



PARTNERS *for*
UNDERSTANDING PAIN

American Chronic Pain Association

Pain Awareness Month History

2001

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

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

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



2002

International Association for the Study of Pain (IASP Conference)

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

2003



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

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

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

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

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



2004

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

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

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

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

Other sessions included:

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

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

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

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

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

The kits contained:

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

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

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



2005

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

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

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

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

The kits contained:

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

❖ PR materials for distribution to press

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

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

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

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

The end of 2005 brought 33 supporters of the bill.

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Partners for Understanding Pain
**The National Institute of Arthritis and
Musculoskeletal and Skin Diseases (NIAMS) Coalition**
Reducing the Cost of Chronic Pain through NIH Research
September 30, 2005 held at the Russell Senate Building

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

The speakers included:

- ❖ Dr. Cheryl Kitt, Director of Extramural Research at NIAMS
- ❖ Emily Smith (age 13) has juvenile rheumatoid arthritis
- ❖ Nicole Kelly, President, American Chronic Pain Association
- ❖ Penney Cowan, American Chronic Pain Association



2006

The Partners for Understanding Pain campaign provides three tool kits:

- ❖ Pain Awareness Kits for Nurses
- ❖ Pain Awareness Kits for Pharmacists
- ❖ Pain in Older Adults

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

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

- ❖ Institute of Medicine Conference on Pain Care;
- ❖ Permanent authorization for the Pain Consortium at the National Institute of Health;
- ❖ Pain care education and training and;
- ❖ Pain management public awareness campaign.



2007 and Beyond

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

of living with pain.

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

THE PARTNERS FOR UNDERSTANDING PAIN

- [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 Colleges of Nursing](#)
- [American Association of Rehabilitation Nurses](#)
- [American Back Society](#)
- [American Cancer Society](#)
- [American Chronic Pain Association](#)
- [American Nurses Association](#)
- [American Pain Society](#)
- [American Public Health Association](#)
- [American RSDHope Group](#)
- [American Sleep Apnea Association](#)
- [American Society of Pain Management Nursing](#)
- [American Society of Perianesthesia Nurses](#)
- [Arthritis Foundation](#)
- [Association for Repetitive Motion Syndromes](#)
- Baylor College of Medicine Department of Physical Medicine Rehabilitation
- [Chronic Fatigue Syndrome](#)
- [Circle of Friends with Arachnoiditis](#)
- [Covenant Health System, Covenant Medical Center Covenant Lakeside](#)
- Department of Veteran Affairs Medical Center, Houston, TX
- [Endometriosis Research Center](#)
- [Family Caregivers Alliance](#)
- [For Grace](#)
- Home Caregivers Accreditation of America, LLC
- [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 Chronic Pain Outreach Association](#)
- [National Chronic Pain Society](#)
- [National Committee on the Treatment of Intractable Pain](#)
- [National Consumer League](#)
- [National Fibromyalgia Association](#)
- [National Fibromyalgia Partnership](#)
- [National Headache Foundation](#)
- [National Medical Association](#)
- [National Pain Foundation](#)
- [National Urban League](#)
- [National Vulvodynia Association](#)
- [National Womens' Health Resource](#)
- [Neuropathy Association](#)
- [Pain Policy Studies Group University of Wisconsin](#)
- [Pain Topics](#)
- [Pharmaceutical Research and Manufactures of America](#)
- [Post-Polio Health International](#)
- [Progress on Pain](#)
- [Sickle Cell Disease Association](#)
- [Sidney Kimmel Cancer Center at John Hopkins](#)
- [Southern California Cancer Pain Initiative](#)
- [TMJ Association](#)
- [Trigeminal Neuralgia Association](#)
- [Triumph Over Pain Foundation](#)
- [University of Florida Comprehensive Center for Pain Research](#)
- [VZV Research Foundation](#)
- [World Health Organization Collaborating Center for Policy and Communications](#)