training efforts should be made in coordination with current HHS efforts to develop tools for providers to recognize the risk factors and symptoms of opioid use disorders. Examples of ongoing government efforts, such as the prescriber training developed as part of opioid risk mitigation strategies appropriate

prescribing of extended-release and long-acting (ER/LA) opioid analgesics is included in the FDA Blueprint for Prescriber Education that is part of the FDA-approved Risk Evaluation and Mitigation Strategy for Extended-Release and Long-Acting Opioid Analgesics, and the Secretary's Initiative on Opioids: Objectives to improve clinical decision making: <https://aspe.hhs.gov/basic-report/opioid-abuse-us-and-hhs-actions-address-opioid-drug-related-overdoses-and-deaths>

Public Education and Communication

Key to a cultural transformation in pain care is a greater understanding—among members of the public and people with pain alike—of important aspects of chronic pain and its appropriate treatment. The National Pain Strategy recommends a national public awareness campaign involving public and private partners to address misperceptions and stigma about chronic pain. The learning objectives of the campaign would emphasize the impact and seriousness of chronic pain and its status as a disease that requires appropriate treatment. In addition, an educational campaign on the safer use of pain medications that is targeted to people with pain whose care includes these medications is recommended. Next Steps for Implementation Sustained efforts across HHS, working through operating divisions, staff divisions, and with non-governmental partners, will be required in order to implement the public health, clinical, and research initiatives described in this Strategy. These efforts will help to prevent pain, improve patient care and outcomes, assure appropriate patient and provider education, and advance pain-related applied research. The Office of the Assistant Secretary for Health (OASH), in conjunction with HHS operating and staff divisions, will consider the recommendations included in the Strategy and develop an implementation and evaluation plan based on this process.

THE NATIONAL PAIN STRATEGY:

The objectives of the National Pain Strategy aim to decrease the prevalence of pain across its continuum from acute to high-impact chronic pain and its associated morbidity and disability across the lifespan. The intent is to reduce the burden of pain for individuals, their families, and society. The Strategy envisions an environment in which:

People experiencing pain would have timely access to patient-centered care that meets their biopsychosocial needs and considers individual preferences, risks, and social contexts, including dependence and addiction.

- People with pain would have access to educational materials and learn effective approaches for pain self-management programs to prevent, cope with, and reduce pain and its disability.
- Patients, including those with low literacy or communication disabilities, would have access to information they can understand about the benefits and risks of treatment options, such as those associated with prescription opioid analgesics.
- All people with pain would be assured of receiving needed preventive, assessment, treatment, and self-management interventions, regardless of race, color,

nationality, ethnicity, religion, income, gender, sex, age (neonatal through end of life), mental health and substance use disorders, physical or cognitive disability, sexual orientation and gender identification, geographic location, education, language proficiency, health literacy, or medical condition. All pain-related services would be provided without bias, discrimination, or stigmatization.

- Americans would recognize chronic pain as a complex disease and a threat to public health and productivity. Individuals who live with chronic pain would be viewed and treated with compassion and respect.
- Clinicians would take active measures to prevent the progression of acute to chronic pain and its associated disabilities.
- Clinicians would undertake comprehensive assessments of patients with chronic pain, leading to an integrated, patient-centered plan of coordinated care, managed by an interdisciplinary team, when needed. Treatment would involve high-quality, state-of-the-art, multimodal, evidence-based practices. While most pain care would be coordinated by primary care practitioners, specialists would be involved in the care of patients who have increased comorbidities, complexity, or are at risk for dependence or addiction.
- Clinicians would receive better education and training on biopsychosocial characteristics and safe and appropriate management of pain. Clinician's knowledge would be broadened to encompass an understanding of individual variability in pain susceptibility and treatment response, the importance of shared (patient-providers) and informed decision-making, ways to encourage pain self-management, appropriate prescribing practices, how empathy and cultural sensitivity influence the effectiveness of care, and the role of complementary and integrative medicine.
- Payment structures would support population-based care models of proven effectiveness in interdisciplinary settings and encourage multimodal care aimed at improving a full range of patient outcomes.
- Electronic data on pain assessment and treatment would be standardized, and health systems would maintain pain data registries that include information on the psychosocial/functional impact of chronic pain and the costs and effectiveness of pain management interventions. These data resources would be used in an ongoing effort to evaluate, compare, and enhance health care systems, identify areas for further research, and assess therapies for quality and value.
- The evolution toward a public health approach to pain prevention and care would be facilitated by epidemiologic, health services, social science, medical informatics, implementation, basic, translational, and clinical research, informed by clinician/scientist interactions.
- Data on the health and economic burdens of chronic pain would guide federal and state governments and health care organizations in their efforts to work toward these objectives. Such data would lay the groundwork for enhancing the effectiveness and safety of pain care overall and for specific population groups and would enable monitoring of the effectiveness of policy initiatives, public education efforts, and changing treatment patterns.

- A more robust and well-trained behavioral health work force would be available to support the needs of patients who suffer from chronic pain, including those at risk who need mental health care and substance abuse prevention and recovery treatment.
- The actions in this strategy would be undertaken in the context of the dual crises of pain and opioid dependence, overdose, and death in the United States. Actions to improve pain care and patient access to and appropriate use of opioid analgesics for pain management would be coordinated and balanced with the need to curb inappropriate prescribing and use practices. To achieve this balance a broad range of stakeholders including those engaged in pain care and pain care policies, as well as those working in substance use prevention, treatment, and recovery, would be engaged as the actions of the NPS are undertaken.

The NIH Office of Pain Policy is pleased to announce the release of the [Federal Pain Research Strategy](#) (PDF, 958.80 KB).

The Federal Pain Research Strategy (FPRS) is an effort of the Interagency Pain Research Coordinating Committee (IPRCC) and the National Institutes of Health, Office of Pain Policy to oversee development of a long-term strategic plan to advance the federal pain research agenda. The strategy is relevant to the missions all federal agencies and departments that support pain research. The research priorities of the FPRS are intended to guide strategic research planning and to support funding decisions that will fill crucial gaps in the federal pain research portfolio.

The strategy fulfills the IPRCC mandates to Identify critical gaps in basic and clinical research on the symptoms and causes of pain and to make recommendations to ensure that the activities of the National Institutes of Health and other Federal agencies are free of unnecessary duplication of effort. The FPRS completes the National Pain Strategy NPS section on pain research in that it Includes an agenda for developing physiological, clinical, behavioral, psychological, outcomes, and health services research and appropriate links across these domains that align with the NPS.

The IPRCC and NIH thank the scientific experts, patient advocates, and federal representatives who developed and prioritized the research recommendations of the FPRS for their time, expertise, and commitment to this important effort.



[Federal Pain Research Strategy Report \(PDF, 958.80 KB\)](#)

A strategic plan for pain research across federal agencies.

The FPRS planning committee, which includes the NIH/NINDS Office of Pain Policy, members of the NIH Pain Consortium and members of the IPRCC, has assembled a diverse and balanced group of scientific experts, patient advocates, and federal representatives who are working to identify and prioritize research recommendations as a basis for a long term strategic plan to coordinate and advance the federal research agenda. The key areas of prevention of acute and chronic pain, acute pain and acute pain management, the transition from acute to chronic pain, chronic pain and chronic pain management, and disparities in pain and pain care will provide a framework for development of the strategy upon which important cross-cutting elements will be addressed.

Role of the IPRCC

- Reviews and approves the organizational and operational structure for the strategy
- Revises and completes the RFI to inform the [work groups](#)
- Sets charge to the [steering committee](#)
- Provides feedback throughout the process through the steering committee
- Final approval of the strategy

Role of the Steering Committee

- Selects work group co-chairs
- Sets charge to the work groups with RFI feedback considered.
- Steering committee co-chairs serve as liaison to the IPRCC and work groups.
- Monitors work group progress through communication with the work group co-chairs.
- Ensures coordination and integration of effort across the work groups.
- Plans and oversees the Delphi based prioritization of recommendations across the work groups.

Role of the Working Groups

- Refine their defined theme (in coordination with the steering committee as per the overall work group organization) and determine appropriate cross cutting themes
- Consider RFI feedback
- Federal facilitator (OPP) reports to and from the steering committee
- Federal representative (IPRCC or other) to serve as a liaison to the steering committee and serve as an information resource on agency and to ensure that areas of priority to agency/department missions are included in the strategy
- Participate in scheduled “cross-work group co-chair” meetings to ensure integration/coordination
- Review the portfolio, consider needs, opportunities and priorities
- Complete their charge; develop priorities.

Work Flow

Planning Committee proposes organizational, operational structure and work group themes.

Planning Committee submits the proposal to IPRCC for pre-meeting review and comment.

IPRCC revises and approves the proposal.

IPRCC provides nominations for the steering committee membership within the established framework.

Nominations also solicited from the NIH Pain Consortium Executive Committee, VHA Pain Research Working Group, and other agency pain relevant groups through the federal IPRCC members.

Revision and approval and posting (IPRCC Website) of the organizational and structural flow for the FPRS, as per the IPRCC.

Review, approval and release of the RFI.

Final selection of the steering committee as per the criteria- process.

Establish the Steering Committee.

IPRCC sets the charge to the steering committee (to include communication strategies, theme definitions and cross cutting issues, and responsibilities).

The steering committee nominates members for the working groups and select/appoint the work co-chairs.

The steering committee sets the charge for the working groups.

The co-chairs select their work group membership, ensuring balance of expertise, representation, and optimal size of 8-12 members, in accord with defined criteria.

The work groups refine the definitions and cross-cutting priorities/issues as per content experts and RFI.

The work groups review the portfolio, identify gaps and opportunities, and develop and prioritize recommendations for future research

The steering committee will oversee the process of prioritization using a modified Delphi method.