

TOOL KIT



PARTNERS *for*
UNDERSTANDING PAIN

Health Care Professionals September 2016

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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

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 OF LAW, MEDICINE & ETHICS

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 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 have the ability to provide the funding to move the National Pain Strategy forward. Below are 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 Take action today. Your voice can make a difference in the lives of millions! *(Overview on page 153)*



DRAFT SENATE AND HOUSE LETTERS

Sample Letter

Dear [your Senator]

Re: Implementation Plan for the National Pain Strategy

As a voter in your district, I urge you to support the implementation of the newly released National Pain Strategy (NPS). It offers a roadmap to achieving a system of effective, safe, high-quality, evidence-based pain care. It also provides a guide to safer prescribing practices, such as those recommended in the recently released CDC Guideline for Prescribing Opioids for Chronic Pain. The NPS can be found at: https://iprcc.nih.gov/docs/HHSNational_Pain_Strategy.pdf.

There are many reasons to support this strategy:

- **Great Need:** Four in 10 American adults and 80 percent of veterans returning from Operation Iraqi Freedom and Operation Enduring Freedom suffer from chronic pain, according to studies from the Institute of Medicine (IOM) and Department of Veterans Affairs. Pain also is the number one reason that people seek healthcare. The cost of pain is more than \$600 billion annually (Institute of Medicine, 2011; Lew HL, et al., *Journal of Rehabilitation Research & Development*, 2009).
- **Lack of Knowledge and Resources:** Yet the U.S. continues to invest meagerly in chronic pain research (only 4 cents per patient in 2015); poorly train and educate our health care providers on the proper assessment and management of pain; and provide minimal to no reimbursement for multidisciplinary non-pharmacologic pain management strategies, a key recommendation called for in the new CDC Guideline for Prescribing Opioids for Chronic Pain.
- **Existing Consensus:** The NPS has broad stakeholder support. It is the result of coordinated work by six federal agencies, along with 80 experts from the medical, scientific, patient, and advocacy communities.
- **By acting on the NPS, we can begin to change this picture.** The NPS can guide us to generate critical population research and health services data; advance prevention and pain care strategies; address disparities in pain assessment and treatment; improve pain service delivery and reimbursement; improve health care provider education and training; and foster public education and communication strategies. With clearly delineated short-, medium-, and long-term deliverables, key federal and non-federal stakeholders, and strategies to measure impact, the NPS offers an opportunity for positive change that we cannot afford to miss.

I urge you to ask U.S. Senate H.E.L.P. Committee Chairman Lamar Alexander to send a letter to the Department of Health and Human Services requesting a written implementation plan and corresponding budget from them to be submitted within 60 days of the Committee's request.

Yours truly,

YOUR NAME

Sample Letter

Dear [your Representative]

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By acting on the NPS, we can begin to change this picture. The NPS can guide us to generate critical population research and health services data; advance prevention and pain care strategies; address disparities in pain assessment and treatment; improve pain service delivery and reimbursement; improve health care provider education and training; and foster public education and communication strategies. With clearly delineated short-, medium-, and long-term deliverables, key federal and non-federal stakeholders, and strategies to measure impact, the NPS offers an opportunity for positive change that we cannot afford to miss.

I urge you to ask U.S. House Energy & Commerce Committee Chairman Fred Upton to send a letter to the Department of Health and Human Services requesting a written implementation plan and corresponding budget from them to be submitted within 60 days of the Committee's request.

Yours truly,
YOUR NAME



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.”

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 increase 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.

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/>



PARTNERS *for*
UNDERSTANDING PAIN

Let Your Voice Be Heard!





PARTNERS *for*
UNDERSTANDING PAIN

LET YOUR VOICE BE HEARD: WRITING LETTERS TO MEMBERS OF CONGRESS AND GOVERNORS

Together our voices are very strong! We invite you to join us in a letter-writing campaign to help ensure that September is recognized as pain awareness month.

Our letters also can bring to the attention of our elected officials the enormous impact pain has in health care costs, economic productivity, and human suffering on the people they represent.

Sample letters and petitions follow. Please modify them to reflect your mission as appropriate.

Taking It To The Next Level

Meeting with the elected official also can be helpful. Call his or her office to see when a convenient time might be to meet and discuss the issues your organization faces in the complex problem of pain

Your Organization Has A Voice

Share this information with your members and ask them to write letters also. You may wish to post the letter and the tips below on your web site to encourage all who visit your web site to help bring the issue of pain to the forefront. To learn how to contact their congress and senators, they may log on to <https://www.congress.gov/members>

Tips For Writing To Policy Makers

- ⊗ Be sure to include your name and the organization that you are representing (use your letterhead, if possible)
- ⊗ Get to the point immediately
- ⊗ Keep it brief
- ⊗ Remember that you are the expert on this topic
- ⊗ Provide a follow up plan to contact them
- ⊗ Make sure that you include a return address and a phone number where you can be reached in the signature

You also may develop an on-line petition to be signed in support of declaring September as Pain Awareness Month and Partners for Understanding Pain. Post our petition in your offices or agency and take copies to community days and other events. Good luck!

SAMPLE LETTER

(Date)

Name

Address

City, State Zip

Dear Senator or Governor (last name)

On behalf of Partner Group and Partners for Understanding Pain, I ask for your support in declaring Septembers Pain Awareness Month.

Pain is a major health issue. It is the number-one cause of adult disability in the United States and affects one in three people or about 100 million Americans. According to an omnibus survey of 1,000 Americans conducted for the Partners for Understanding Pain, 34 percent of respondents said they currently live with ongoing pain. In spite of its pervasiveness, few physicians receive more than a few hours of formal training in pain management

Pain is a major economic issue. According to the National Institute of Medicine report, *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*, pain costs more than \$600 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, with an impact well beyond the individual on his or her spouse or partner, children, family, and community.

Partners for Understanding Pain brings together both health care professionals and patient organizations to build understanding of chronic, acute, and cancer pain issues and the impact of pain today. For more information about Partners for Understanding Pain, call 1800-533-3231 or visit www.understandingpain.org.

We ask you to support of our efforts to have pain taken seriously by helping us have September declared Pain Awareness Month. I will call your office on (day, date, time) to answer any questions you might have. I hope that we can count on your support.

Thank you for your consideration to this very important issue.

Name

Organization

Address Phone

number

e-mail

SAMPLE PETITION

List names of members of congress/governor to whom the petition will be sent.

By our signatures on this petition, we urge you to take action to have September declared Pain Awareness Month. We believe that pain needs to be taken seriously for these reasons:

Pain is a major health issue. It is the number-one cause of adult disability in the United States and affects one in three people or about 100 million Americans. According to an omnibus survey of 1,000 Americans conducted for the Partners for Understanding Pain, 34 percent of respondents said they currently live with ongoing pain. In spite of its pervasiveness, few physicians receive more than a few hours of formal training in pain management

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Signatures:

Name

Address







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TOOL KIT FOR OBTAINING A STATE PROCLAMATION

Thank you for your interest in obtaining a proclamation from your Governor to declare September Pain Awareness Month. We have yet to make a significant impact on increasing research, improving access to care, reducing the cost of care, and dispelling myths about long-term pain. By joining together and giving a human face and voice to a problem we all share, we can mobilize resources to fulfill the promise of the National Pain Strategy and officially have September recognized in your state as Pain Awareness Month.

Enclosed is an easy-to-follow guide, several examples of proclamations, and useful facts to help in your efforts. Our hope is to have as many states as possible obtain proclamations

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.



PROCESS FOR SECURING STATE GOVERNORS' PROCLAMATIONS

- 1) **Goal and Purpose:** Identify your goal and the purpose. Example:

The goal is to obtain a Governor's Proclamation declaring September as Pain Awareness Month.

The purpose is to increase awareness surrounding the under-treatment of pain in your state, to activate individuals to work toward reducing barriers and increasing access to appropriate pain management, and to improve the quality life of those suffering from pain.

- 2) **Supporting materials:** Identify and gather all the current supporting materials on the subject. These will form the foundation on which you are making your request. They need to include statistics that reveal the incidence of the problem with credible references. A good source of information would be whose contact information can be found at NIH <https://report.nih.gov/nihfactsheets/ViewFactSheet.aspx?csid=57>. Use the attached proclamations that were already successful in Louisiana and Pennsylvania as a template for your state's proclamation. Any work that you can do for the Governor's office in the writing of the proclamation or providing suggested wording will be appreciated and speed the process along. It will also help to ensure that the finished product accurately reflects your purpose.
- 3) **Contacting the Governor's office:** Once these materials are collected and prepared, call the Governor's office to determine which department is responsible for the writing and issuing of State Governor's Proclamations. This department may vary by state, and may be listed as Public Relations, Press Office, Proclamation Office, etc. Determine the name of the contact person in charge of proclamations in that office. Contact information for your Governor's office can be found at www.nga.org.
- 4) **Requesting the proclamation:** Call the contact person and introduce yourself and verify that he/she is in charge of proclamations. Identify yourself and explain your mission and state your goal and purpose. Ask if they'd like you to make an appointment to visit with them and share your materials, or if they would prefer that you send them the materials in the mail for their review. (Use the quickest mailing method that you can afford so that the staff receives the materials soon after the phone call). Always call to ensure they have received the materials and are comfortable with going forward with the request. In some instances, proclamations can be secured over the phone, but if you detect some reluctance from them about issuing a proclamation, a face-to-face meeting to make your case can be very effective.

- 5) **Timing:** Be sure to find out how long they anticipate the process to take. It is suggested to allow a minimum of 2-3 months lead-time. In some instances proclamations can be secured in less time, but it is always good to start early. In this instance, Partners for Understanding Pain suggests you secure your September proclamation by the end of May in order to maximize national publicity.
- 6) **Receipt of proclamation:** Request that the office send the finished proclamation directly to you as soon as it is finished. Be sure your contact information is included on all correspondence.
- 7) **Follow up:** It is appreciated when you tell the office how you intend to use the proclamations and then provide them with any pertinent feedback. An example of this relevant to September Pain Awareness Month would include using the recognition from the proclamation to raise awareness about the under-treatment of pain and access and barriers to pain management as a public health issue through media and community outreach. A follow up memo to the Governor's office detailing any events or media coverage will only make your case stronger should you approach them next year.

Attachments:

State proclamations
Fact sheet about pain

Commonwealth of Massachusetts



A Proclamation

His Excellency Governor Deval L. Patrick

Whereas Pain is a major public health problem and is the number one reason Americans seek medical care; and

Whereas More than 100 million Americans live with chronic pain as a result of serious illnesses and injuries; and

Whereas One in four adult and among minorities, twice that number, suffer from chronic pain in Massachusetts; and

Whereas Pain negatively impacts almost every aspect of a person's life including the ability to work, sleep and engage in social activities as well as adversely impacts pain sufferers' families and caregivers; and

Whereas The National Institute of Health estimates that pain costs the United States public over \$560 to \$630 billion per year in medical expenses, lost wages, lost productivity and other associated costs; and

Whereas The Massachusetts Pain Initiative, the American Chronic Pain Association, the American Cancer Society, the American Academy of Pain Medicine, the American Academy of Pain Management, the American Society for Pain Management Nursing, the American Society for Pain Management Nursing Eastern Massachusetts Chapter, Tufts University School of Medicine's Program on Pain Research, Education and Policy, the U.S. Pain Foundation and the National Fibromyalgia & Chronic Pain Association are all working together in Massachusetts to remove the barriers to effective pain care for all Massachusetts citizens and eliminate the under treatment of pain,

Now, Therefore, I, Deval L. Patrick, Governor of the Commonwealth of Massachusetts, do hereby proclaim September 2013, to be,

PAIN AWARENESS MONTH

And urge all the citizens of the Commonwealth to take cognizance of this event and participate fittingly in its observance.

Given at the Executive Chamber in Boston, this fourteenth day of August, in the year two thousand and thirteen and of the Independence of the United States of America, the two hundred and thirty-seventh.

By His Excellency

DEVAL L. PATRICK
GOVERNOR OF THE COMMONWEALTH

WILLIAM FRANCIS GALVIN
SECRETARY OF THE COMMONWEALTH



God Save the Commonwealth of Massachusetts



Reprinted with permission by Partnership for Clear Health Communication

Ask Me 3 is a program that addresses the need for increased communication for consumers to understand their health care issues. It is a national effort to improve health literacy.

Good questions for your good health:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Every time you talk with a doctor, nurse, or pharmacist, use the **Ask Me 3** questions to better understand your health.

Tips for Clear Health Communication

Here are a few tips you can try:

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health. To remind yourself what you need to do and the questions you can ask at your next medical visit:

<http://www.npsf.org/?page=askme3>

I will ask the 3 questions.

- I will bring a friend or family member to help me at my doctor visit.
- I will make a list of my health concerns to tell my doctor.
- I will bring a list of all my medicines when I visit my doctor.
- I will ask my pharmacist for help when I have questions about my medicines.



When to Ask Questions

You can ask questions when:

- ④ You see your doctor, nurse, or pharmacist.
- ④ You prepare for a medical test or procedure.
- ④ You get your medicine.

What If I Ask and Still Don't Understand?

- ④ Let your doctor, nurse, or pharmacist know if you still don't understand what you need to do.
- ④ You might say, "This is new to me. Will you please explain that to me one more time?"

The **Ask Me 3** questions are designed to help you take better care of your health.

Who Wants to Answer?

Are you nervous to ask your health provider questions? Don't be. You may be surprised to learn that your medical team wants you to let them know that you need help.

Like all of us, doctors have busy schedules. Yet your doctor wants you to know:

- ④ All you can about your condition.
- ④ Why this is important for your health
- ④ Steps to take to keep your condition under control



PARTNERS *for*
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Action Ideas and Tools for Health Care Professionals





PARTNERS *for*
UNDERSTANDING PAIN

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

Pain Awareness Events
September 2016

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 is 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

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, a 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 Web site to spread the word about pain through education. Suggested items for the Web site:

- ④ Partners for Understanding Pain logo and link on homepage.
- ④ Links to Partner organizations and their resources.
- ④ Facts about how pain touches your organization.
- ④ Distribute the Quality of Life Pain Scale to increase communication between the health care provider and the patient.
- ④ Local community resource guide for people who have pain issues.
- ④ 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:

- ④ Ask organizations to post and distribute materials about pain, resources, and information about the Partners for Understanding Pain program.
- ④ Co-sponsor a community event, re: walk to raise awareness for the importance of pain management.
- ④ Set up a booth or pass out information about pain at already established community events.
- ④ Set up appointments with local legislators to educate them about pain and how it's a major health issue that needs attention.
- ④ 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:

- ④ Drug stores
- ④ Hospitals/doctor's office
- ④ Local chapters of health-related organizations; health fairs
- ④ Health insurers
- ④ Fitness centers/health-related stores
- ④ Churches
- ④ Libraries
- ④ 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:

- ④ Offering a speaker to talk about how pain touches those with heart disease, diabetes and cancer; make the information relevant to their organization.
- ④ Asking organizations to identify success stories among their members.
- ④ Asking organizations to display information about the Partners for Understanding Pain's resources and materials at community events and on their Web site.

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 groups
- Local health-related organizations and programs
- Financial advisors and assistance resources
- Transportation resources for disabled
- Home health services
- Homemaking services
- Meals on wheels
- 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.



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 __, 2016—. September has been declare Pain Awareness Month by the Partners for Understanding Pain, a consortium of more than 60 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@pacbell.net.



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 70 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. AND 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 2016





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 Suite 740, Washington, DC 20006

Phone: 202-293-2856

Web site: www.agingresearch.org

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

Twitter: https://twitter.com/Aging_Research

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

Email: info@agingresearch.org

Resource	Type	URL	Description
OTC Pain Medication: What You Need to Know	Educational “pocket film”	https://www.youtube.com/watch?v=jE0-r2APdc	Tens of millions of Americans reach for over-the-counter (OTC) medications for relief of minor aches and pains. But just because they’re OTC doesn’t mean they’re harmless. And with more than 1,000 acetaminophen and NSAID (non-steroidal anti-inflammatory drugs) containing medications, choosing the right medication can seem overwhelming. This short film will guide you in choosing the medication that’s right for you or your loved one, and give tips on taking them safely.
Safely Taking and Storing OTC Pain Medications	Educational “pocket film”	https://www.youtube.com/watch?v=bC5ckoxXh08	Once you choose an over-the-counter (OTC) pain medication that’s right for you or a loved one, it’s important to store it safely. Watch this film to learn where to store your meds, how to keep them Up and Away and Out of Sight of young children,

			how to prevent misuse, and what to do when you no longer need the medication.
Safe Medication Disposal	Educational “pocket film”	https://www.youtube.com/watch?v=Eh7O8IVyzNs	An estimated 40% of medications go unused, but what do you do with medications that you no longer want or need? This film gives a simple step-by-step guide on how to dispose of over-the-counter (OTC) and prescription medications in a way that keeps them out of the hands of young children, prevents abuse, and is safe for the environment. Learn what medications can be disposed of at home as well as how to find community and Drug Enforcement Agency take-back programs.
OTC Pain Medication Quiz	On-line quiz	http://www.agingresearch.org/Quizzes/view/41	Quizzes users on their knowledge on safely selecting, taking, storing, and disposing of OTC pain medications.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Academy of Pain Management**

Mailing address: 975 Morning Star Dr Suite A, Sonora, CA 95370

Phone: 209-533-9744

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

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

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

You Tube: <https://www.youtube.com/watch?v=3OLHiJHk7Lg>

Email: info@aapainmanage.org

Resource	Type	URL	Description
State Pain Policy Advocacy Network	Information	http://sppan.aapainmanage.org/	Find the latest updates on state pain policies, easy-to-read analyses, and learn about SPPAN's 2016 Policy and Advocacy Priorities . Also, view our End of Session report showing 225 pain-related bills which passed into law in 2015.
Legislation and Regulations	Information	http://www.aapainmanage.org/advocacy/legislation-and-regulation/	Access our database of legislation and regulation related to the pain management field.
Credentialing	Education	http://www.aapainmanage.org/credentialing/	The Academy provides the only credential available for all practitioners who treat people with pain.
Accredited Education	Education	http://www.aapainmanage.org/education/	The Academy provides education through the Annual Clinical Meeting, online and live programs, and print materials.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Academy of Pain Medicine**

Mailing address: 8735 W Higgins Rd Suite 300, Chicago, IL 60631-2738

Phone: 847-375-4731

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

Facebook: https://www.facebook.com/American-Academy-of-Pain-Medicine-2054996454724958/?ref=aymt_homepage_panel

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

You Tube: <https://www.youtube.com/user/AAPMedicine>

Other: <https://www.pathlms.com/aapm>

Email: info@painmed.org

Resource	Type	URL	Description
Initiating Therapies for OIC	Free online webinar series. CME, CEU available.	TBA	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.
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.
2016 PCSS-O Webinars	Free online webinar. 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 webinar. 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.
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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 Suite 200, Rosemont, IL 60018

Phone: 847-737-6000

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

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

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

You Tube: <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.
Research advocacy	Advocacy on Capitol Hill	http://www.aapmr.org/advocacy/research-advocacy	AAPM&R is actively involved in disability and rehabilitation research advocacy on Capitol Hill and at the National Institutes of Health for increased coordination and funding for medical rehabilitation research.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Association of Colleges of Nursing**

Mailing address: One DuPont Cir NW Suite 530, Washington, DC 20036

Phone: 202-463-6930

Web site: <http://www.aacn.nche.edu>

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

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

You Tube: <https://www.youtube.com/watch?v=riXYEWuH-1o>

Email: info@aapmr.org

Resource	Type	URL	Description
Learning and networking days	Education	http://www.mynursingcas.org/nursingcas-learning-networking-days/	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.
Sample Newsletter	Information	http://www.nursingcas.org/applicant-newsletters/applicant-newsletter-january-22-2016/	Information on programs that have available space, deadline extensions, and new programs.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Association of Rehabilitation Nurses**

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

Phone: 800-229-7530

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

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

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

You Tube: https://www.youtube.com/channel/UC-JoUwW2EZQGTywYITs_TaA

Email: info@rehabnurse.org

Resource	Type	URL	Description
Resources	Tool Kit	http://www.rehabnurse.org/advocacy/content/Resources.html	The kit is to educate, inform and encourage people to become involved in advocacy.
Bookstore	Education	http://apps.rehabnurse.org/Default.aspx?TabID=355	The Rehabilitation Nursing Collection by ARN is prime source for quality education publications and on-demand learning resources.
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

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

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

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

You Tube: <https://www.youtube.com/user/AmerCancerSociety>

Resource	Type	URL	Description
Learn About Cancer	Education	http://www.cancer.org/cancer/index#cancerListView	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 Support & Treatment	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**

Mailing address: PO Box 850, Rocklin, CA 95677

Phone: 800-533-3231

Web site: <https://theacpa.org/>

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

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

You Tube: https://www.youtube.com/channel/UCY89rzzrYRckp4JIYQ2W_qvw

Email: acpa@theacpa.org

Resource	Type	URL	Description
ACPA Pain Log	Interactive Communication Tool	https://theacpa.org/painLog/default.aspx	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://theacpa.org/painMappingTools/	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/a-car-with-four-flat-tires	A video that helps explain all the necessary components of pain management for a person to live a full life in spite of 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
Relaxations Guide	Resource	https://theacpa.org/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://theacpa.org/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.</p> <p>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 in spite of your pain.

Resource Guide to Chronic Pain Treatment	Resource	https://www.theacpa.org/Consumer-Guide	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/uploads/documents/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, an 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 Suite 400, Silver Spring, MD 200910-3492

Phone: 800-274-4ANA (4262)

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

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

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

You Tube: <https://www.youtube.com/user/nursesmatter>

Other: Email: anf@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 - further your nursing education with online Continuing Education and ANCC Certification.
Ethics & Human Rights	Policy	http://www.nursingworld.org/MainMenuCategories/EthicsStandards	The Center is committed to addressing the complex 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 American Nurses Association ensures all 3.1 million nurses are represented across the board and that nurses interests are not ignored by bureaucrats who lack true knowledge of the issues at the bedside.
Nursing Practice &	Education	http://www.nursingworld.org/MainMenuC	A Healthy Work Environment is one that is safe, empowering, and satisfying. Parallel to

the Environment		ategories/Workplacesafety	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.
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Pain Society**

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

Phone: 847-375-4715

Web site: <http://americanpainsociety.org/>

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

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

You Tube: <https://www.youtube.com/user/AmericanPainSoc>

Other: Email: info@americanpainsociety.org

Resource	Type	URL	Description
On Treating Patients who use Marijuana	Society	http://americanpainsociety.org/98-american-pain-society-offers-guidance-on-medical-marijuana-for-pain	CHICAGO, June 23, 2016 – Marijuana often is used to self treat chronic pain and, with 24 states legalizing medical use of the herb, the American Pain Society published guidance in <i>The Journal of Pain</i> for physicians caring for patients who use cannabis. The paper also identified opportunities for future research required to better understand the health effects of cannabinoids.
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	The American Pain Society (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://americanpainsociety.org/education/the-journal-of-pain/overview	The Journal of Pain (JOP) 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 4.216© on 2013 Journal Citation Reports®, which rises every year.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American Pharmacist Association**

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

Phone: 1-800-237-APhA (2742)

Web site: <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%5Eauthor

You Tube: <https://www.youtube.com/user/aphapharmacists>

Resource	Type	URL	Description
APhA's Educational Library	Education	http://www.pharmacist.com/education	<p>The APhA Library is designed to help pharmacy professionals</p> <p>Reflect on your personal and professional life, and identify areas requiring professional development.</p> <p>Plan your personal development in order to accomplish learning goals.</p> <p>Learn to put your personal development plan into action.</p> <p>Evaluate the success of your personal development plan.</p> <p>.</p>
Patient Outreach Tools	Resources	http://www.pharmacist.com/practice-issues	Get ideas for helping your patients manage their health from APhA and our partners.

Advocate For Your Profession	Advocacy	http://www.pharmacist.com/advocate	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.
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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

Web site: <https://www.apha.org/>

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

Twitter:

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

You Tube: <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	http://www.apha.org/policies-and-advocacy	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: expanded opportunities to earn continuing education credit online; webinars on relevant topics; links to other resources, meetings and activities that might be of interest.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **American RSDHope Group**

Mailing address: This group has been closed effective June 26, 2016 (see <http://www.rsdhope.org/american-rsdhope-closed.html>)

Phone: 207-583-4589

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

Facebook: N/A

Twitter: N/A

You Tube: N/A

Resource	Type	URL	Description
Finding a support group	Resources	http://www.rsdhope.org/crps-support-groups---listing-by-city-and-state.html	RSD/CRPS support groups listed by city & state.
Finding a Physical Therapist	Resources	http://www.rsdhope.org/finding-a-physical-therapist---part-one.html	Helpful information on how to locate a physical therapist knowledgeable about RSD/CRPS. Questions to ask. A good physical therapist can be a key member of your medical team.
News	Information	http://www.rsdhope.org/whats-new--click-here.html	What's new in the CRPS Community? Check out some of the new articles we have added to the website.



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Tool Kits for Health Care Professionals

Organization: **American Sleep Apnea Association**

Address: 1717 Pennsylvania Avenue, NW Ste. 1025, Washington, DC 20006

Phone 888/293-3650

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

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

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

You Tube: <https://www.youtube.com/user/sleepapneaed>

Resource	Type	URL	Description
About Sleep Apnea	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 .
The involvement of ASAA in issues that impact people with sleep apnea	Advocacy	http://www.sleepapnea.org/advocacy.html	The American Sleep Apnea Association is dedicated to influencing federal healthcare policy via legislative, regulatory, and research avenues on behalf of people with sleep apnea by addressing quality-of-care and access-to-care issues.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

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

Mailing address: PO Box 15473, Lenexa, KS 66285-5473

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

Web site: www.aspmn.org

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

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

You Tube: <https://www.youtube.com/channel/UCm53H5vIHxVjYXilLaTfeyg>

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

Resource	Type	URL	Description
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
Multi-Modal Therapies to Manage Pain	Statement	http://www.aspmn.org/Documents/Advocacy%20Positions%20Statements/Multimodal%20Therapies%20to%20Manage%20Pain%20-%20More%20Than%20Just%20Opioids%206-17-2015%20final.pdf	ASPMN's Advocacy Statement on Multimodal pain therapy.

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/ Clinical Online Modules: http://pcss-o.org/modules/	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 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.

List of Association Position Statements Association Journal: Pain Management Nursing	Position Statements	http://www.aspmn.org/Pages/positionpapers.aspx www.painmanagementnursing.org	
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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

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

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

Twitter: N/A

You Tube: N/A

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.
Webcasts and Seminars	Education	http://www.aspan.org/Education/ASPAN-Webcasts-and-Seminars/Summer-Fall-2016	Webcasts and live seminars in selected locations.



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Tool Kits for Health Care Professionals

Organization: **Arthritis Foundation**

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

Phone: 404-872-7100

Web site: www.arthritis.org

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

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

You Tube: <https://www.youtube.com/user/ArthritisFdn>

Other: <https://www.flickr.co/photos/arthritis-foundation/>

Resource	Type	URL	Description
Better Living Toolkit	Resource	http://blog.arthritis.org/news/better-living-toolkit-arthritis/	Comprehensive kit provides health tracker to record 24 weeks of goals, changes in symptoms, level of pain and tips to communicate with healthcare professionals. It also includes Arthritis Today magazine, educational brochures and jar gripper. FREE.
Advocacy	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.



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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: 713-798-4951

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

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

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

You Tube: <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.



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Tool Kits for Health Care Professionals

Name: **Consortium for Citizens with Disabilities**
 Address: 1331 H Street NW, Suite 301, Washington, DC 20005
 Phone: 202-783-2229 e-
 Email: info@c-c-d.org
 website: www.c-c-d.org

Resource	Type	URL	Description
Disability services	Services	www.c-c-d.org	<p>The Consortium for Citizens with Disabilities is a coalition of approximately 100 national disability organizations working together to advocate for national public policy that ensures the self determination, independence, empowerment, integration and inclusion of children and adults with disabilities in all aspects of society.</p> <p>Please visit our web site often to stay informed on national issues and events affecting the disability community.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Coordinadora Nacional de Artritis**

Mailing address: presidencia@conartritis.org

Phone: 915352141

Web site: www.conartritis.org

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

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

You Tube: <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.



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Tool Kits for Health Care Professionals

Organization: **Chronic Pain Research Alliance**
 Mailing address: P.O. Box 26770, Milwaukee, WI 53226
 Phone: 262-432-0350
 Web site: www.ChronicPainResearch.org
 Facebook: N/A
 Twitter: https://twitter.com/CPRAlliance_org
 You Tube: <https://www.youtube.com/user/TMJAssociation>
 Email: info@CPRAlliance.org

Resource	Type	URL	Description
Impact of chronic overlapping pain conditions on public health and the urgent need for safe and effective treatment	White paper	http://www.chronicpainresearch.org/public/CRA_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.
About Chronic Overlapping Pain Conditions	Article	http://www.chronicpainresearch.org/About_COPCs	Millions of Americans suffer from the 10 chronic pain disorders. All of these conditions are poorly understood and predominantly affect women.
<i>Cutting Edge-COPCs</i>	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

<i>Research Advances</i>			of Chronic Overlapping Pain Conditions, 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.
Prevalence & Symptoms of Chronic Overlapping Pain Conditions	Article	http://www.chronicpainresearch.org/Prevalence_Symptoms	Chronic Overlapping Pain Conditions symptoms, U.S. prevalence estimates and the age range when these conditions typically begin.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

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

Mailing address: 3514 21st St, Lubbock, TX 79410

Phone: 806-725-0000

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

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

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

You Tube: <https://www.youtube.com/user/CovenantHealth>

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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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

Web site: <http://www.houston.va.gov/>

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

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

You Tube: N/A

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. The production of 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.
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Tool Kits for Health Care Professionals

Organization: **Endometriosis Research Center**
 Mailing address: 630 Ibis Drive, Delray Beach, FL 33444
 Phone: 800-239-7280
 Web site: <https://www.endocenter.org/>
 Facebook: <https://www.facebook.com/EndoResCenter/>
 Twitter: <https://twitter.com/EndoResCenter>
 You Tube: N/A
 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 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.
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Family Caregivers Alliance**

Mailing address: 785 Market St., Suite 750, San Francisco, CA 94103

Phone: 800-445-8106

Web site: <https://www.caregiver.org/>

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

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

You Tube: <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.
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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

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

Facebook: <https://www.facebook.com/pages/For-Grace-Women-in-Pain/118551454861315>

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

You Tube: <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 Road Suite 350, Buffalo Grove, IL 60089

Phone: 877-883-9942

Web site: <https://www.foundationforpn.org/>

Facebook:

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

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

You Tube: <https://www.youtube.com/channel/UC3U44A3hTL1-iMPUJsFM7WQ>

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 Trial	Research	https://www.foundati.onforpn.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>
Clinical Trials	Research	https://www.foundati.onforpn.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 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.”</p>



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

Web site: <https://www.ihpm.org/>

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

Twitter: N/A

You Tube: N/A

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 the majority 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 behaviours. 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.

			<p>4, No. 3, pp. 18-21 (by Harris Allen, David Hubbard and Sean Sullivan)...click here</p> <p>2) Economic Burden of Illness for Employees with Painful Conditions — <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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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Intercultural Cancer Council**

Mailing address: Meharry Medical College, Doctor D.B. Todd Jr Blvd, Nashville, TN 37208

Phone: N/A

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

Facebook: N/A

Twitter: N/A

You Tube: N/A

Email: pjackson012@comcast.net;

Contact form: <http://www.interculturalcancercouncil.org/contact-us.html>

Resource	Type	URL	Description
Mission	Information	http://www.interculturalcancercouncil.org/icc-caucus-home.html	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	http://www.interculturalcancercouncil.org/icc-caucus-home.html	“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

			<p>solutions to our call to action.” – Armin D. Weinberg, PhD Co-Founder, Intercultural Cancer Council Baylor College of Medicine</p> <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: **Intl Assn for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis**

Mailing address: 9650 Rockville Pike, Bethesda, MD 20814

Phone: 301-634-7701

Web site: <http://iacfsme.org/>

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

Twitter: N/A

You Tube: <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 the 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 the current research and treatment literature and media reports for the benefit of scientists, clinicians and patients. The IACFS/ME also conducts 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>The IACFS/ME shall at all times be organized and operated exclusively for charitable, scientific, literary or educational purposes as a qualified exempt</p>

			organization described under section 501 (c) (3) of the Internal Revenue code of 1986 and the regulations 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 Endometriosis Association**

Mailing address: 8585 N. 76th Place, Milwaukee, WI 53223

Phone: 414-355-2200

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

Facebook: <https://www.facebook.com/pages/Endometriosis-Association-Official-Site/80558051586>

Twitter: N/A

You Tube: <https://www.youtube.com/user/endoassoc>

Resource	Type	URL	Description
How EA can help	Resources	http://www.endometriosisassn.org/help.html	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 Brochure	Education	http://www.endometriosisassn.org/brochures/english.pdf	EA brochures in several different languages, specialized brochure for teenagers, one for girls 8-12 years, and Endometriosis & Menopause. Brochures can be ordered via email to endo@endometriosisassn.org .
Endo & the Environment	Education	http://www.endometriosisassn.org/environment.html	Endometriosis is an endocrine and immune disease that affects an estimated 89 million women and girls around the world, regardless of ethnic or social origin. The incidence of allergies, asthma, and chemical sensitivities in women with endometriosis is higher than in the general population. Women with endometriosis are also at higher risk for autoimmune diseases and certain types of cancers.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **Interstitial Cystitis Association**

Mailing address: 7918 Jones Branch Drive, Suite 300 McLean, VA 22102

Phone: 703-442-2070

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

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

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

You Tube: <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> <ul style="list-style-type: none"> • Researchers: Need Help Recruiting for an IC Clinical Trial? • Patients: Studies Seeking IC Patients to Participate in Studies <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</p>

			<p>variability from one IC patient to another. Some people with IC report that certain foods appear to irritate their bladders and 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-guideline/#sthash.4zDXvwaI.dpuf</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

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

Address: PO Box 170864, Milwaukee, WI 53217-8076

Phone: 414-964-1799

E-mail: iffgd@iffgd.org

Website: www.iffgd.org

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

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

U-Tube: <https://www.youtube.com/user/IFFGD>

Resource	Type	URL	Description
Information about all types of functional gastrointestinal disorders	Resource	www.iffgd.org	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>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.</p> <p>But the truth is, staying quiet is not a good idea. By asking questions and understanding your treatment options,</p>

			<p>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> <ul style="list-style-type: none"> • The Digestive System • Finding a Doctor • Symptoms and Causes • Tests and Diagnosis • Diet and Treatments • Medications • Tips and Daily Living <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> <ul style="list-style-type: none"> • www.aboutIBS.org • www.aboutConstipation.org • www.aboutGERD.org • www.aboutIncontinence.org • www.aboutKidsGI.org • www.aboutgiMotility.org • www.aboutGastroparesis.org
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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **International Pain Foundation**

Mailing address: N/A

Phone: 480-882-1342

Web site: <https://powerofpain.org/>

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

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

You Tube: <https://www.youtube.com/c/powerofpainfoundation>

Contact form (bottom of page) <https://powerofpain.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, 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: 800.533.32331

Web site: <https://ipmnetwork.org/>

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>
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.
Healthcare is a Human Right	Resource	https://ipmnetwork.org/healthcare-is-a-human-right	We should all have access to the healthcare we need: good quality, affordable care without fear of discrimination. This is our human right.

			<p>The World Health Organization states that every person has ‘the right to the highest attainable standard of health’.¹ Decision-makers in every country and continent are obliged to make this happen: to respect, protect and fulfil the rights of patients.²</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: **Lupus Foundation of America**

Mailing address: 2000 L St NW Suite 410, Washington DC 20046

After 8/27/2016: 2121 K Street NW, Suite 200, Washington DC 20037

Phone: 202-349-1162

Web site: www.lupus.org

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

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

You Tube: <https://www.youtube.com/user/LupusFoundation>

Resource	Type	URL	Description
Communicating about Pain	Article	http://www.lupus.org/magazine/entry/your-right-to-hurt-and-be-heard	Psychologists Paul J. Donoghue, Ph.D., and Mary E. Siegel, Ph.D., examine how we speak, how we listen, and how we can be more effective at both in communicating with healthcare providers.
Preparing for a Doctor's Appointment	Article	http://www.lupus.org/answers/entry/preparing-for-a-doctors-appointment	Checklist and tips for preparing for a doctor appointment to get the most out of the visit.
Suggestions on ways to deal with pain	Medically-reviewed article	http://www.lupus.org/answers/entry/pain-lupus	Article with tips on pain management.
How lupus affects the musculoskeletal system	Medically-reviewed article	http://www.lupus.org/answers/entry/joint-muscle-pain-in-lupus	Article by <i>Dr. Francisco P. Quismorio Jr, USC Medical Center in Los Angeles, CA on how lupus affects musculoskeletal system</i>
Non-medication suggestions for managing pain	Medically-reviewed article	http://www.lupus.org/answers/entry/what-are-some-non-medication-ways-to-relieve-pain	Article with tips on ways to manage pain without using drugs



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

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

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

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

You Tube: <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	<p>Healthy E-Male Newsletter Check out some of our past newsletters!</p> <p>Healthy E-Male May 25, 2016 Healthy E-Male May 12, 2016 Healthy E-Male April 27, 2016 Healthy E-Male April 13, 2016</p> <p>If you don't get the Healthy E-Male but would like to Click Here. The newsletter goes out twice monthly so we won't fill up your inbox!</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

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

Mailing address: 4805 Mt. Hope Drive, Baltimore MD 21215

Phone: 877-NAACP-98

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

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

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

You Tube: <https://www.youtube.com/c/naACPvideos>

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

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 St NE, Suite 800 [please note change; formerly 700],
 Washington, DC 20002-4241
 Phone: 202-408-8600
 Web site: www.socialworkers.org [not www.nasw.org or www.naswdc.org]
 Facebook: <https://www.facebook.com/socialworkers>
 Twitter: <https://twitter.com/nasw>
 You Tube: <https://www.youtube.com/user/socialworkers>
 Linkedin: <https://www.linkedin.com/groups/115089/profile>

Resource	Type	URL	Description
NASW Standards for Social Work Practice in Palliative & End of Life Care	Standards and guidelines	http://www.socialworkers.org/practice/standards/Palliative.asp	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	http://www.socialworkers.org/practice/standards/Standards_and_Indicators_for_Cultural_Competence.asp	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	Standards and guidelines	http://www.socialworkers.org/pubs/code/default.asp	The <i>Code</i> , available to the public as a free download in English and Spanish, guides the everyday professional conduct of social workers. Although the <i>Code</i> is not specific to any specialty area of practice, its ethical

of Social Workers			values and principles implicitly support consumer access to holistic pain management services.
Pain—An Introduction and an Opportunity for Social Work Involvement	Continuing education	http://www.socialworkers.org/sections/teleconferences/tcourses/Default.aspx?courseID=d7c0860c-0228-4dac-a94a-b46b8c84b6a5&header=OFF	This archived teleconference, presented by social worker Terry Altilio, addresses the multidimensional experience of pain and tips for social work assessment and intervention. NASW Specialty Practice Sections membership required to access the program.
Promoting Excellence in Pain Management and Palliative Care	Continuing education	http://www.socialworkers.org/sections/teleconferences/tcourses/Default.aspx?courseID=eb2291b2-13e8-4f33-a00c-fe31d83b9909&header=OFF	This archived webinar, presented by social worker Shirley Otis-Green, addresses evidence-based strategies to promote quality palliative care and to relieve pain. NASW Specialty Practice Sections membership required to access the program.
What Social Workers Need to Know About Chronic Pain Management	Continuing education	http://nasw1.interactyx.com/pages/course/portal.aspx?courseid=471	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 News	Publications	http://www.socialworkers.org/pubs/news/default.asp	NASW's newspaper, published 10 times per year, is the primary information source for social work practitioners, administrators, policy advocates, researchers, faculty, and students. The newspaper is free to NASW members and available by subscription to nonmembers.
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; <i>Social Work Speaks</i> , which includes NASW's policy statements addressing end-of-life decision making and care and hospice; and numerous books.

NASW–NHPCO advanced practice specialty credentials in hospice and palliative social work	Credentials	http://www.socialworkers.org/credentials/list.asp	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.
NASW comments to the 2015 White House Conference on Aging	Policy advocacy	http://www.socialworkers.org/practice/aging/documents/NASW_Comments_on_2015_WHCoA_Healthy_Aging_Policy_Brief_6_1215.pdf	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.
Help Starts Here	Consumer education	http://www.helpstarts.org/	NASW’s consumer Web site, <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.
Clinical Practice Guidelines for Quality Palliative Care (3rd ed.)—National Consensus Project for Quality Palliative Care	Standards and guidelines	http://www.nationalconsensusproject.org/Guidelines_Download2.aspx	The <i>Clinical Practice Guidelines for Quality Palliative Care</i> (revised in 2013 by the American Academy of Hospice and Palliative Medicine, the Center to Advance Palliative Care, the Hospice and Palliative Nurses Association, the National Association of Social Workers, the National Hospice and Palliative Care Organization, and the National Palliative Care Research Center) 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.
Dementia Care Practice Recommendations—	Standards and guidelines	http://www.alz.org/professionals_and_researchers_dementia_care	A consensus-based process, in which NASW and multiple other national organizations participated, informed the development of these evidence-based

Alzheimer's Association		e_practice_recommendations.asp	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	http://www.lcao.org/lcao-advanced-care-hospice-end-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.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Fibromyalgia & Chronic Pain Association**

Mailing address: 31 Federal Avenue, Logan, UT 84321

Phone: 801.200.3627

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

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

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

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

Resource	Type	URL	Description
Resources about Fibromyalgia	Education	http://www.fmcpaware.org/resourceseducation.html	<p>Fibro doesn't only effect 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.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Consumer League**

Mailing address: 1701 K Street NW Suite 1200, Washington, DC 20006

Phone: 202-835-3323

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

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

Twitter: https://twitter.com/ncl_tweets

You Tube: N/A

Email: http://www.nclnet.org/contact_us

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.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Fibromyalgia Association**

Mailing address: 31 Federal Avenue, Logan, UT 84321

Phone: 801-200-3627

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

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

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

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

Contact Form: <http://www.fmcpaware.org/nfmcpa-proudly-serving-the-fibromyalgia-and-chronic-pain-community/contact-us.html>

Resource	Type	URL	Description
Mission Statement	Information	http://www.fmcpaware.org/nfmcpa-proudly-serving-the-fibromyalgia-and-chronic-pain-community/mission-statement.html	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	http://www.fmcpaware.org/community/nfmcpa-education-and-support-groups.html	<p>We have a directory of support groups across the United States. We also have a growing number of support groups internationally, which can be found here. Only logged in and registered members can start a support group. You can register as a member here.</p> <p>The NFMCPA has created the directory as a service to those living with FM and caregivers to assist them in finding the nearest community support group. The groups listed and those that will be developed are operated independently, and</p>

			<p>the NFMCPA is not responsible for the actions of the groups or their members. This information is not to be used to solicit for personal, financial or professional gain. Our goal is to educate the community about groups and help people find support in their local areas.</p> <p>You may read the all the terms and conditions the NFMCPA requires of support groups in order to be on the directory here.</p>
Clinical Trials	Research	http://www.fmcpaware.org/fibromyalgia/research-clinical-trials.html	<p>Patient participation is crucial to find more and better answers to the perplexing questions that surround fibromyalgia (FM) and chronic pain. Please consider whether it would be appropriate to participate in this work, and check this page often for information regarding research opportunities close to you.</p> <p>What are clinical trials? How can you volunteer, and what to consider about participating? Click here for more information.</p>



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **National Fibromyalgia Partnership**

Mailing address: 140 Zinn Way, Linden, VA 22642-5609

Phone: 818-707-5664

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

Facebook:

Twitter:

You Tube:

Other: <http://www.joniandfriends.org/help-and-resources/organizations/nfp/> and
<http://www.fmpartnership.org/brochure.asp> (contact form and brochure)

Resource	Type	URL	Description
Our Mission	Information	http://www.fmpartnership.org/about.asp	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. Our Goal is to provide informational tools so as to promote the timely and appropriate diagnosis and treatment of fibromyalgia.
Do Your Own Research	Education	http://www.fmpartnership.org/resources.asp?apm=1_2	National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH) 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. http://www.niams.nih.gov PubMed Database of the U.S. National

			<p>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, Chicago, IL 60610

Phone: 312-274-2650

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

Facebook: <https://www.facebook.com/sharer.php?u=http://www.headaches.org/contact/>

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

You Tube: <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 46 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 physician finder connects patients, who have just begun to seek treatment or those who are looking for more options, to neurologists and headache specialists. Our magazine, Head Wise</p>

			<p>provides in depth articles on advances in 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 and will continue to do so.</p>
Headache Sufferer's Diet	Education	http://www.headaches.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://docs.google.com/viewerng/viewer?url=http://www.headaches.org/wp-content/uploads/2015/01/237149311-Low-Tyramine-Headache-Diet-from-the-National-Headache-Foundation.pdf&hl=en_US</p>
The Truth About Caffeine	Education	http://www.headaches.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: 1411 K Street, Suite 1100 Washington, DC 20005
 Phone: 202-628-5895
 Email: nhma@nhmamd.org
 Web Site: www.nhmamd.org

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 improve the health of Hispanics and other underserved populations. As a rapidly growing national resource based in the nation's capital, NHMA provides policymakers and health care providers with expert information and support in strengthening health service delivery to Hispanic communities across the nation.
Health care professional that work with the Hispanic Medical Association	Resource	www.nhmamd.org	Established in 1994 in Washington, DC, the NHMA is a nonprofit organization representing Hispanic physicians in the United States. The mission of NHMA is to improve the health of Hispanics and underserved populations. 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

			<p>Dental Association http://hdassoc.org/, the Latino Caucus of the American Public Health Association http://latinocaucus-apha.org/, the Latino Behavioral Health Association http://nlbha.org, the National Forum of Latino Health Executives, the NY based <u>Association of Hispanic Healthcare Executives</u> , the Physician Assistants for Latino Health, dietitians, podiatrists, and several national and regional Hispanic medical societies. This portal will be initially developed with the assistance and direction from this network</p>
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Tool Kits for Health Care Professionals

Organization: **National Medical Association**

Mailing address: 8403 Colesville Road Suite 820, Silver Spring, MD 20910

Phone: 202-347-1895

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

Facebook: <https://www.facebook.com/The-National-Medical-Association-119870658170>

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

You Tube: 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.</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 underserved populations.</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).</p> <p>Read more through link at left.</p>
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Tool Kits for Health Care Professionals

Organization: **National Urban League**

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

Phone: 212-558-5300

Web site: <http://nul.iamempowered.com/>

Facebook: <https://www.facebook.com/National.Urban.League>

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

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

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

Resource	Type	URL	Description
Community Health Worker Program	Information	http://www.iamempowered.com/programs/community-health-workers-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 clients carry out their action plans.</p> <p>The CHW program targets African American adults who are at risk for</p>

			<p>obesity, diabetes, heart disease and other chronic health issues. Many clients are currently or formerly engaged in other programs of the Urban League affiliate, such as job training and placement, housing counseling, financial education, seniors programs, substance abuse and prevention programs, or voter registration. By helping participants address a broad range of economic, social and psychosocial issues, the Urban League stabilizes and improves the quality of their lives and incorporates a holistic approach to health.</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>
Health Wellness Tour	Information	http://www.iamempowered.com/programs/walgreens-health-wellness-tour	<p>Walgreens Way to Well Health Tour hosts health fairs in Urban League cities. The national tour will provide free health resources to residents in urban and minority communities who experience disproportionately higher rates of preventable disease. The service is free and insurance will not be billed.</p> <p>The health tour's bundle of free health tests and risk assessments is designed to provide participants with personal health insights that may indicate symptoms and potential risks for cancer, heart disease and diabetes. Tests include total cholesterol, glucose, blood pressure, body mass index, body composition, skeletal muscle, resting metabolism, visceral fat, real body age and body weight. Collectively, the health tests</p>

			<p>valued at over \$100, are administered to adults age 18 years and older by certified wellness staff and can be completed in approximately 20 minutes. Afterward, participants will consult with a Walgreens pharmacist or certified wellness staff about his or her results.</p> <p>Also available with the tour are educational health and wellness resources provided by NUL as well as Walgreens Way to Well cause partners: American Heart Association (AHA), American Cancer Society (ACS), American Diabetes Association (ADA), Juvenile Diabetes Research Foundation (JDRF) and Susan G. Komen for the Cure.</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

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

Facebook: N/A

Twitter: N/A

You Tube: N/A

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

Resource	Type	URL	Description
Self-Help Tips	Education	http://www.nva.org/for-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 pantyhose (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.

			<ul style="list-style-type: none"> • 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.
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			<ul style="list-style-type: none"> • If you must sit all day at work, try to intersperse periods of standing (e.g. rearrange your office so that you can stand while you speak on the phone). • 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**

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

Phone: 877-986-9472

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

Facebook: N/A

Twitter: N/A

You Tube: N/A

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-know facts about postsurgical pain management:</p>

Pain Management	Education	http://www.healthwomen.org/condition/pain-management	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.
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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

Phone: N/A

Web site: <http://www.guidetoonlineschools.com/degrees/nursing/nurse-practitioner>

Facebook: N/A

Twitter: N/A

You Tube: N/A

Other: 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	Nearly every career in the healthcare industry is in increasingly high demand, especially nursing. Nurses care for patients in a number of 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) in some jurisdictions, performs tasks comparable to that of a doctor, from prescribing medication or ordering and interpreting the results of tests to performing minor surgeries. Online Nurse Practitioner programs usually culminate in a master's degree, though some schools are phasing this out for the purpose of introducing a doctoral degree.



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Tool Kits for Health Care Professionals

Organization: **PainPathways Magazine**

Mailing address: 150 Kimel Park Drive Suite 100, Winston-Salem, NC 27103

Phone: 336-760-2942

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

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

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

You Tube: <https://www.youtube.com/channel/UCDN4V6VWtr-NltCqA2uY6w>

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

Digital edition: <http://browndigital.bpc.com/publication/?m=22322&l=1>

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

Resource	Type	URL	Description
PainPathways Magazine	Magazine for people with pain, caregivers and providers	http://www.painpathways.org	First published in 2008, PainPathways is the culmination of the vision of Richard L. Rauck, MD , to provide a shared resource for people living with and caring for others in pain. 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).



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Tool Kits for Health Care Professionals

Osteoarthritis Action Alliance

Address: Thurston Arthritis Research Center

University of North Carolina

3300 Thurston Building, CB 7280

Chapel Hill, NC, 27599-7280

Phone: (919) 966-7209

Web Page: <http://oaaction.unc.edu/>

Face Book: <https://www.facebook.com/oaaction>

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

You Tube: <https://www.youtube.com/channel/UCS-aqFUCWXI4nyAyW82RCKw/>

Email: oaaction@unc.edu

Resource	Type	URL	Description
Injury Prevention	Resource	http://oaaction.unc.edu/resource-library/injury-prevention/	<i>Preventing ACL Injuries and Improving Performance</i> The Osteoarthritis Action Alliance with the aid and leadership of the National Athletic Trainers' Association has created flyers to educate professional sport organizations as well as individuals in the community (student athletes, parents) in the importance of preventing ACL injury. The flyer includes exercises that can be incorporated into a preventive training program to prevent ACL injury and improve the performance of athletes.
Injury Prevention	Education	http://oaaction.unc.edu/files/2014/10/PREVENT_ACL_INJUR	Joint injuries can sideline your players and have a long lasting impact on their health and wellbeing. Joint injuries, such as those

		Y_ONEPAGER_vf_ka.pdf	to the anterior cruciate ligament, are one of the strongest risk factors for developing osteoarthritis – the most common form of arthritis affecting 27 million adults. Up to 50% of those with a diagnosed anterior cruciate ligament or meniscus tear will develop osteoarthritis with associated pain and functional impairment 10-20 years after injury. A preventive training program should include exercises that are done 2-3 times a week over the course of the entire season, take no more than 15 minutes to complete, and can be incorporated by coaches into regular training sessions.
Physical Activity Implementation Guide	Education	http://oaaction.unc.edu/implementation-guide/	Guiding 6 key public sectors to encourage and improve access to physical activity for adults with arthritis through effective environmental and policy strategies.
Weight Management	Education	https://oaaction.unc.edu/files/2014/10/OA-WM-Bkgnder-4-20-20121.pdf	This document serves as a technical backgrounder reflecting the current state of the science that links obesity, osteoarthritis (OA) and disability. As depicted below, these three conditions interact to place the individual in a vicious cycle that erodes health, independence and well-being, diminishes quality of life, and contributes to rapidly escalating health care costs for both the individual and society:
Arthritis and Walking	Education	https://oaaction.unc.edu/files/2014/10/1.-Arthritis-and-Walking-OAAA.pdf	Arthritis is common in the population and is a frequent contributor to disability. There are many types of arthritis, such as osteoarthritis, rheumatoid and other inflammatory arthritis conditions, and arthritis associated with connective tissue diseases such as lupus. Many individuals suffer from chronic musculoskeletal pain (low back pain, fibromyalgia, etc.) with and without arthritis. Physical activity is beneficial in all of these.



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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

Web site: <http://www.painpolicy.wisc.edu/home>

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

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

You Tube: <https://www.youtube.com/user/painpolicypallcare>

Resource	Type	URL	Description
U.S. Resources	Resources	http://www.painpolicy.wisc.edu/united-states-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	http://www.painpolicy.wisc.edu/online-course	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>This course is about the relationship between government policies that affect the medical availability of opioid analgesics 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.</p>
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Tool Kits for Health Care Professionals

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

Mailing address: 950 F Street, NW Suite 300 Washington, DC 20004

Phone: 202-835-3400

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

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

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

You Tube: <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	http://www.phrma.org/arthritis-medicines-development-offer-hope-those-living-pain	When discussing progress associated with medical innovation, we like to mention both life-saving and life-enhancing medicines. Why? Because so many debilitating chronic conditions may not be life-threatening, but the patients who live with them still deserve the best that healthcare has to offer. Yesterday, PhRMA released a survey finding 198 medicines currently in

			<p>development for arthritis and other musculoskeletal disorders - the most common chronic health problem in the U.S., affecting in total more than 50 million patients in the U.S.</p> <p>Patients with these conditions - our friends and neighbors - live each day in pain. That's why America's biopharmaceutical research companies take their responsibility to those patients as seriously as to those with life-threatening diseases.</p>
Restoring Hope	Research	http://www.phrma.org/break-through-your-pain	<p>Imagine starting each day knowing chronic pain will be a constant companion. Many dread having to bend down to pick up their children, empty a dishwasher, or prepare a meal for their family. At work, simple tasks, such as typing on a computer or filing papers, are painful and exhausting. Some endure soreness in their back when sitting for long periods of time. Others wince when answering the phone from shooting pain in their shoulders or neck. No matter the type of pain or the cause, chronic pain sufferers lose the ability to move freely throughout their day. What's worse is many lose hope forever getting better. The American Osteopathic Association (AOA) is working to restore that hope.</p>
Shedding Light	Opinion	http://www.phrma.org/catalyst/shedding-light-on-an-often-overlooked-patient-population	<p>The recent spotlight on prescription drug abuse has overshadowed an important patient population that must deal with chronic pain every day. Addicts, overdoses and mentions of the “opioid epidemic” in the media has made it increasingly difficult for the people who depend on these medicines to be able to get them. A recent article in The Washington Post finally addressed this issue, and emphasized that despite what is largely written in the media, some patients need opioids as a result of debilitating conditions.</p> <p>Many people fail to recognize that if you look at the recent research on this subject, most opioid addicts were never pain</p>

			<p>patients and instead began as street users. Additionally, less than one percent of patients without a prior history of addiction actually became addicted to opioids during long-term opioid treatment for chronic pain.</p> <p>Ultimately, the article concludes that while the use of opioids is a highly contentious topic, increasingly regulating the prescribing of these medicines won't address addiction problems. Addiction is a real issue, but sensationalizing it and failing to accurately capture both sides only puts patients at risk. The people who really need these medicines must have access to them and not be forgotten.</p>
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Tool Kits for Health Care Professionals

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

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

Phone: 314-534-0475

Web site: <http://www.post-polio.org/>

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

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

You Tube: N/A

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 or Contacting Us.
Polio Network Newsletters		Information	http://polioplac e.org/PNN	Click link to left to get full listing of newsletters from Fall 1985 to Fall 2015.
Research		Information	http://www.post-polio.org/edu/pphnews/PPH32-1win16p1.pdf	PHI Awards \$100,000 for new research in 2016-2017. http://www.post-polio.org/edu/pphnews/PPH32-1win16p1.pdf



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Tool Kits for Health Care Professionals

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

Mailing address: 3700 Koppers Street Suite 570, Baltimore, MD 21227

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

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

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

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

You Tube: <https://www.youtube.com/user/scdaa>

Other: Email: scdaa@sicklecelldisease.org

Resource	Type	URL	Description
Programs	Education	http://www.sicklecelldisease.org/index.cfm?page=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.
Research	Information	http://www.sicklecelldisease.org/index.cfm?page=research	The Sickle Cell Disease Association of America supports a wide range of innovative research programs to discover and develop new and effective therapies for sickle cell disease. By harnessing the best minds in science and medicine, the Association has made tremendous progress in understanding and treating the disease, and we continue to pursue every opportunity that could help people with sickle cell live longer and healthier lives.

Advocacy	Resource	http://www.sicklecell-disease.org/index.cfm?page=advocacy	<p>Federal and state governments play a vital role in sickle cell research, drug development and the ability of people with sickle cell to access the care and therapies they need. We are empowering members of the sickle cell community to talk with their representatives about issues important to people with sickle cell. Our goal is to help educate policy makers about the needs of people with sickle cell so that they make smart decisions about sickle cell-related research, treatment and access to care.</p>
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Tool Kits for Health Care Professionals

Organization: **Sidney Kimmel Cancer Center at John Hopkins**

Mailing address: The Harry and Jeanette Weinberg Bldg Suite 1100, 401 N Broadway,
Baltimore, MD 21287

Phone: 410-955-5222

Web site: http://www.hopkinsmedicine.org/kimmel_cancer_center/

Facebook: <https://www.facebook.com/Johns.Hopkins.Medicine>

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

You Tube: <https://www.youtube.com/user/JohnsHopkinsMedicine>

Resource	Type	URL	Description
Patient Information	Resource	http://www.hopkinsmedicine.org/kimmel_cancer_center/patient_information/	<p>Patient Information 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.</p> <p>The Harry J. Duffey Family Patient and Family Services Program offers a variety of resources to assist patients and families during this time.</p> <p>Contact: 410-955-8934</p> <p>Our Team 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/	The Harry J. Duffey Family Pain and Palliative Care Program was founded in 2007 to provide compassionate, supportive

			<p>care for our patients and families at the Johns Hopkins Kimmel Cancer Center.</p> <p>Our trained staff can help guide you throughout the cancer process. No matter where you are in your cancer treatment, every day matters.</p> <p>Palliative Care Experts</p> <p>How to contact us:</p> <p>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 Suite 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>American Society of Clinical Oncology Announces new Palliative Care Guidelines</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

Web site: www.tmj.org

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

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

You Tube: <https://www.youtube.com/user/TMJAssociation>

Email: info@tmj.org

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 maintain a diet of good nutrition despite their oral disability, and also provides guidance on making dental appointments as comfortable as possible
Temporomandibular Disorders, Dental Care and You	Guide	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
Associated Conditions with	Article	http://www.tmj.org/Page/41/23	Scientists have found that 85% of patients with TMD also experience painful conditions in other parts of the body. These comorbid conditions include chronic

Temporomandibular Disorders			fatigue syndrome, chronic headache, endometriosis, fibromyalgia, interstitial cystitis, irritable bowel syndrome, low back pain, sleep disorders, and vulvodynia.
<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.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **TNA - The Facial Pain Association**

Mailing address: 408 W University Ave Suite 402, Gainesville, FL 32601

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

Web site: <http://fpa-support.org/>

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

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

You Tube: <https://www.youtube.com/channel/UCpgCPkNoY6teXe50p7fHJrw>

Contact Form: <http://fpa-support.org/contact-us/>

Resource	Type	URL	Description
What is Trigeminal Neuralgia?	Education	http://fpa-support.org/trigeminal-neuralgia/	Trigeminal neuralgia (TN) is considered to be one of the most painful afflictions known to medical practice. TN is a disorder of the fifth cranial (trigeminal) nerve. The typical or “classic” form of the disorder (called TN1) causes extreme, sporadic, sudden burning or shock-like facial pain in the areas of the face where the branches of the nerve are distributed – lips, eyes, nose, scalp, forehead, upper jaw, and lower jaw. The pain episodes last from a few seconds to as long as two minutes. These attacks can occur in quick succession, in volleys lasting as long as two hours. The “atypical” form of the disorder (called TN2), is characterized by constant aching, burning, stabbing pain of somewhat lower intensity than TN1. Both forms of pain may occur in the same person, sometimes at the same time.

			<p>The trigeminal nerve is one of 12 pairs of nerves that are attached to the brain. The nerve has three branches that conduct sensations from the upper, middle, and lower portions of the face, as well as the oral cavity, to the brain. (See Figure 1)</p> <p>More than one nerve branch can be affected by the disorder. Rarely, both sides of the face may be affected at different times in an individual, or even more rarely at the same time (called bilateral TN).</p>
TNA Support Services	Resource	http://fpa-support.org/find-help/	<p>New TN patient information, knowledge base, free services and information. Find a doctor by specialty, institution, or find a pain management provider.</p>
Treatment Options	Education	http://fpa-support.org/treatment-options-trigeminal-neuralgia/	<p>TNA-The Facial Pain Association is committed to providing current and accurate information in the effort to educate patients and medical professionals. TNA-FPA does not recommend one treatment for neuropathic facial pain over another. There can be side effects associated with any treatment for facial pain and it is recommended that you discuss the potential side effects with a skilled and knowledgeable doctor before selecting a treatment.</p>



Partners for Understanding Pain



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, PO Box 100219, Gainesville, FL 32610-0219

Phone: 352-273-8700

Web site: <http://price.ctsi.ufl.edu/>

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

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

You Tube: <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.
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 investigators with resources and services in order to facilitate clinical and translational pain research at UF, including assistance with protocol development and

			<p>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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Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **US Pain Foundation**

Mailing address: 670 Newfield St # 2, Middletown, CT 06457

Phone: (860) 788-6062

Web site: <https://www.uspainfoundation.org/>

Facebook: <https://www.facebook.com/U.S.PainFoundation/>

Twitter: https://twitter.com/US_Pain

Resource	Type	URL	Description
Invisible Project	Resource	http://invisibleproject.org/	The goal of the Invisible Project is to create pain awareness through the photographs and stories of real pain survivors. Nearly 100 million American deal with pain. Chronic pain is an all-encompassing problem that knows no boundaries. It affects the poor and the rich, the young and the old, male and female. No race, class or age is spared from its debilitating impact.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Organization: **VZV Research Foundation**

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

Phone: 212-222-3390

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

Facebook: N/A

Twitter: N/A

You Tube: N/A

Email: Shingles@ShinglesFoundation.org

Resource	Type	URL	Description
Q&A: The Chicken Pox Vaccine	Education	http://www.vzvfoundation.org/chickenq&a.html	<p>Chickenpox: Now Preventable Chickenpox and childhood. They go together. But they don't have to anymore, thanks to the chickenpox vaccine.</p> <p>Chickenpox or varicella is a very contagious disease affecting 95 percent of the American population by age 18. Four million cases occur each year in the United States, mainly in children ages five to nine.</p>
Q&A: Shingles & PHN	Education	http://www.vzvfoundation.org/shingles&phn.html	<p>Have you had chickenpox? Are you over the age of 50?</p> <p>If you answered "yes" to both questions, then you may be among the nearly one million Americans who will develop shingles over the next twelve months.</p> <p>How do you get it? Shingles is caused by the varicella-zoster virus (VZV), the same virus that causes varicella or chickenpox in 95 percent of</p>

			<p>Americans by age 18. Following a bout of chickenpox, the virus lies dormant, or asleep in nerve tissues. However, in an estimated one out of seven people over the course of an 85-year lifetime, the virus can reappear as shingles.</p> <p>Click link on left for full article.</p>
PHN Pamphlet	Pamphlet	http://www.vzvfoundation.org/publicdownloads/PHN_Brochure_Feb2004.pdf	Click link on left to download and/or print Post-Herpetic Neuralgia (PHN) pamphlet.



Partners for Understanding Pain



Tool Kits for Health Care Professionals

Other Resources

Journals/Newsletters

The ACPA Chronicle – a patient-oriented quarterly 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: <http://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>

Clinical Journal of Pain – Official Journal of the American Academy of Pain Medicine – A quarterly journal that provides information on all aspects of pain including the psycho-social dimensions and ethical issues of pain management. Website: <http://www.clinicalpain.com>

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

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

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. Website: <http://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>

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: <http://journals.lww.com/journalppo/Abstract/2006/09000/ComplementaryMedicineinPalliativeCareand.11.aspx>

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: http://journals.lww.com/jhpn/Abstract/2006/11000/Predicting_the_Risk_of_Compassion_Fatigue_A_Study.7.aspx

Journal of Pain and Symptom Management – Monthly journal that publishes original articles and other clinical papers. Website: <http://www.sciencedirect.com/science/article/pii/S088539240580021>

Journal of Psychosocial Nursing and Mental Health Services – Covers current news in psychosocial nursing, updates on psychopharmacology, geopsychiatry, and mental health nursing. Website: <http://www.psychurse.org/>

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.

Website: <http://www.healthworks.co.uk>,



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

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 <http://www.mosby.com> 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://www.interactiveimagery.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 mindbody 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 <http://store.yahoo.com/soundstruystore/af00023.html>

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. Order online at <http://www.aspenpublishers.com/> (to find this item search for core curriculum on website) or call toll-free 1-800-638-8437.

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, Medville, PA 16335, (800) 759-1294, (814) 337-0699, Website: <http://www.touchstarpro.com> , e-mail to kcb@touchstarpro.com

Graceful Passages Interfaith audio resource (CD) to assist caregivers, dying persons, and their families to help transition from denial to acceptance. To order: Companion Arts, P.O. Box 2528, Novato, CA 94948-2528, (415) 209-9408, (888) 242-6608, Website: <http://www.gracefulpassages.com> , E-mail: music@gracefulpassages.com

Holistic Nursing, a Handbook for Practice, 3rd Edition - 2000 **W** For all nurses who are interested in gaining in-depth knowledge of holistic nursing. Learn how to use safe, cost-effective holistic nursing interventions to complement medical and surgical techniques. With ample use of case studies, step-by-step techniques, and practical tools incorporating an overall vision of holistic healing, this vital handbook gives you a firm theoretical foundation and skills for applying new holistic caring modalities. For nurses in all settings-critical care, home health, clinic, and classroom. An instructor's manual is available upon request. ISBN #0834216299. Order online at <http://www.aspenpublishers.com>



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	http://www.namt.com
Internet Health Library	http://www.internethealthlibrary.com
National Center for Complementary and Alternative Therapies	http://nccam.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 with regard to 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 in an effort 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.¹ 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.ⁱ 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 report¹ 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 in order 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 in itself 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 4
- 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 take into account individual differences in susceptibility for pain and response to treatment, as well as improved access to treatments that take into account 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^{2,3, 4} 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.⁵

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.^{2,3} Many of these groups face additional problems of stigmatization and bias in pain care. ^{3,4,5} 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. ^{1,6,7} 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.⁸ 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.ⁱⁱ ⁱⁱ 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.

<http://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm163647.htm> and the Secretary's Initiative on Opioids: Objectives to improve clinical decision making:

<http://aspe.hhs.gov/basicreport/opioid-abuse-us-and-hhs-actions-address-opioid-drug-related-overdoses-and-deaths> ⁶

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 also 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:

A Vision 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 as a whole. The Strategy envisions an environment in which:

People experiencing pain would have timely access to patient-centered care that meets their biopsychosocial needs and takes into account 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. 7
- 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.