Tool Kit

Health Care Professionals

September

2020
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PARTNERS FOR UNDERSTANDING PAIN

BACKGROUND AND RESOURCES
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.
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 several organizations across the country whose missions complement the ACPA’s under the umbrella of Partners for Understanding Pain. A key element of the effort was to establish September as Pain Awareness Month.

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

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

2002

International Association for the Study of Pain (IASP Conference)

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

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2003

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

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

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

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

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

2004

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

The Partners came together to learn more about key challenges we face in pain management today and to help formulate strategies to push pain to the top of the national healthcare agenda. Agenda items were:
Build synergies and share information and resources.
Create opportunities to work together on problems critical to your group’s mission.
Build alliances and set strategies for the Decade of Pain Control and Research.

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

Other sessions included:

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

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

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

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

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

The kits contained:

- CARE Card Program Tablets
- Partners for Understanding Pain posters
- Partners for Understanding Pain buttons
- CD of available materials to be reproduced by health care facility
- Facts about pain
List of Partners for Understanding Pain partners
Press Primers on variety of topics germane to the impact of pain
Community resources
PR materials for distribution to press

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

2005

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

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

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

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

The kits contained:

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

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

* * * * * *  * *

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

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

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

The end of 2005 brought 33 supporters of the bill.

* * * * * *  

Partners for Understanding Pain

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) Coalition

Reducing the Cost of Chronic Pain through NIH Research

September 30, 2005 held at the Russell Senate Building

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

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

2006

The Partners for Understanding Pain campaign provides three tool kits:

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

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

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

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

2007 and Beyond

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

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

ALLIANCE FOR AGING RESEARCH

AMERICAN ACADEMY OF NURSE PRACTITIONERS

AMERICAN ACADEMY OF PAIN MANAGEMENT

AMERICAN ACADEMY OF PAIN MEDICINE

AMERICAN ACADEMY OF PHYSICAL MEDICINE AND REHABILITATION

AMERICAN ASSOCIATION OF REHABILITATION NURSES AMERICAN BACK SOCIETY

AMERICAN CANCER SOCIETY AMERICAN CHRONIC PAIN ASSOCIATION

AMERICAN NURSES ASSOCIATION

AMERICAN PAIN SOCIETY

AMERICAN PHARMACISTS ASSOCIATION AMERICAN PUBLIC HEALTH ASSOCIATION

AMERICAN RSDHOPE GROUP

AMERICAN SLEEP APNEA ASSOCIATION

AMERICAN SOCIETY FOR PAIN MANAGEMENT NURSES

AMERICAN SOCIETY OF PERIANESTHESIA NURSES

BAYLOR COLLEGE OF MEDICINE: DEPARTMENT OF PHYSICAL MEDICINE & REHABILITATION.
CENTER FOR CANCER PAIN RESEARCH AT JOHNS HOPKINS

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

COVENANT HEALTH SYSTEM, COVENANT MEDICAL CENTER & COVENANT LAKESIDE
DEPARTMENT OF VETERAN AFFAIRS MEDICAL CENTER, HOUSTON, TX ENDOMETRIOSIS
RESEARCH CENTER

FAMILY CAREGIVERS

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 CHRONIC DISEASE DIRECTORS

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 SPINE HEALTH 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
WORLD PATIENTS ALLIANCE
Definition of Pain Updated for the First Time Since 1979

After 40 years, a multi-national, multidisciplinary IASP Task Force developed a revised definition of pain that was published today in the journal, *PAIN*, along with the associated commentary by President Lars Arendt-Nielsen and Immediate Past President, Judith Turner. The revised definition included input from all potential stakeholders, including persons in pain and their caregivers.

The IASP Task Force crafted the revised definition, along with the six notes, to better convey the nuances and the complexity of pain in hope that it leads to improved assessment and management of those with pain.

The 2020 revised definition of pain is:

“An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage,” and is expanded upon by the addition of six key notes and the etymology of the word pain for further valuable context:

- Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors.
- Pain and nociception are different phenomena. Pain cannot be inferred solely from activity in sensory neurons.
- Through their life experiences, individuals learn the concept of pain.
- A person’s report of an experience as pain should be respected.
- Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being.

*Etymology:* Middle English, from Anglo-French peine (pain, suffering), from Latin poena (penalty, punishment), in turn from Greek poine (payment, penalty, recompense).

A central change in the new definition, compared to the 1979 version, is replacing terminology that relied upon a person’s ability to describe the experience to qualify as pain. The old definition read: “An unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.” This wording was interpreted as excluding infants, elderly people, and others – even animals -- who could not verbally articulate their pain, said Dr. Jeffrey Mogil, Director of the Alan Edwards Center for Research on Pain, McGill University and member of the Task Force.
Pain Management Over Time

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 used pain reliever.

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

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

2007 provided us with the WHO Normative Guidelines on Pain Management: Report of a Delphi Study to determine the need for guidelines and to identify the number and topics of guidelines that should be developed by WHO.
http://www.who.int/medicines/areas/quality_safety/delphi_study_pain_guidelines.pdf?ua=1

TODAY

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

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

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

Chronic pain is the most common cause of long-term disability.
The diversity of pain conditions requires a diversity of research and treatment approaches.

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

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

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

**World Health Organization Treatment Guidelines on Pain**

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

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

WHO is also developing the WHO Guidelines on the Pharmacological Treatment of Persisting Pain in Adults with Medical Illnesses and the WHO Guidelines on the Pharmacological Treatment of Acute Pain. The scoping document for the former have been approved by the Guidelines Review Committee and published. [http://www.who.int/medicines/areas/quality_safety/Scoping_WHO_GLs_PersistPainAdults_webversion.pdf?ua=1](http://www.who.int/medicines/areas/quality_safety/Scoping_WHO_GLs_PersistPainAdults_webversion.pdf?ua=1) For the latter, a draft scoping document is currently under review and will be made available when finalized.

**TOMORROW**

The NIH is poised to make major discoveries that will improve health outcomes for individuals
experiencing acute or chronic pain by applying opportunities in genomics and other technologies to improve our understanding of the fundamental causes of pain. This will be accomplished through translating basic laboratory science to new, improved pain treatments and by providing strategic support for the research community to discover more effective pain treatment strategies.

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

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

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

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

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

Providing Strategic Support for Research into Pain Treatment Strategies.

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

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

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

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

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

Federal Pain Research Strategy Report (PDF, 958.80 KB)

A strategic plan for pain research across federal agencies.

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

Executive Summary The Federal Pain Research Strategy is an effort of the Interagency Pain Research Coordinating Committee and the Office of Pain Policy of the National Institutes of Health to oversee development of a long-term strategic plan for those federal agencies and departments that support pain research. A diverse and balanced group of scientific experts, patient advocates, and federal representatives identified and prioritized research recommendations as a basis for this long-term strategic plan to coordinate and advance the federal pain research agenda. The key areas of prevention of acute and chronic pain, acute pain and acute pain management, the transition from acute to chronic pain, chronic pain and chronic pain management, and disparities in pain and pain care provided the framework for development of the strategy. In addition, the task force identified and then merged a set of cross-cutting research priorities in which similar research recommendations were developed across multiples work groups. Priorities were identified across groups as “top priorities” and within groups as having “greatest near-term value” and as “most impactful”.

Introduction The Federal Pain Research Strategy (FPRS) is a long term strategic plan to guide the federal agencies and departments that support pain research and to advance the science to better understand pain and improve pain care. Development of the strategy was overseen and coordinated by the Interagency Pain Research Coordinating Committee (IPRCC) and the Office of Pain Policy of the National Institutes of Health. The strategy identifies a set of research priorities that align with the missions of numerous agencies within the Department of Health and Human Services, the
Department of Defense and the Department of Veterans Affairs. Overall, the priorities cover basic through clinical, dissemination, and implementation research to support the translation of scientific discoveries into clinical practice and improve the lives of people with pain.

The significant public health crisis and individual burden of pain has received increasing recognition since release of the 2011 Institute of Medicine (IOM) report, “Relieving Pain in America”. The IOM report noted that over 100 million adults report having chronic pain. Subsequent large population studies provided more detail on how pain affects our nation; more than 25 million adults suffer daily from pain; over 10 million people report high levels of pain most days, and 8 million have pain severe enough to with their lives. Pain severity is associated with worsening overall health status, greater disability, and increased use of health care services. The huge cost of health care and lost productivity associated with pain (approximately $600 billion per year) far exceeds the investment in research to improve understanding of pain, develop safe and effective treatments, and translate discoveries into clinical practice. Efforts to reduce the burden of pain at the population level and for individuals must be guided by population-based data and evidence-based pain management practices. Associated with this “population level pain” crisis is the dependence on prescription opioids in pain management. As opioid prescribing for pain care increased exponentially over the past two decades, alarming increases occurred in opioid use disorder, creating an epidemic of opioid overdoses and deaths. In light of the millions of people with pain and the consequences of opioids, there is an urgent need for research to improve pain management and reduce reliance on prescription opioid medications.

After assessing the state of pain and pain care in the U.S., the IOM called for a cultural transformation in pain prevention, care, education, and research and development of a comprehensive population health level strategy to address these issues. In response to their core recommendations, the National Pain Strategy (NPS) was developed and released in 2016. The NPS is a broad-ranging plan with discrete, achievable steps intended to change how the nation perceives and manages pain. Its implementation is the government’s first coordinated effort to improve pain care in America. The NPS notes that “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”. The FPRS provides guidance for an expanded pain research agenda that aligns with the vision and objectives of the NPS and serves as its companion effort to address the IOM’s call for further research.

In planning for the FPRS development, a structural framework was established that fits with the NPS’s definition of the continuum of pain, from prevention through chronic high impact pain. The key thematic areas of prevention of acute and chronic pain, acute pain and acute pain management, the transition from acute to chronic pain, and chronic pain and chronic pain management were assigned to work groups within a broad and diverse task force. The heterogeneity of the population of people with pain, the range of pain conditions and their heterogeneous etiology creates great challenges in developing a research agenda. It was considered essential, therefore, also to assemble an expert group specifically tasked to develop research priorities for disparities in pain and pain care. The operational structure for the FPRS development ensured engagement of scientific experts, patient advocates, and federal representatives within thematic work groups, communication across thematic workgroups, coordination through an expert steering committee, and feedback and approval from the IPRCC .

The work groups began their deliberations with an analysis of the current research landscape, a
literature review, and a survey of additional experts. A long series of thoughtful discussions within and across work groups led to identification and prioritization of a set of research priorities, specific for each thematic area and covering basic through clinical, dissemination, and implementation research. Only those priorities considered of high importance by the work groups were submitted for inclusion in the FPRS. Several priorities identified by the work groups addressed research gaps that cut across the thematic areas of the FPRS. This set of cross-cutting research priorities, which spanned the key themes, were refined, and agreed upon by all work groups and as such were considered especially important recommendations. These recommendations are included in the FPRS under Cross-Cutting Themes. The entire task force anonymously scored the full set of priorities based on merit criteria. The priorities were then rank ordered by score. Those with scores in the highest quartile across all the work groups’ submissions are marked as “top priority” in the FPRS report. In addition, individual work groups selected by vote, the one priority within its workgroup considered most likely to have the greatest impact on the science and in the clinic over the long term. For this process, they were asked to consider research priorities for which knowledge and technical resources currently exist to move the work forward, as well as those for which resources are yet to be developed or supporting research is needed prior to moving the work forward. The work groups also were asked to identify the one priority within its work group most likely to have the greatest near-term value, in that it is ready to move forward now. These priorities are marked respectively as “most impactful” and of “greatest near-term value” in the report. See Appendix A for a summary of ranked and selected priorities.

The task force recognized that while their recommendations applied to research relevant to all people with pain, knowledge gaps related to individual and group variability in the experience of pain and pain care need to be filled. Many research priorities in the FPRS highlight the need to identify biological and psychosocial mechanisms contributing to acute and chronic pain across the population. The task force agreed that because biopsychosocial mechanisms may influence pain differently in demographic subgroups, these research efforts must consider disparate populations. Research also is needed to elucidate biological (e.g., disease-specific, neurologic, immunologic, genetic), psychological (e.g. mood/affect, cognition, resilience), and social (e.g. discrimination, cultural influences, social support) mechanisms that contribute to and perpetuate population group differences in pain. Several workgroups highlighted the need for research to enhance assessment and treatment of pain across multiple contexts and clinical populations. It was agreed that such research must be tailored for disparate populations, to include both age- and population-appropriate pain measures and treatments. Intervention studies should be conducted to determine treatment outcomes, and their mediators in subgroups of patients based on clinical (e.g., those taking multiple medications, those with varying levels of cognitive impairment, those with physical or psychiatric comorbidities) and demographic (e.g., races/ethnicities, sex/gender, age, socioeconomic status) characteristics.

It was considered essential to solicit and consider comments and input from the public at the planning phase and prior to finalizing the FPRS. A Request for Information solicited input on topics for discussion prior to convening work groups. A public comment period was held after release of the draft recommendations. Input was solicited by email and through an open Public Forum held at the NIH campus. All comments were reviewed, considered by the workgroups, and are incorporated as deemed appropriate into the final set of research priorities.

The FPRS is directed to all federal agencies and departments that support pain research. The priorities of the FPRS were developed with input from representatives of all relevant federal entities
and cover the range of mission-relevant pain research interests across the federal government. A ten-year timeframe is anticipated to achieve the priorities, with some, especially those identified as having the greatest near-term value, to be supported within a shorter period of time. The FPRS is not a mandate for agencies and departments to fund the research priorities. Rather, the FPRS is intended to serve as a guidance document to coordinate and advance the federal pain research agenda, facilitate collaborative research efforts across government agencies and departments, and to optimize their resources. It is a comprehensive and thoughtful compilation of prioritized pain research recommendations developed by expert advisors and based on the current state of the science, ongoing research, technological advances, and needs of people with pain. The federal agencies and departments are asked to incorporate the research recommendations prioritized in the FPRS into their mission-specific research strategic planning. They are encouraged to note those priorities identified by the FPRS work groups as “top”, “most impactful” and with “greatest near term” value as funding decisions are made.

The complete report is available at:
This is Pain

Over the years, the American Chronic Pain Association (ACPA) has developed many tools to help you better communicate your pain to your health care professional. While these pain maps are useful tools for you, several of our ACPA members had the opportunity to go an extra step when describing their pain.

Seven ACPA group facilitators were selected to tell their pain journey to an artist, Trina Merry, who depicted their story on the body of that person. You can hear the participants tell their stories and see it being created on their bodies at www.thisispain.com. Here are the people and their pain.

Alan Zanetell
Facilitator Englewood, Colorado Chapter

Al’s chronic pain began in 1966. Nearly two dozen surgeries (including twelve spinal fusions) later, Al’s entire adult life has been dominated by finding ways to cope with chronic pain each day. He described his pain as hot lava that courses throughout his body, burning into each muscle, like a volcano erupting.

What a strong validation of dealing with chronic pain for over 50 years. The opportunity to have a major part in This Is Pain has given a great ending to what had been a difficult 2019. The replies are amazing from so many dealing with pain everyday of their life. I, along with the program, are making differences in many lives.

But, more than that, I feel strongly about telling my story with the hope it may reach and help untold number of pain suffers. Even throughout more decades than I care to count, I know I and others can rise above their pain daily by expressing and acting upon that desire.
Cindi Scheib  
Facilitator Harrisburg, Pennsylvania Chapter

Cindi’s life was turned upside down over Labor Day Weekend, 2014. She started experiencing pain all over her body, which she describes as feeling like cactus splinters driving into her body incessantly. These jabbing sensations have deeply affected her quality of life. Yet Cindi has never let chronic pain define who she is as a person, and remains grateful for things she does have in life—her loving sister, her friends, and the ability to give back by working with the American Chronic Pain Association.

*It was so wonderful and incredible experience working with the *This is Pain* project! I was treated so wonderfully and felt so respected and honored! During the interview, I felt heard. Everyone was so accommodating and empathic and they truly seemed engaged in hearing my story. During the painting process, I felt respected! I have never allowed myself to be so vulnerable, “naked” in front of a whole crew of people. But I knew that this was a once in a lifetime opportunity, to be painted by Trina Merry! I still cannot believe that I stood there for 7 hours. Thank you ACPA for allowing me to be involved in this project!*
Shannon Green  
Facilitator Austin, Texas Chapter

Shannon, a wife and mother, lives with chronic pain every day. She describes her pain as a tornado powering through her body, leaving a path of destruction in its wake. Shannon believes kindness is the key to making life easier for those living with this condition, as simple acts of compassion can make even the hardest of days seem a little more manageable.

The opportunity to meet people with shared experience was invaluable. The amazing Trina Merry painted a tornado scene on my back. It was interesting to see how pain was interpreted so differently among us.

The NYC trip gave me my confidence back. I was able to walk 6 miles in one day which was a big surprise for me. This prompted my new goal of 8,000 steps per day. This new goal is a game changer. I am so thankful to the American Chronic Pain Association for this opportunity.
Tom Norris
Facilitator, Los Angeles, California Chapter

Tom is a military veteran whose career was cut short due to the onset of chronic pain – an experience he describes as wrestling a tiger that is on fire. He hopes that by sharing his story, people everywhere will develop an understanding of what living with chronic pain truly feels like.

When I was first approached about participating in this effort to “show” chronic pain, I had my doubts. I thought body painting had died out in the 80’s! Boy, was I wrong!

The pictures of Trina’s interpretation of my back and referred abdominal pain has become a standard part of my group and individual sessions. It is amazing just how useful this illustration is in getting someone’s attention.

I had a ball participating in This is Pain! At every turn, I was treated with respect and courtesy.

Frankly, I was surprised at how “low stress” the interview and painting schedule was for me. I felt I was part of the team and integral to the production schedule. I was interviewed on camera by the director and never felt any stress or pressure. The director was extremely personable and interested in me and my journey with chronic pain. I felt I found a friend.
Trish Walsh
Facilitator, Latrobe, Pennsylvania Chapter

Trish has been living with chronic pain for 32 years. She battles chronic pain in her knees, making it difficult to stand, walk or even sit comfortably at times. Trish wants the world to know that chronic pain is real and that those that live with this condition face enormous challengers each day.

My trip to New York City as part of the “This is Pain” campaign was both exciting and scary at the same time. I was so surprised to get the call about participating and very honored to be chosen. The fact that I had never been on a plane or to a big city did make me question myself but passing on this opportunity was not an option. I have been trying to help give those who suffer with chronic pain a voice for more than 20 years.

The painting session with Trina Merry was unbelievable. Her vision to bring the pain of each participant to life was spectacular. Everyone’s excitement in hearing our stories could only be described as amazing—total respect from each person. Although I was exhausted when I arrived home it was a fantastic voyage that I am extremely proud to be involved with.
Catherine Cartwright  
Facilitator, Vallejo, California Chapter

Catherine has lived with the effects of chronic pain, both on her body and on the relationships with those around her, for 21 years. While she often struggles to maintain her independence, Catherine channels the power of a positive mindset to help cope with her condition and is committed to being the victor over her circumstance.

I had the honor and privilege to be a part of the “This is Pain” Exhibit in New York City. It was one of the most exciting events in my life.

It brought light to chronic pain, especially invisible pain. Most people feel if you cannot see it, it is not real. For the first time in my chronic pain history I felt this would validate my invisible pain outside of my medical and support system. Now it has a voice not just for me, for others as well.

Having my whole body painted was an awesome experience. The strings represented how my Fibromyalgia feels, like a phone or electric main box wires being pulled all at the same time. Being porcelain described for me the stiffness of my osteoarthritis.

The interview served to highlight and describe the facts of how life is for people who live their lives despite chronic pain. We are victorious. The main point is to acknowledge and bring awareness to the public that people in chronic pain; the visible as well as the invisible now has a face and place in pain history.
Patricia Hubert
Facilitator Berkeley Heights, NJ Chapter

Patricia’s life with chronic pain began in 2003 following an injury sustained during yoga practice. She describes her pain as burning, electric lightning bolts sending shockwaves through her body. Patricia’s hope is that everyone living with chronic pain can be heard and believed, no matter the cause.

I am pleased to have had the opportunity to participate in the This is Pain. I was able to convey the pain experience, what it really feels like, and to share the journey I have had with pain which persisted following a spinal injury 17 years ago, eventually becoming chronic. Furthermore, I was able to describe the impact it has had on my life.

When I received the request to participate in my inbox, I thought I was too busy. But the nagging voice in my head told me: Pat, you must do this for everyone with chronic pain. We need to be heard and understood. This is an ethical/moral decision. I retrieved the email and entered my data, figuring that would probably be the end of it. When I was subsequently contacted by the person who would interview me, I was impressed with her masterful questioning which built on my responses and prodded me to think deeper. She, and a second interviewer, were very respectful of my need to pause at times to further reflect on the deep hurt, the feelings of isolation, and of being alone in my suffering. I was brought to tears and they allowed me those tears. I was able to be vulnerable with them due to their sensitivity, and I really appreciated it. Further, it helped me realize I still have feelings which needed to be acknowledged and reconciled.

The artist later interviewed me directly and asked for my description of the pain sensation. She also asked what color it is—something I never thought about. My pain begins in my buttock and continues down one leg.
I know that the invisible nature of pain is often a barrier. It is my hope that the *This is Pain* initiative will make a difference in removing this barrier. The director of filming was an attentive young man who asked great questions and was quite sensitive and terribly interested in what I had to say to his pointed questions. He later confided that his wife has chronic pain and this experience interviewing people with pain has caused him to feel regret for his prior relative lack of understanding of her true suffering. He said he called her the first day at a break and each evening has apologized for his lack of understanding before. This tells me something about chipping away at barriers.
Let Your Voice Be Heard!

Together our voices are strong!
Our lives have changed and the way we reach out to others has changed in 2020. With COVID-19 we no longer meet face to face, shake hands, plan face-to-face meetings, or get together in large groups. All these changes have prevented many meetings from taking place. Large conference are now virtual and personal celebrations have been cancelled or greatly downsized.

While it is important to have your voice heard on the issues that you are coping with when it comes to pain care, the new restrictions should not prevent you from still having your voice heard. For some, you may still be able to do face-to-face visits depending on where you live. For others, you need to look at a different approach.

There are still many opportunities to meet with your legislators to discuss your needs, concerns, and requests when it come to the state of pain care today. You will just need to approach it in a different way. You will still have to contact them initially to set up a meeting via email or letter.

**Phone Meeting:** As you plan your meeting, you will have to take a different approach. If you have no form of electronic communication, you can make a phone call. It is not as good as face-to-face, but you can prepare for your meeting in the same way you would as if you were meeting face-to-face.

- If you have literature to drop off, drop it in the mail in advance of your meeting.
- Make sure you have your list of talking points at hand when you make the call.
- Thank them for their time at the beginning.
- Be brief and to the point
- Make your main point for the visit clear and restate it several times during the conversation.
- Avoid long narratives about treatment plans, access issues or reimbursement concerns.
- Use the materials provided to make contact and follow up after your meeting.
- A list of phone numbers for congress can be found here: [https://www.house.gov/representatives](https://www.house.gov/representatives)
- A list of phone numbers of the senate can be found here: [https://www.senate.gov/general/contact_information/senators_cfm.cfm](https://www.senate.gov/general/contact_information/senators_cfm.cfm)

**On-Line Meeting Tools:** It is always better to have a conversation in person. The next best thing is video conferencing. While preparation is remarkably similar as a phone meeting, there are a few more advantages to on-line meetings. You can share your screen and show fact sheets, photos or even videos. You can see their expression as you talk with them giving you clues to their level of understanding about what you are saying. But you still need to prepare.

- You need to make initial contact via phone or email to set up a meeting.
- If there are any large documents you want to share, sent them in advance for review so that you do not take up too much time during the meeting.
• They will be able to see you, so dress as if you were meeting them in their office.
• Have your talking point close by and stick to the main points.
• You can follow much of the information in this tool kit to set up and follow up for your meeting.
• Make sure you thank them for their time up front and send a thank you note after the meeting.
• Free on-line conference meetings are listed below.
  • Go To Meeting:
    https://www.goto.com/meeting/try?campaignID=7014P0000016hxS&utm_medium=reviewsites&utm_campaign=capterra&utm_source=capterra&cid=g2m_noam_cap_cpc_reviewsites_meeting&utm_campaign=capterra
  • Blue Jeans:
    https://www.goto.com/meeting/try?campaignID=7014P0000016hxS&utm_medium=reviewsites&utm_campaign=capterra&utm_source=capterra&cid=g2m_noam_cap_cpc_reviewsites_meeting&utm_campaign=capterra
  • Wire:
  • Hubilo: https://hubilo.com/virtual-conference-platform/?utm_source=capterra&utm_medium=cpc&utm_campaign=virtual-platform
  • Click Meeting:
    https://clickmeeting.com/?utm_source=capterra&utm_source=capterra&utm_medium=cpc&utm_campaign=webinar_reviews&utm_content=webinar&utm_term=reviews
  • Demodesk:
Have your voice heard

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

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

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

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

It is our hope that you will make the effort during September to tell those who represent you in Washington, DC the issues you face as you seek a solution to live a life of pain.
Meeting with Your Legislator: *Tips for a Successful Experience*

**Step One: Scheduling an Appointment**

- When you call your elected official’s district office, ask to speak with the scheduler (the person who sets up all the legislator’s appointments).

- Using the script provided in your packet as a guide, tell the scheduler that you are a constituent of Congressperson X, briefly summarize the purpose for the meeting, and list the names of those who will attend with you.

- Ask for the contact information of the person in the office with whom you should confirm your meeting with when the date gets closer.

- If you cannot get an appointment, ask for the office address and the name of the person to whom you may mail information.

**Step Two: Be Prepared, Punctual, and Accommodating**

- Be prepared to meet with your elected official or his/her staff by reviewing materials provided in this packet and noting any important points you do not want to forget during your meeting.

- Legislators have hectic schedules, so it is crucial that you arrive for your meeting on time and prepared (plan to arrive at least 10 minutes prior to the scheduled meeting time).

- Hurry Up and Wait. It is possible that your legislator may have unforeseen schedule changes the day of your meeting and your meeting may be delayed or interrupted. Be patient and flexible. If your legislator is unable to meet with you, ask to meet instead with his or her aide responsible for health care issues. This individual can carry your message to the elected official.

- Life Happens. If you find yourself running late for any reason, make sure you have the office phone number to call and give them warning. If you call ahead, they are most likely to still try to fit you in.
Step Three: Leave Behind Written Materials

❖ A fact sheet will be provided to you by Partners for Understanding Pain. Please make sure that you take these with you to your meeting(s) and leave them behind. These materials will give the legislators and their staff an opportunity to review the issues presented during the meeting and begin a file on the issue (they have not heard the last of us!).

❖ You can also develop a fact sheet about your organization, the population it serves, its reach nationally or internationally, support/contact you may have in your home state and any bills that have been introduced in your respective states.

Step Four: Thank You, Thank You

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

To find your elected officials, go to: https://www.usa.gov/elected-officials there you will find both state and federal officials.
Sample Script for Scheduling an Appointment

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

To receptionist:
Hello. My name is_________ and I am Congresspersons___________’s constituent. I am calling to set up an appointment with Congressperson_________ and/or his staffer to discuss the importance of pain care today and the National Pain Strategy. May I please speak to his/her scheduler?

To scheduler:
Hello. My name is_________ and I am Congresspersons___________’s constituent. I am calling to set up an appointment with Congressperson_________ and/or his staffer to discuss the importance of pain care today and the National Pain Strategy.

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

Does Congressperson___________ and/or his staffer have any availability on September___?

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

Scheduler answers NO, Congressperson X and/or his/her staff is unavailable to meet during the month:
Is there a time when the Congressperson_________ and/or his staffer is available to meet?

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

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

Dear Congressperson X:

Thank you for meeting with me.

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

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

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

Sincerely,

Your signature
Your Association
Congressional Meeting Evaluation Form

Your Name: ________________________________________________________________

Date: ______________________

Other Volunteer(s) Present:

________________________________________________________________________

________________________________________________________________________

I met with (name, title)

________________________________________________________________________

in the Office of Congressperson

________________________________________________________________________

Topics Discussed (check those that apply):

_____Personal Story

_____National Pain Strategy

_____Ways Congressperson can help

_____Other; please specify:

________________________________________________________________________

Reaction:

Overall Reaction of Congressperson/Staffer:
(1=unresponsive, cold; 10=very empathic, wants to know how to help and who to contact in the future)

1  2  3  4  5  6  7  8  9  10
Specific Reaction:

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

________________________________________________________________________

________________________________________________________________________

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

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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

Comments:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Additional Comments on the Overall Experience:

________________________________________________________________________

________________________________________________________________________
Checklist for Visit

4-5 Weeks Prior to Meeting Date

___ Review information included in this kit about National Pain Strategy

___ Please contact Partners for Understanding Pain with any questions you might have.

3 Weeks Prior to Meeting Date

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

2 Weeks Prior to Meeting Date

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

Week Prior to Meeting Date

___ Review materials (especially fact sheets, survey information, overview of National Pain Strategy
and handouts that you will be bringing with you to the meeting).

___ Gather materials you will need for your meeting:
   - Handouts for Legislators (Fact Sheet)
   - Contact information for you and others who will join you during your visit
   - Any notes you have made about important points you would like to make during the visit.

Day of Meeting

___ Make sure to bring all items listed directly above.

___ Review Meeting with Your Legislator: Tips for a Successful Experience.
**KEY MESSAGES ABOUT PAIN**

❖ Pain is the number-one cause of adult disability in the United States and affects one in three people or about 100 million Americans.

❖ Pain costs an estimated **$560 to $635 billion annually** in lost workdays, medical expenses, and other benefit costs. ¹

❖ Unmanaged pain can slow the rate of recovery for surgical patients and affect the quality of outcomes.

❖ Cancer patients who experience breakthrough pain are hospitalized and visit the emergency room more often than patients whose pain is under control.

❖ Despite its pervasiveness, few physicians receive more than a few hours of formal training on pain management.

❖ **Pain is a major economic issue.**

   ❖ According to the National Institute for Occupational Safety and Health, pain costs $100 billion annually in lost workdays, medical expenses, and other benefit costs.

   ❖ Skyrocketing health care costs leave some, especially senior citizens, minorities, and the urban and rural poor, unable to get treatment that can help them manage their pain.

❖ **Pain is a major social issue.**

   ❖ Long-term, unmanaged pain can cause people to withdraw from family and friends and leave them unable to care for children, hold steady jobs, and at times even face a personal future.

   ❖ Pain has an impact on the fabric of society well beyond the individual, effecting his or her spouse or partner, children, family, and community.

❖ **Personal Story (Optional)**

¹ (IOM, Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research, 2011)
You do not have to share your personal story during your visit, however, doing so is an extremely powerful form of communicating the issue and often elicits understanding and empathy. You do not need to provide personal graphic details of your struggle. The most important points for you to discuss (briefly) are:

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

1. PROTECTING ACCESS TO CARE

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

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

2. PAYMENT AND COVERAGE POLICIES

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

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

When opioid therapy is indicated, coverage and payment policies must support the other elements of comprehensive pain care that ensure safe use, including counseling services,
aggressive monitoring through follow-up office visits, drug testing, and similar patient compliance-related services, and effective use, including behavioral, psychological, and rehabilitative therapies, as well as other indicated medical and interventional approaches.

3. **PUBLIC EDUCATION**

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

4. **PROFESSIONAL EDUCATION**

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

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

The NIH Pain Consortium has designated, and is modestly funding, health professional schools to serve as Centers of Excellence in Pain Education (CoEPEs). These centers develop and disseminate new pain management curriculum resources for medical and other schools which will improve pain management training for the next generation of practitioners. AHRQ’s Health Care Innovations Exchange is disseminating training materials for use in emergency departments confronted with both drug-seeking patients at high risk of abuse, and patients with legitimate chronic pain conditions that are heavy users
of emergency departments because their pain is not effectively managed in other settings. SAMHSA also promotes accredited CME training on opioid prescribing practices for those treating chronic non-cancer pain patients.

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

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

Adapted from PAIN CARE COALITION: American Academy of Pain Medicine • American Pain Society • American Society of Anesthesiologists
Ideas and Information
September Pain Awareness Month Campaign

Inside Out #acpainsideout

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

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

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

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

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

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

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

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

Thumbnail graphics are for reference only. All graphics can be downloaded at this link: https://gmmb.box.com/s/8v63m1g6o3idk582hpxm1frbf65ubt9v

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

<table>
<thead>
<tr>
<th>Social Channel</th>
<th>Graphic</th>
<th>Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twitter</td>
<td><img src="image" alt="Acetaminophen" /></td>
<td>Do you know if #acetaminophen is in your medicines? Use this list to check: [<a href="http://bit.ly/comm-meds">http://bit.ly/comm-meds</a> #KYDpain](<a href="http://bit.ly/comm-meds">http://bit.ly/comm-meds</a> #KYDpain)</td>
</tr>
<tr>
<td>Facebook</td>
<td><img src="image" alt="Acetaminophen" /></td>
<td>Acetaminophen is the most common drug ingredient in America—have you checked to see if it is in your medicines? Use this list: [<a href="http://bit.ly/comm-meds">http://bit.ly/comm-meds</a> #KYDpain](<a href="http://bit.ly/comm-meds">http://bit.ly/comm-meds</a> #KYDpain)</td>
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<tr>
<td>Twitter</td>
<td><img src="image" alt="FDA Recommends" /></td>
<td>When used as directed, #acetaminophen is safe &amp; effective, but you can only take so much in 1 day: [<a href="http://bit.ly/KYD-facts">http://bit.ly/KYD-facts</a> #KYDpain](<a href="http://bit.ly/KYD-facts">http://bit.ly/KYD-facts</a> #KYDpain)</td>
</tr>
<tr>
<td>Facebook</td>
<td><img src="image" alt="FDA Recommends" /></td>
<td>When used as directed, acetaminophen is safe and effective. But you can only safely take so much in one day—taking more acetaminophen than directed can hurt your liver. Learn more: [<a href="http://bit.ly/KYD-facts">http://bit.ly/KYD-facts</a> #KYDpain](<a href="http://bit.ly/KYD-facts">http://bit.ly/KYD-facts</a> #KYDpain)</td>
</tr>
<tr>
<td>Twitter</td>
<td><img src="image" alt="More Than 50 Million" /></td>
<td>What is your go-to pain reliever? Each time you take an OTC or Rx medicine, take time to read the label: [<a href="http://bit.ly/KYDlabel">http://bit.ly/KYDlabel</a> #KYDpain](<a href="http://bit.ly/KYDlabel">http://bit.ly/KYDlabel</a> #KYDpain)</td>
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<tr>
<td>Platform</td>
<td>Graphic</td>
<td>Text</td>
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<tr>
<td>Facebook</td>
<td><img src="image1.png" alt="Facebook Graphic" /></td>
<td><strong>Facebook</strong> What pain reliever do you reach for most often? If you’re one of the millions of acetaminophen users, make sure you understand how to take it safely: <a href="http://bit.ly/KYDlabel">bit.ly/KYDlabel</a> #KYDpain</td>
</tr>
<tr>
<td>Twitter</td>
<td><img src="image2.png" alt="Twitter Graphic" /></td>
<td><strong>Twitter</strong> How much do you know about acetaminophen safe use? Test your knowledge with this fun game: <a href="http://bit.ly/dose-game">bit.ly/dose-game</a> #KYDpain</td>
</tr>
<tr>
<td>Facebook</td>
<td><img src="image3.png" alt="Facebook Graphic" /></td>
<td><strong>Facebook</strong> How much do you know about acetaminophen safe use? Choose a character and test your knowledge with this fun game: <a href="http://bit.ly/dose-game">bit.ly/dose-game</a> #KYDpain</td>
</tr>
<tr>
<td>Twitter</td>
<td><img src="image4.png" alt="Twitter Graphic" /></td>
<td><strong>Twitter</strong> Parents: are you following these 3 safe use steps when giving acetaminophen to your child? <a href="http://bit.ly/ped-acet">bit.ly/ped-acet</a> #KYDpain</td>
</tr>
<tr>
<td>Facebook</td>
<td><img src="image5.png" alt="Facebook Graphic" /></td>
<td><strong>Facebook</strong> Parents: are you following these three safe use steps when giving acetaminophen to your child? Learn more about safe use with infants and kids: <a href="http://bit.ly/ped-acet">bit.ly/ped-acet</a> #KYDpain</td>
</tr>
<tr>
<td>Twitter</td>
<td><img src="image6.png" alt="Twitter Graphic" /></td>
<td><strong>Twitter</strong> Be sure to use the dosing device that comes w/ babies’ &amp; kids' acetaminophen. Here’s a guide to precise dosing: <a href="http://bit.ly/ped-acet">bit.ly/ped-acet</a> #KYDpain</td>
</tr>
<tr>
<td>Facebook</td>
<td><img src="image7.png" alt="Facebook Graphic" /></td>
<td><strong>Facebook</strong> Always use the dosing device that comes with acetaminophen for infants and children. Here is your guide for precise dosing: <a href="http://bit.ly/ped-acet">bit.ly/ped-acet</a> #KYDpain</td>
</tr>
<tr>
<td>Facebook (video)</td>
<td>Double check your medicine labels to avoid accidentally taking two medicines with acetaminophen at once: <a href="http://bit.ly/KYDlabel">http://bit.ly/KYDlabel</a> #KYDpain</td>
<td></td>
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<tr>
<td>Twitter (GIF)</td>
<td>Avoid these 3 acetaminophen dosing mistakes by reading your label. Here is how: <a href="http://bit.ly/KYDlabel">http://bit.ly/KYDlabel</a> #KYDpain</td>
<td></td>
</tr>
<tr>
<td>Facebook* (GIF)</td>
<td>Avoid the three most common dosing mistakes when taking acetaminophen by always reading your medicine label. Here are a few tips: <a href="http://bit.ly/KYDlabel">http://bit.ly/KYDlabel</a> #KYDpain <a href="https://media.giphy.com/media/xUA7aRrHsZbzcokko/giphy.gif">https://media.giphy.com/media/xUA7aRrHsZbzcokko/giphy.gif</a></td>
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Action Ideas and Tools for Health Care Professionals

I choose to take action!
Partners for Understanding Pain
Presents
Health Care Professionals CARE
Compassionate Attentive Responsive Educational

Pain Awareness Events
September 2020

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

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

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

Suggested events:

- Luncheon conference with expert speaker in pain management
- Lecture series on assessment and treatment of pain throughout the day
- Cafeteria table with petitions in support of the National Pain Strategies, materials, and resource lists for the public
• Health fair of community resources for people with pain
• Seek out opportunities to speak at community clubs and service organizations about the importance of prevention of long-term pain by treating pain at the on-set, awareness of local health care resources and information about pain management.
• Distribution of buttons to all staff members attached to flyer about pain assessment and management
• Get your department to wear their clothes inside out on one Friday in September. This is a great opportunity to start the conversation about people living with pain and the struggler to clear up the misunderstanding about pain, it is invisible and internal. But it is REAL!

For more information about additional activities, contact the American Chronic Pain Association at 800.533.3231 or by email at acpa@theacpa.org.
Action for Awareness of Chronic, Acute, and Cancer Pain

Developing the Foundation for a Grassroots Community Public Relations Plan

SITUATION

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

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

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

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

COMMUNITY OUTREACH IDEAS

- Develop a pain awareness education section of your organization’s website to spread the word about pain through education. **Suggested items for the Website:**
  - Partners for Understanding Pain logo and link on homepage. Links to Partner organizations and their resources.
  - Facts about how pain touches your organization.
  - Distribute the Quality of Life Pain Scale to increase communication between the health care provider and the patient.
  - Local community resource guide for people who have pain issues.
  - If relevant to your organization, success stories about people who have dealt effectively with pain.
Cultivate community partnerships with local businesses and organizations

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

Partnership ideas:

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

Suggested places to promote pain and Partnership message materials:

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

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

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

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

“Ask the doctor” about pain day

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

Create a resource guide for people with pain in your community

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

Suggested inclusions for the guide:

❖ Local pain doctors
❖ Local physical therapy organizations
❖ Local health food stores
❖ Support group
❖ Local health-related organizations and programs
❖ Financial advisors and assistance resources
❖ Transportation resources for disabled
❖ Homemaking services
  Meals on wheels
❖ Home health services
❖ Senior centers
Recreational opportunities in the community that provide craft lessons and such

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

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

If you have any questions, please call our office at 800-533-3231.
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 2020—September has been declared Pain Awareness Month by the Partners for Understanding Pain, a consortium of more than 80 professional and consumer organizations that have an interest in pain. As part of this effort, health care professionals in (your workplace) are sponsoring Health Care Professionals CARE Compassionate Attentive Responsive Educational to bring attention to the importance of appropriate pain management in the clinical setting.

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

Add quote from your organization spokesperson here.

The campaign is part of September Pain Awareness Month activities developed by Partners for Understanding Pain. “Pain can touch any of us,” noted Penney Cowan, Executive director of the American Chronic Pain Association and convener of Partners for Understanding Pain. “It is the number one cause of adult disability in the United States, affecting one in three Americans, yet there is still apathy and a lack of understanding about pain.” Partners for Understanding Pain is
dedicated to raising awareness about chronic, acute, and cancer pain through community outreach and a national media campaign. Partners’ goals also include building a more comprehensive network of knowledge and better utilizing existing resources about pain management among its members.

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

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

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

SOUNDBITE:

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

ANNOUNCER:

TO LEARN MORE ABOUT PAIN AWARENESS DAY, CONTACT (YOUR NAME) AT (PHONE NUMBER) AND, FOR RESOURCES AND INFORMATION ABOUT PAIN, VISIT W-W-W-DOT- UNDERSTANDINGPAIN DOT-ORG. I'M_____________REPORTING.
Health Care Professionals
CARE

PARTNERS for
UNDERSTANDING PAIN
RESOURCES

September 2020
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Department of Veteran Affairs Medical Center
Endometriosis Association International
Esperantra
European Pain Foundation & Societal Impact of Pain (SIP)
Facial Pain Association
Family Caregivers Alliance
Find Me Cure Foundation
For Grace
Foundation for Peripheral Neuropathy
Healthy Women
Institute for Health and Productivity Management
Intercultural Cancer Council
International Association for Chronic Fatigue Syndrome/ ME
International Association of Peer Supporters (iNAPS)
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Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  Alliance for Aging Research
Contact Person:  Lindsay Clarke
Mailing address:  1700 K Street NW, Suite 740, Washington, DC 20006
Phone:  202-688-1241
Web site:  www.agingresearch.org
Facebook:  https://www.facebook.com/AllianceforAgingResearch/
Twitter:  https://twitter.com/Aging_Research
You Tube:  https://www.youtube.com/user/allianceforaging/playlists?view_as=subscriber
Other:

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<td>OTC Pain Medication: What You Need to Know</td>
<td>Educational Animated Video (full video)</td>
<td><a href="https://www.youtube.com/watch?v=jE0-r2APdc">https://www.youtube.com/watch?v=jE0-r2APdc</a></td>
<td>Tens of millions of Americans reach for over-the-counter (OTC) medications for relief of minor aches and pains. But just because they are OTC does not mean they are 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 is right for you or your loved one and give tips on taking them safely.</td>
</tr>
<tr>
<td>Safely Taking and Storing OTC Pain Medication</td>
<td>Educational Animated Video</td>
<td><a href="https://www.youtube.com/watch?v=bC5ckoxXh08">https://www.youtube.com/watch?v=bC5ckoxXh08</a></td>
<td>Once you choose an over-the-counter (OTC) pain medication that is right for you or a loved one, it is 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.</td>
</tr>
<tr>
<td>Safe Medication</td>
<td>Educational Animated Video</td>
<td><a href="https://www.youtube.com/watch?v=Eh7O8lVyzNs">https://www.youtube.com/watch?v=Eh7O8lVyzNs</a></td>
<td>This film gives a simple step-by-step guide on how to dispose of over-the-counter (OTC) and prescription medications in a</td>
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<td>Disposal</td>
<td>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.</td>
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<td>Medication Safety Short Films (broken into shorter chapters)</td>
<td>Educational Animated Video</td>
<td><a href="https://www.youtube.com/watch?v=9uw8lyCU5A&amp;list=PL8DF36dW4q3gr8zPdiZQ52cAT88SWiwf">https://www.youtube.com/watch?v=9uw8lyCU5A&amp;list=PL8DF36dW4q3gr8zPdiZQ52cAT88SWiwf</a></td>
<td>This playlist contains broken down chapters from our OTC pain films.</td>
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Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

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<td>AAPM Patient Center</td>
<td>Web resources and Facts on Pain information designed for patients and members of the public.</td>
<td><a href="http://www.painmed.org/patientcenter/">http://www.painmed.org/patientcenter/</a></td>
<td>The Patient Center is the public information center of the American Academy of Pain Medicine. AAPM members represent a variety of medical specialties that combine their focus on the diagnosis, treatment, and management of pain. The goal of the Patient Center is to help you find: • General information about pain • A dedicated pain specialist in your area from AAPM's active membership • AAPM's Press Room</td>
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<tr>
<td>Essentials of Pain</td>
<td>Online educational courses (payment required). CME available.</td>
<td><a href="https://www.pathlms.com/aapm/courses/1666">https://www.pathlms.com/aapm/courses/1666</a></td>
<td>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.</td>
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<td>2016 PCSS-O Webinars</td>
<td>Free online webinars. CME available.</td>
<td><a href="https://www.pathlms.com/aapm/courses/2907">https://www.pathlms.com/aapm/courses/2907</a></td>
<td>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.</td>
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<td>Methadone Education Curriculum</td>
<td>Free online webinar. CME available.</td>
<td><a href="https://www.pathlms.com/aapm/courses/1665">https://www.pathlms.com/aapm/courses/1665</a></td>
<td>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.</td>
</tr>
<tr>
<td>On-Demand Coding Seminars</td>
<td>Online educational courses (payment required).</td>
<td><a href="https://www.pathlms.com/aapm/courses/2094">https://www.pathlms.com/aapm/courses/2094</a></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Pain Medicine</strong></td>
<td>Journal</td>
<td><a href="http://www.painmed.org/journal/">http://www.painmed.org/journal/</a></td>
<td><em>Pain Medicine</em> is the premier source of peer reviewed research and commentary on matters relevant to the multidisciplinary clinical practice of pain medicine. It is the official journal of the American Academy of Pain Medicine (AAPM), the Faculty of Pain Medicine of the Australian and New Zealand College of Anesthetists (FPMANZCA), and the Spine Intervention Society (SIS).</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Academy of Physical Medicine and Rehabilitation
Mailing address: 9700 W Bryn Mawr Ave, Ste 200, Rosemont, IL 60018
Phone: 847-737-6000
Website: http://www.aapmr.org/
Facebook: https://www.facebook.com/aapmrinfo/
Twitter: https://twitter.com/aapmr
YouTube: https://www.youtube.com/user/AAPMRsite
Email: info@aapmr.org

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<tr>
<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>About Physical Medicine &amp; Rehabilitation</td>
<td>Education</td>
<td><a href="http://www.aapmr.org/about-physiatry/about-physical-medicine-rehabilitation">http://www.aapmr.org/about-physiatry/about-physical-medicine-rehabilitation</a></td>
<td>Pain medicine and rehabilitation (PM&amp;R) aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities.</td>
</tr>
<tr>
<td>Find a PM&amp;R Physician</td>
<td>Resource</td>
<td><a href="https://members.aapmr.org/AAPMR/AAPMR_FINDER.aspx">https://members.aapmr.org/AAPMR/AAPMR_FINDER.aspx</a></td>
<td>A searchable database that allows you to locate a practicing PM&amp;R physician your area.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Association of Colleges of Nursing
Mailing address: 655 K St NW Ste 750, Washington, DC 20001
Phone: 202-463-6930
Website: http://www.aacn.nche.edu
Facebook: https://www.facebook.com/AACNursing
Twitter: https://twitter.com/AACNursing
YouTube: https://www.youtube.com/user/PresenceHealth/featured

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<tbody>
<tr>
<td>Learning and networking days</td>
<td>Education</td>
<td><a href="http://www.aacnnursing.org/">http://www.aacnnursing.org/</a></td>
<td>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.</td>
</tr>
<tr>
<td>NursingCAS Configuration Manager</td>
<td>Help Guide</td>
<td><a href="http://www.mynursingcas.org/users/program-configuration/">http://www.mynursingcas.org/users/program-configuration/</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Association of Rehabilitation Nurses
Mailing address: 8735 W Higgins Road, Ste 300, Chicago, IL 60631-2738
Phone: 800-229-7530
Website: http://www.rehabnurse.org/
Facebook: https://www.facebook.com/pages/Association-of-Rehabilitation-Nurses/131982048075
Twitter: https://twitter.com/assocrehabinurse
YouTube: https://www.youtube.com/channel/UC-JoUwW2EZQGTywY1Ts_TaA
Email: info@rehabnurse.org

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<th>Resource</th>
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<th>URL</th>
<th>Description</th>
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<tbody>
<tr>
<td>Resources</td>
<td>Tool Kit</td>
<td><a href="https://rehabnurse.org/resources/advocacy/advocacy-toolkit">https://rehabnurse.org/resources/advocacy/advocacy-toolkit</a></td>
<td>The kit is to educate, inform and encourage people to become involved in advocacy.</td>
</tr>
<tr>
<td>Guide to Resources</td>
<td>Education</td>
<td><a href="http://www.rehabnurse.org/education/content/Guide-to-Resources.html">http://www.rehabnurse.org/education/content/Guide-to-Resources.html</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
# Partners for Understanding Pain

## Tool Kits for Health Care Professionals

Organization:  **American Cancer Society**  
Mailing address:  250 Williams St NW, Atlanta, GA 30303  
Phone:  800-227-2345  
Website:  [https://www.cancer.org/](https://www.cancer.org/)  
Facebook:  [https://www.facebook.com/AmericanCancerSociety?ref=ts](https://www.facebook.com/AmericanCancerSociety?ref=ts)  
Twitter:  [https://twitter.com/americancancer](https://twitter.com/americancancer)  
YouTube:  [https://www.youtube.com/user/AmerCancerSociety](https://www.youtube.com/user/AmerCancerSociety)

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<tbody>
<tr>
<td>Learn About Cancer</td>
<td>Education</td>
<td><a href="https://www.cancer.org/cancer.html">https://www.cancer.org/cancer.html</a></td>
<td>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.</td>
</tr>
<tr>
<td>Research</td>
<td>Research</td>
<td><a href="http://www.cancer.org/research/index">http://www.cancer.org/research/index</a></td>
<td>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.</td>
</tr>
<tr>
<td>Find Treatment &amp; Support</td>
<td>Information</td>
<td><a href="http://www.cancer.org/treatment/index">http://www.cancer.org/treatment/index</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

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

**Mailing address:** PO Box 850, Rocklin, CA 95677

**Phone:** 800-533-3231

**Website:** [https://theacpa.org/](https://theacpa.org/)

**Facebook:** [https://www.facebook.com/pages/The-American-Chronic-Pain-Association/113362482021895](https://www.facebook.com/pages/The-American-Chronic-Pain-Association/113362482021895)

**Twitter:** [https://twitter.com/TheACPA](https://twitter.com/TheACPA)

**YouTube:** [https://www.youtube.com/channel/UCY89rzrYRckp4JIYQ2W_qvw](https://www.youtube.com/channel/UCY89rzrYRckp4JIYQ2W_qvw)

**Email:** acpa@theacpa.org

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<tbody>
<tr>
<td>ACPA Pain Log</td>
<td>Interactive Communication Tool</td>
<td><a href="https://www.theacpa.org/pain-management-tools/communication-tools/tracking-tools/pain-log/">https://www.theacpa.org/pain-management-tools/communication-tools/tracking-tools/pain-log/</a></td>
<td>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.”</td>
</tr>
<tr>
<td>ACPA Pain Maps</td>
<td>Interactive Communication Tool</td>
<td><a href="https://www.theacpa.org/pain-management-tools/communication-tools/interactive-maps/">https://www.theacpa.org/pain-management-tools/communication-tools/interactive-maps/</a></td>
<td>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.</td>
</tr>
<tr>
<td>ACPA Videos</td>
<td>Education</td>
<td><a href="https://theacpa.org/videos">https://theacpa.org/videos</a></td>
<td>Educational videos from relaxation, family matters series, Veterans in Pain, Fibromyalgia 101, and many more.</td>
</tr>
<tr>
<td>Resource/Tool</td>
<td>Category</td>
<td>URL</td>
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<tr>
<td>Car with Four Flat Tires</td>
<td>Education</td>
<td><a href="https://www.theacpa.org/pain-management-tools/videos/support/">https://www.theacpa.org/pain-management-tools/videos/support/</a></td>
<td>A video that helps explain all the necessary components of pain management for a person to live a full life despite pain.</td>
</tr>
<tr>
<td>ACPA Chronicle</td>
<td>Newsletter</td>
<td><a href="https://theacpa.org/Chronicle">https://theacpa.org/Chronicle</a></td>
<td>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.</td>
</tr>
<tr>
<td>The Art of Pain Management</td>
<td>Resource</td>
<td><a href="https://www.theacpa.org/pain-management-tools/the-art-of-pain-management/">https://www.theacpa.org/pain-management-tools/the-art-of-pain-management/</a></td>
<td>People with pain often comment that they find their experiences beyond expression. Talk therapy has been exhausted. There are no words to describe the journey they have taken. Both drawing and painting are an effective way for people with pain to express their level of suffering or the type of pain they are experiencing. However, art is not limited to drawing and painting. One can sculpt, use objects to create collages, or even finger paint to express your emotions. Even cooking is an art! The ACPA has developed this resource full of art project suggestions, words of encouragement and information regarding music therapy.</td>
</tr>
<tr>
<td>ACPA Communication Tools</td>
<td>Resources</td>
<td><a href="https://theacpa.org/Communication-Tools">https://theacpa.org/Communication-Tools</a></td>
<td>Good communication with your health care provider is vital to getting the help you need to live well despite your pain.</td>
</tr>
<tr>
<td>Resource Guide to Chronic Pain Treatment</td>
<td>Resource</td>
<td><a href="https://www.theacpa.org/pain-management-tools/resource-guide-to-chronic-pain-treatments/resource-guide-to-chronic-pain-management/">https://www.theacpa.org/pain-management-tools/resource-guide-to-chronic-pain-treatments/resource-guide-to-chronic-pain-management/</a></td>
<td>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.</td>
</tr>
<tr>
<td>Quality of Life Scale</td>
<td>Resource</td>
<td><a href="https://www.theacpa.org/wp-content/uploads/2017/08/Life_Scale_3.pdf">https://www.theacpa.org/wp-content/uploads/2017/08/Life_Scale_3.pdf</a></td>
<td>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.</td>
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<tr>
<td>ACPA Support Groups</td>
<td>Resource</td>
<td><a href="https://theacpa.org/Support-Groups">https://theacpa.org/Support-Groups</a></td>
<td>The goal of an ACPA group is to provide support, validation, and education in basic pain management and life skills.</td>
</tr>
</tbody>
</table>
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

Organization: **American Nurses Association**  
Mailing address: 8515 Georgia Ave, Ste 400, Silver Spring, MD 200910-3492  
Phone: 800-284-2378  
Website: [http://www.nursingworld.org/](http://www.nursingworld.org/)  
Facebook: [https://www.facebook.com/AmericanNursesAssociation](https://www.facebook.com/AmericanNursesAssociation)  
Twitter: [https://twitter.com/ananursingworld](https://twitter.com/ananursingworld)  
YouTube: [https://www.youtube.com/user/nursesmatter](https://www.youtube.com/user/nursesmatter)  
Email: customerservice@ana.org

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

Tool Kits for Health Care Professionals

Organization: American Pharmacist Association  
Mailing address: 2215 Constitution Avenue NW, Washington, DC 20037  
Phone: 800-237-APhA (2742)  
Website: [http://www.pharmacist.com/](http://www.pharmacist.com/)  
Facebook: [https://www.facebook.com/APhApharmacists](https://www.facebook.com/APhApharmacists)  
Twitter: [https://twitter.com/pharmacists](https://twitter.com/pharmacists)  
YouTube: [https://www.youtube.com/user/aphapharmacists](https://www.youtube.com/user/aphapharmacists)

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

Tool Kits for Health Care Professionals

Organization: (Former Collaborative) Centers for Disease Control and Prevention - National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) Arthritis Program, American Physical Therapy Association (APTA), National Association of Chronic Disease Directors (NACDD), and the American Chronic Pain Association

Contact Person (APTA): Anita Bemis-Doherty, PT, DPT, MAS, Vice President, Practice

Mailing address (APTA): American Physical Therapy Association, 1111 N. Fairfax St., Alexandria, VA 22314

Phone (APTA): 1-800-999-2782

Web site: www.apta.org


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<tbody>
<tr>
<td>American Physical Therapy Association: Arthritis Management Community-Based Programs</td>
<td>Website</td>
<td><a href="https://www.apta.org/patient-care/public-health-population-care/arthritis-management">https://www.apta.org/patient-care/public-health-population-care/arthritis-management</a></td>
<td>Resource page providing information on arthritis-appropriate evidence-based interventions (AAEBIs). This page also provides links to a downloadable decision aid clinicians and physical therapists can use to help select an AAEBI for their patient. The webpage also provides link to factsheets developed for practitioners.</td>
</tr>
<tr>
<td>Arthritis Evidence-Based Community Programs</td>
<td>Factsheet</td>
<td><a href="https://www.apta.org/contentassets/8af7aa55337d4a94aad3aa1f64006f5f/arthritis-evidence-based-community-programs.pdf">https://www.apta.org/contentassets/8af7aa55337d4a94aad3aa1f64006f5f/arthritis-evidence-based-community-programs.pdf</a></td>
<td>This is a downloadable factsheet providing information on arthritis-appropriate evidence-based interventions developed by the Arthritis Foundation.</td>
</tr>
<tr>
<td>Arthritis Programs Decision Aid</td>
<td>Decision Aid</td>
<td><a href="https://www.apta.org/contentassets/8af7aa55337d4a94aad3aa1f64006f5f/arthritis-programs-decision-">https://www.apta.org/contentassets/8af7aa55337d4a94aad3aa1f64006f5f/arthritis-programs-decision-</a></td>
<td>This is a downloadable decision aid providing information on arthritis-appropriate evidence-based interventions. Your doctor, physical therapist, or other certified healthcare provider can use the</td>
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<tr>
<td>Program</td>
<td>Website</td>
<td>Description</td>
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<td>Arthritis Foundation Aquatic Program</td>
<td><a href="https://www.cdc.gov/arthritis/interventions/programs/afap.htm">https://www.cdc.gov/arthritis/interventions/programs/afap.htm</a></td>
<td>This is a CDC website providing information on the Arthritis Foundation Aquatic Program, a community-based group program designed to increase physical activity among persons living with arthritis. The website also provides information on costs (if applicable) and a link you can use to find a program near you.</td>
<td></td>
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<tr>
<td>Arthritis Foundation Exercise Program</td>
<td><a href="https://www.cdc.gov/arthritis/interventions/programs/afep.htm">https://www.cdc.gov/arthritis/interventions/programs/afep.htm</a></td>
<td>This is a CDC website providing information on the Arthritis Foundation Exercise Program, an arthritis-appropriate evidence-based interventions developed by the Arthritis Foundation. The website also provides information on costs (if applicable) and a link you can use to find a program near you.</td>
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</tr>
<tr>
<td>Active Living Every Day</td>
<td><a href="https://www.cdc.gov/arthritis/interventions/programs/aled.htm">https://www.cdc.gov/arthritis/interventions/programs/aled.htm</a></td>
<td>This is a CDC website providing information on the Active Living Every Day behavior change program. The website also provides information on costs (if applicable) and a link you can use to find a program near you.</td>
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</tr>
<tr>
<td>Enhance Fitness</td>
<td><a href="https://www.cdc.gov/arthritis/interventions/programs/enhancefitness.htm">https://www.cdc.gov/arthritis/interventions/programs/enhancefitness.htm</a></td>
<td>This is a CDC website providing information on the EnhanceFitness®, an arthritis-appropriate group program. The website also provides information on costs (if applicable) and a link you can use to find a program near you.</td>
<td></td>
</tr>
<tr>
<td>Arthritis Fit and Strong</td>
<td><a href="https://www.cdc.gov/arthritis/interventions/programs/fit-strong.htm">https://www.cdc.gov/arthritis/interventions/programs/fit-strong.htm</a></td>
<td>This is a CDC website providing information on the Fit &amp; Strong! Program, a community-based, physical activity program developed by the Arthritis Foundation. The website also provides information on costs (if applicable) and a link you can use to find a program near you.</td>
<td></td>
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<tr>
<td>Arthritis Walk With Ease</td>
<td><a href="https://www.arp.d/c.gov/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-about-the-program">https://www.arp.d/c.gov/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-about-the-program</a></td>
<td>This is an Arthritis Foundation (AF) website providing information on the AF’s Walk With Ease Program, an arthritis-appropriate evidence-based intervention (group format) and promising intervention (self-directed format). The website also provides information on costs (if applicable) and a link you can use to find a program near you.</td>
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</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Public Health Association
Mailing address: 800 I St NW, Washington, DC 20001
Phone: 202-777-2742
Website: https://www.apha.org/
Facebook: https://www.facebook.com/AmericanPublicHealthAssociation
Twitter: https://twitter.com/PublicHealth?ref_src=twsrc%5Egoogle%7Ctwsamp%5Eserp%7Ctwgr%5Eauth
or
YouTube: https://www.youtube.com/user/aphadc

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<tr>
<td>American Journal of Public Health</td>
<td>Journal</td>
<td><a href="https://www.apha.org/publications-and-periodicals/american-journal-of-public-health">https://www.apha.org/publications-and-periodicals/american-journal-of-public-health</a></td>
<td>One of the 100 Most Influential Journals in Biology &amp; 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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.apha.org/policies-and-advocacy">http://www.apha.org/policies-and-advocacy</a></td>
<td>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</td>
</tr>
</tbody>
</table>
| **Professional Development** | **Education** | **https://www.apha.org/professional-development** | **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 of interest. |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **American Sleep Apnea Association**  
Address: 641 S St NW, 3rd Floor, Washington, DC 20001  
Phone: 888-293-3650  
Website: [http://www.sleepapnea.org/](http://www.sleepapnea.org/)  
Facebook: [https://www.facebook.com/sleepapneaorg/](https://www.facebook.com/sleepapneaorg/)  
Twitter: [https://twitter.com/sleepapneaorg](https://twitter.com/sleepapneaorg)  
YouTube: [https://www.youtube.com/channel/UC1_rc835UoOe-r_J7mJYzNA](https://www.youtube.com/channel/UC1_rc835UoOe-r_J7mJYzNA)  
LinkedIn: [https://www.linkedin.com/company/american-sleep-apnea-association](https://www.linkedin.com/company/american-sleep-apnea-association)

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<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>About Sleep Apnea Association</td>
<td>Information</td>
<td><a href="https://www.sleepapnea.org/who-is-the-american-sleep-apnea-association/">https://www.sleepapnea.org/who-is-the-american-sleep-apnea-association/</a></td>
<td>Interested in knowing what the association is working on, visit here for current plans and how you can help.</td>
</tr>
<tr>
<td>Information about what ASAA Offers</td>
<td>Resources</td>
<td><a href="https://www.sleepapnea.org/about/research/">https://www.sleepapnea.org/about/research/</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Society for Pain Management Nursing® (ASPMN®)
Mailing address: 4400 College Blvd, Ste 220, Overland Park, KS 66211
Phone: 888-342-7766 or 913-222-8666
Website: www.aspmn.org
YouTube: https://www.youtube.com/user/ASPMN
LinkedIn: https://www.linkedin.com/groups?gid=1870757

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<tr>
<th>Resource</th>
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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Basis of Opioid Doses</td>
<td>Statement</td>
<td><a href="http://www.aspmn.org/Documents/Position%20Statements/Prescribing_and_Administering_Opioid_Doses_Based_Solely_on_Pain_Intensity.pdf">http://www.aspmn.org/Documents/Position%20Statements/Prescribing_and_Administering_Opioid_Doses_Based_Solely_on_Pain_Intensity.pdf</a></td>
<td>ASPMN’s advocacy statement on prescribing and administering opioid doses based solely on pain intensity.</td>
</tr>
<tr>
<td>Topic</td>
<td>Category</td>
<td>Link</td>
<td>Description</td>
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<td>----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>PCSS-O Educational Webinar Series</td>
<td>Webinars</td>
<td><a href="http://www.aspmn.org/education/Pages/pcssowebinars.aspx">http://www.aspmn.org/education/Pages/pcssowebinars.aspx</a> Clinical Vignettes: <a href="http://pcss-o.org/online-clinical-vignettes/">http://pcss-o.org/online-clinical-vignettes/</a></td>
<td>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</td>
</tr>
</tbody>
</table>
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.

Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **American Society of Perianesthesia Nurses**
Mailing address: 90 Frontage Road, Cherry Hill, NJ 08034-1424
Phone: 877-737-9696
Website: [http://www.aspan.org/](http://www.aspan.org/)
Twitter: [https://twitter.com/ASPANorg](https://twitter.com/ASPANorg)
LinkedIn: [https://www.linkedin.com/company/american-society-of-perianesthesia-nurses/](https://www.linkedin.com/company/american-society-of-perianesthesia-nurses/)
Instagram: [https://www.instagram.com/aspanperianesthesia/](https://www.instagram.com/aspanperianesthesia/)
Email: aspan@aspan.org

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<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Research</td>
<td>Information</td>
<td><a href="http://www.aspan.org/Research/Research-Information">http://www.aspan.org/Research/Research-Information</a></td>
<td>Information about writing an abstract, research proposal, creating an effective research poster, and publication tips for your research.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Arthritis Foundation
Mailing address: 1355 Peachtree St NE, # 600, Atlanta, GA 30309
Phone: 404-872-7100
Website: www.arthritis.org
Facebook: https://www.facebook.com/Arthritis.org
Twitter: https://twitter.com/ArthritisFdn
YouTube: https://www.youtube.com/user/ArthritisFdn

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<th>Resource</th>
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<th>URL</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Advocacy Blog Series</td>
<td>Advocacy</td>
<td><a href="http://blog.arthritis.org/advocacy">http://blog.arthritis.org/advocacy</a></td>
<td>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 and improve access to care.</td>
</tr>
<tr>
<td>Understanding Arthritis</td>
<td>Education</td>
<td><a href="https://www.arthritis.org/about-arthritis/understanding-arthritis/">https://www.arthritis.org/about-arthritis/understanding-arthritis/</a></td>
<td>Learn more about the basics of arthritis, from arthritis 101 to common symptoms and diagnostic methods.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Asociación Venezolana para el Deporte y la Salud del Trasplantado y en Situación de Trasplante (AVEDESTRAS)
Mailing address: avedestras@hotmail.com / ansequera@hotmail.com
Phone: +58 416-9138227
Facebook: https://www.facebook.com/avedestras/
Twitter: https://twitter.com/avedestras?lang=en

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

Tool Kits for Health Care Professionals

Organisation: Association québécoise de la douleur chronique (AQDC)
Quebec Chronic Pain Association
Mailing address: 2030 Boulevard Pie-IX, bureau 403, Montreal Quebec H1V 2C8 Canada
Phone: 514-355-4198
Website: French - www.douleurchronique.org;
                English - https://douleurchronique.org/?lang=en
Facebook: https://www.facebook.com/douleurchronique
Twitter: https://twitter.com/AQDoulChronique
Instagram: https://www.instagram.com/aqdouleurchronique/
Email: mailto:aqdc@douleurchronique.org
Other: Free membership. We have 8,000 members.

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<th>Resource</th>
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<th>URL</th>
<th>Description</th>
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<tbody>
<tr>
<td>Pain diseases Log</td>
<td></td>
<td><a href="http://www.douleurchronique.org">www.douleurchronique.org</a></td>
<td>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.”</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Baylor College of Medicine Department of Physical Medicine Rehabilitation
Mailing address: One Baylor Plaza, Houston, TX 77030
Phone: 713-798-7246
Website: https://www.bcm.edu/departments/physical-medicine-and-rehabilitation
Facebook: https://www.facebook.com/BaylorCollegeOfMedicine
Twitter: https://twitter.com/bcmhouston
YouTube: https://www.youtube.com/user/BCMweb

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<tbody>
<tr>
<td>Community</td>
<td>Resource</td>
<td><a href="https://www.bcm.edu/community/community-learning">https://www.bcm.edu/community/community-learning</a></td>
<td>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.</td>
</tr>
<tr>
<td>Research</td>
<td>Resource</td>
<td><a href="https://www.bcm.edu/research">https://www.bcm.edu/research</a></td>
<td>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.</td>
</tr>
<tr>
<td>Healthcare</td>
<td>Resource</td>
<td><a href="https://www.bcm.edu/healthcare">https://www.bcm.edu/healthcare</a></td>
<td>Our collaborative approach to healthcare means more specialists, greater access to clinical trials, and a better quality of life.</td>
</tr>
<tr>
<td>Education</td>
<td>Education</td>
<td><a href="https://www.bcm.edu/education">https://www.bcm.edu/education</a></td>
<td>Our location in the heart of the world’s largest medical complex and culture of collaboration and innovation prepare our trainees to shape the future of science and healthcare.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Partners for Understanding Pain
Tool Kits

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

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

## Tool Kits for Health Care Professionals

Partners for Understanding Pain  
Tool Kits

**Organization:** Chronic Pain Ireland  
Mailing address: Carmichael Centre, North Brunswick St, Dublin 7  
Phone: +353 1 8047567  
Website: [http://www.chronicpain.ie/](http://www.chronicpain.ie/)  
Facebook: [https://www.facebook.com/ChronicPainIreland](https://www.facebook.com/ChronicPainIreland)  
Twitter: [https://twitter.com/ChronicPainIRL](https://twitter.com/ChronicPainIRL)  
Email: info@chronicpain.ie

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<tr>
<th>Resource</th>
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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Our Mission</td>
<td>Information</td>
<td><a href="http://www.chronicpain.ie/about-us/our-mission-and-aims">http://www.chronicpain.ie/about-us/our-mission-and-aims</a></td>
<td>MISSION: To create a greater awareness of Chronic Pain and to provide relevant information and support for those living with the condition, for their families and friends.</td>
</tr>
</tbody>
</table>
2. To work more closely with Pain Consultants, Pain Management Teams and the HSE throughout the country.  
3. To be financially stable.  
4. To harmonies and develop relationships with our members  
5. To provide up to date information on Chronic Pain for our members.  
6. To adhere to the principles of good corporate governance. |
<table>
<thead>
<tr>
<th>Support Line</th>
<th>Resource</th>
<th>Like to talk to someone confidentially, call us on 01 8047567. Our support line is open Tues, Thurs, and Fri from 9:30 a.m. to 5:00 p.m.)</th>
</tr>
</thead>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

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<th>Description</th>
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<tbody>
<tr>
<td>Cutting Edge-COPCs Research Advances</td>
<td>E-newsletter</td>
<td><a href="http://www.cpralliance.org/New_Findings">http://www.cpralliance.org/New_Findings</a></td>
<td>Stay abreast of recent research advances. You'll receive abstracts of recently published studies on the epidemiology, pathophysiology and clinical management of Chronic Overlapping Pain Conditions (COPCs, which include chronic low back pain, chronic migraine and tension-type headache, endometriosis, myalgic encephalomyelitis / chronic fatigue syndrome, fibromyalgia, vulvodynia, temporomandibular disorders, irritable bowel syndrome and interstitial cystitis / painful bladder syndrome.</td>
</tr>
<tr>
<td>Chronic Overlapping</td>
<td>Brochure</td>
<td><a href="http://www.chronicpainresearch.org/public/">http://www.chronicpainresearch.org/public/</a></td>
<td>This brochure addresses what are COPCs are, how COPCs are diagnosed, the</td>
</tr>
<tr>
<td>Pain Conditions</td>
<td>CPRA_Brochure_Web.pdf</td>
<td>complexity of the chronic pain experience, and how to work with your health care provider to develop a treatment plan.</td>
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Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **Coordinadora Nacional de Artritis**
Mailing address: [presidencia@conarthritis.org](mailto:presidencia@conarthritis.org)
Phone: 915352141
Website: [www.conarthritis.org](http://www.conarthritis.org)
Facebook: [https://www.facebook.com/ConArtritis/](https://www.facebook.com/ConArtritis/)
Twitter: [https://twitter.com/ConArtritis](https://twitter.com/ConArtritis)
YouTube: [https://www.youtube.com/user/ConArthritis](https://www.youtube.com/user/ConArthritis)
Other: [https://www.instagram.com/conartritis/](https://www.instagram.com/conartritis/)
LinkedIn: [www.linkedin.com/in/conartritis](http://www.linkedin.com/in/conartritis)

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<th><strong>Description</strong></th>
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<tbody>
<tr>
<td>Web Page</td>
<td>Web</td>
<td><a href="http://www.conarthritis.org">http://www.conarthritis.org</a></td>
<td>Open web page to all users. It offers text and video information on rheumatoid arthritis, psoriatic arthritis, juvenile idiopathic arthritis and espondiliarthritis, 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.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Covenant Health System, Covenant Medical Center Covenant Lakeside
Mailing address: 3615 19th St, Lubbock, TX 79410
Phone: 866-426-8362
Website: http://www.covenanthealth.org/Contact-Us.aspx
Facebook: https://www.facebook.com/CovenantHealth
Twitter: https://twitter.com/covhs
Contact form: https://www.covenanthealth.org/Contact-Us/Email-Us.aspx

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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>For Community</td>
<td>Resource</td>
<td><a href="http://www.covenanthealth.org/For-Community.aspx">http://www.covenanthealth.org/For-Community.aspx</a></td>
<td>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.</td>
</tr>
<tr>
<td>Our Services</td>
<td>Resource</td>
<td><a href="http://www.covenanthealth.org/Our-Services.aspx">http://www.covenanthealth.org/Our-Services.aspx</a></td>
<td>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</td>
</tr>
</tbody>
</table>
cared for by compassionate staff. We combine experienced medical professionals, successful patient outcomes and community outreach to provide the best possible patient care.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Defense and Veterans Center for Integrative Pain Management
Mailing address: 11300 Rockville Pike, Ste 709, Rockville, MD 20852
Phone: 301-816-4723
Website: https://www.dvcipm.org/
Contact Form: https://www.dvcipm.org/contact-us/

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<th>Description</th>
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<tbody>
<tr>
<td>DVPRS</td>
<td>Pain Measurement Tool</td>
<td><a href="http://www.dvcipm.org/clinical-resources/">http://www.dvcipm.org/clinical-resources/</a></td>
<td>Defense &amp; Veterans Center for Integrative Pain Management provides a wide variety of tools, resources, meetings, and workshops available to the public. As a direct result of our research we have created several publicly available tools to assist in the treatment of acute and chronic pain management. You will find links to resources such as the Defense and Veterans Pain Rating Scale (DVPRS) as well as information about upcoming meetings and workshops. For questions or additional information about the resources below you can reach us on our contact us page</td>
</tr>
</tbody>
</table>
| JPEP     | Pain Curriculum and Educational Videos | http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep | The JPEP is a collaboration effort between the Department of Defense (DoD) and Department of Veterans Affairs (VA) to develop a standardized pain management curriculum to improve complex patient and provider education and training. The Objectives of the JPEP are to:  
  - Standardize DoD/VHA education curriculum content, supporting materials, and a variety of |
|               |               | commonly accessible delivery systems.  
|---------------|---------------|----------------------------------------
|               |               | - Enhance pain care transition         
|               |               | between the DoD and VA                 
|               |               | - Commit to learning and training our  
|               |               | providers, teams, centers, and         
|               |               | agencies together; ultimately         
|               |               | building a new model of pain care.     |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  Department of Veteran Affairs Medical Center, Houston, TX
Mailing address:  2002 Holcombe Blvd, Houston, TX 77030
Phone:  713-791-1414 | 800-553-2278
Website:  https://www.houston.va.gov/
Facebook:  https://www.facebook.com/HoustonVAMC
Twitter:  https://twitter.com/vahouston

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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Patient information</td>
<td>Information</td>
<td><a href="http://www.houston.va.gov/patients/index.asp">http://www.houston.va.gov/patients/index.asp</a></td>
<td>Patient Information Home includes everything from determining your eligibility, schedule an appointment, a Veteran Information Packet, advance directives, through billing and insurance.</td>
</tr>
<tr>
<td>Research</td>
<td>Information</td>
<td><a href="http://www.houston.va.gov/services/research.asp">http://www.houston.va.gov/services/research.asp</a></td>
<td>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 &amp; Development (R&amp;D) Program is an integral part of the medical centers mission and plays an especially important role in the health care Veterans receive. New knowledge, techniques, and products has improved prevention, diagnosis, treatment, and control of the many diseases</td>
</tr>
<tr>
<td>VA Center for Innovation</td>
<td>Resource</td>
<td><a href="http://www.innovation.va.gov/">http://www.innovation.va.gov/</a></td>
<td>The VA Center for Innovation identifies, tests, and evaluates new approaches to meet the current and future needs of Veterans efficiently and effectively through innovations rooted in data, design-thinking, and agile development.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

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</thead>
<tbody>
<tr>
<td>About the ERC</td>
<td>Information</td>
<td><a href="https://www.endocenter.org/about-the-erc/">https://www.endocenter.org/about-the-erc/</a></td>
<td>Welcome! We are glad you are 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.</td>
</tr>
<tr>
<td>What We Do</td>
<td>Information</td>
<td><a href="https://www.endocenter.org/about-the-erc/">https://www.endocenter.org/about-the-erc/</a></td>
<td>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</td>
</tr>
</tbody>
</table>
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.
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

**Organization:** Esperantra  
**Contact Person:** Karla Ruiz de Castilla  
**Mailing address:** karla@esperantra.org  
**Phone:** +51 937518852  
**Web site:** [http://www.esperantra.org/](http://www.esperantra.org/)

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<tr>
<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Peruvian Health Ministry</td>
<td>Technical standard for pain management</td>
<td><a href="http://bvs.minsa.gob.pe/local/minsa/1456.pdf">http://bvs.minsa.gob.pe/local/minsa/1456.pdf</a></td>
<td>This Technical Standard has been prepared by the Ministry of Health with the collaboration of other institutions, counting with the participation of experts on Pain Treatment. Its objective is to establish the technical-administrative standards for implementation of the Production Units of Treatment Services of the Pain in public and private hospital establishments in the Health Sector</td>
</tr>
<tr>
<td>Pain information in Spanish</td>
<td>Everything about pain for Peruvian patients in Spanish</td>
<td><a href="http://www.esperantra.org">www.esperantra.org</a></td>
<td>Everything about pain for Peruvian patients in Spanish</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

Mailing address: secretary@efic.org

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

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

Twitter: @EFIC_org; @SIP_PainPolicy

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


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<tbody>
<tr>
<td>The European Pain Federation EFIC® Education Platform</td>
<td>Online learning platform for healthcare professionals</td>
<td><a href="http://educationplatform.europeanpainfederation.eu/">http://educationplatform.europeanpainfederation.eu/</a></td>
<td>The EFIC Education Platform feature a selection of lectures and presentations recorded at congresses and pain schools hosted by the European Pain Federation EFIC. The library is constantly updated. Scientific Content covers several aspects related to pain including cancer pain, use of analgesic, neuropathic pain etc.</td>
</tr>
<tr>
<td><strong>Societal Impact of Pain (SIP) Platform website</strong></td>
<td><strong>Website dedicated to pain policy, advocacy and awareness raising</strong></td>
<td><strong><a href="https://www.sip-platform.eu/">https://www.sip-platform.eu/</a></strong></td>
<td><strong>The &quot;Societal Impact of Pain&quot; (SIP) is an international platform created in 2009 as a joint initiative of the European Pain Federation EFIC® and the pharmaceutical company Grünenthal GmbH. The scientific framework of the SIP platform is under the responsibility of the European Pain Federation EFIC®. Cooperation partners for SIP are Pain Alliance Europe and Active Citizenship Network. The pharmaceutical company Grünenthal GmbH is responsible for funding and non-financial support. The website of the SIP platform hosts a comprehensive collection of national and international initiatives, campaigns and projects aimed at tackling the societal impact of pain. The website is constantly updated with national and international events and news of relevance to pain, awareness raising, policy and advocacy.</strong></td>
</tr>
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</table>


| Societal Impact of Pain (SIP) 2016 Recommendation | Policy and advocacy tool | https://www.sip-platform.eu/pain-resources/achievements/SIP-2016 | The organizing partners of the SIP platform formulated key recommendations directed at the institutions of the European Union and national |
| Societal Impact of Pain (SIP) Joint Statement and Framing paper – European Commission Thematic Network Program – *interim draft* | Policy and advocacy tool | https://www.sip-platform.eu/media/details/sip-thematic-network-framing-document-v2 | Comprehensive policy document, produced by the SIP partners, with the European Pain Federation and Pain Alliance Europe as project leads, the guidance and support of the European Commission DG SANTE directorate and several contributing and endorsing civil society stakeholders focused on pain. The document presents an overview of exiting policy and advocacy initiatives addressing the societal impact of pain and identifies gaps for further policy actions. The document includes a call to actions to fill these gaps and continue tackling the societal impact of pain. The document will be finalized and presented to the European Commission in November and expected to be endorsed by several international organizations who contributed to its |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: The Facial Pain Association
Mailing address: 22 SE Fifth Avenue, Suite D, Gainesville, FL 32601-7092
Phone: 800-923-3608 or 352-384-3600
Email: info@fpa-support.org
Website: https://fpa-support.org/
Facebook: https://www.facebook.com/facialpainassociation/

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<tr>
<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>“Quarterly”</td>
<td>Education</td>
<td><a href="http://fpa-support.org/quarterlies/">http://fpa-support.org/quarterlies/</a></td>
<td>Journal of the Facial Pain Association</td>
</tr>
<tr>
<td>Webinar</td>
<td>Education</td>
<td><a href="http://fpa-support.org/learn/webinar-archive/">http://fpa-support.org/learn/webinar-archive/</a></td>
<td>A series of interviews with prominent medical professionals concerning TN and neuropathic facial pain, hosted by the chairmen of FPA’s Medical Advisory Board, Jeffrey A. Brown, MD. Previous webinars are available to view on FPA website</td>
</tr>
<tr>
<td>Face to face support groups and Telephone Network contacts</td>
<td>Support</td>
<td><a href="http://fpa-support.org/support-network/support-groups/">http://fpa-support.org/support-network/support-groups/</a></td>
<td>FPA Support Network provides support and information that empowers those who deal with facial pain to make informed decisions about treatment of TN and related facial pain conditions.</td>
</tr>
<tr>
<td>YPC - Young</td>
<td>Support and</td>
<td><a href="http://fpa-">http://fpa-</a></td>
<td>Information and tips concerning the unique</td>
</tr>
<tr>
<td>Patient Committee</td>
<td>Education</td>
<td>support.org/about/young-patients-committee-ypc/</td>
<td>situations facing young patients under 40 years of age</td>
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</tr>
<tr>
<td>Conferences</td>
<td>Education</td>
<td><a href="https://fpa-support.org/connectionsconference/">https://fpa-support.org/connectionsconference/</a></td>
<td>FPA hosts various conferences across the country. These conferences provide a unique opportunity to learn, share and connect with patients, medical experts and others affected by neuropathic face pain.</td>
</tr>
</tbody>
</table>
**Partners for Understanding Pain**

**Tool Kits for Health Care Professionals**

Organization: **Family Caregivers Alliance**  
Mailing address: 101 Montgomery St, Ste 2150, San Francisco, CA 94104  
Phone: 800-445-8106 | 415-434-3388  
Website: [https://www.caregiver.org/](https://www.caregiver.org/)  
Facebook: [https://www.facebook.com/FamilyCaregiverAlliance](https://www.facebook.com/FamilyCaregiverAlliance)  
Twitter: [https://twitter.com/CaregiverAlly](https://twitter.com/CaregiverAlly)  
YouTube: [https://www.youtube.com/user/CAREGIVERdotORG](https://www.youtube.com/user/CAREGIVERdotORG)  
Contact Form: [https://www.caregiver.org/contact](https://www.caregiver.org/contact)

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<th>Resource</th>
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<tbody>
<tr>
<td>Support groups</td>
<td>Resource</td>
<td><a href="https://www.caregiver.org/support-groups">https://www.caregiver.org/support-groups</a></td>
<td>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).</td>
</tr>
<tr>
<td>Caregiver</td>
<td>Education</td>
<td><a href="https://www.caregiver.org/resources-health-issue-or-condition">https://www.caregiver.org/resources-health-issue-or-condition</a></td>
<td>Families provide 80% of the long-term care in this country, and the need for information is great—and growing. FCA's resources provide a comprehensive collection of family-friendly publications filled with practical information on caregiving issues and health conditions.</td>
</tr>
<tr>
<td>education</td>
<td></td>
<td><a href="https://www.caregiver.org/caregiving-issues-and-strategies">https://www.caregiver.org/caregiving-issues-and-strategies</a></td>
<td>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 <em>Caregiving Issues and Strategies</em> 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.</td>
</tr>
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</table>
Caregiving Around the Clock
The theme for National Family Caregivers Month November 2017 is
“Caregiving Around the Clock”

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

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

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

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

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

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

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

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

Caregiving Around the Clock!
© Caregiver Action Network • www.CaregiverAction.org • 202.454.3970
## Tool Kits for Health Care Professionals

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<tbody>
<tr>
<td>Search engine for pain clinical trials worldwide</td>
<td>Interactive search engine for clinical trials</td>
<td><a href="https://www.findmecure.com/clinicaltrials/search?mandatoryq=1&amp;ver=2&amp;utm_expid=Vg6r9BELQ7e_6VUwQ4ewbw.1&amp;utm_refferer=https%3A%2F%2Fwww.findmecure.com%2F%3Fver%3D2&amp;condition=&amp;location=Loomis%2C+United+States%2A3&amp;openStudiesOnly=true">https://www.findmecure.com/clinicaltrials/search?mandatoryq=1&amp;ver=2&amp;utm_expid=Vg6r9BELQ7e_6VUwQ4ewbw.1&amp;utm_refferer=https%3A%2F%2Fwww.findmecure.com%2F%3Fver%3D2&amp;condition=&amp;location=Loomis%2C+United+States%2A3&amp;openStudiesOnly=true</a></td>
<td>The search engine helps patients find, understand, and join clinical trials. Our foundation is focused on raising awareness about clinical trials as an option for a treatment. We also guide patients through the application process. We have access to trials of 7 types of pain currently.</td>
</tr>
<tr>
<td>Information on clinical trials</td>
<td>Video</td>
<td><a href="https://www.youtube.com/watch?v=tRHRfs-660c">https://www.youtube.com/watch?v=tRHRfs-660c</a></td>
<td>The video explains in a simple language and shows with animations how the clinical trial process works and how we can help patients through our search engine</td>
</tr>
<tr>
<td>Webinar</td>
<td>Recording</td>
<td><a href="https://www.youtube.com/watch?v=5OMITkXzRdw&amp;list=PL8J46ZExtBuGzsNeJgdIKr1c2cu6AcKAh&amp;index=1">https://www.youtube.com/watch?v=5OMITkXzRdw&amp;list=PL8J46ZExtBuGzsNeJgdIKr1c2cu6AcKAh&amp;index=1</a></td>
<td>The webinar was organized by FindMeCure Foundation and Chronic Pain Ireland with the kind support from the International Alliance of Patient Organisations. The webinar was led by Maya Zlatanova, CEO of FindMeCure and Board member of FindMeCure Foundation and Deirdre Ryan, Governing Body Member of Chronic Pain Ireland and a patient living with chronic pain. It was focused on the main challenges patients with chronic pain are facing nowadays and the options they must receive an innovative treatment</td>
</tr>
<tr>
<td>Information on clinical trials</td>
<td>Video</td>
<td><a href="https://www.youtube.com/watch?v=1s3i9JppwXA">https://www.youtube.com/watch?v=1s3i9JppwXA</a></td>
<td>The video explains Efficacy and Safety of Clinical Trials</td>
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<tr>
<td>Blog post on pain management + infographic</td>
<td>Content</td>
<td>To be posted in September</td>
<td>A blog post published in our channels containing information for pain management and giving info about clinical trials for different types of pain. It can also contain an info graphic.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **For Grace: Women In Pain**  
Contact Person: John Garrett  
Mailing address: PO Box 1724, Studio City, CA 91614  
Phone: 818-760-7635  
Website: [http://www.forgrace.org/](http://www.forgrace.org/)  
Facebook: [https://www.facebook.com/ForGraceWomenInPain/](https://www.facebook.com/ForGraceWomenInPain/)  
Twitter: [https://twitter.com/forgrace](https://twitter.com/forgrace)  
YouTube: [https://www.youtube.com/user/ForGrace](https://www.youtube.com/user/ForGrace)  
Email: forgracewip@yahoo.com  
Contact Form: [http://www.forgrace.org/about-us/contact/](http://www.forgrace.org/about-us/contact/)

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<tr>
<th>Resource</th>
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<tbody>
<tr>
<td>101 Ideas to Empower Women In Pain</td>
<td>Webpage Resource</td>
<td><a href="http://www.forgrace.org/women-pain/101-ideas-to-empower-women/">http://www.forgrace.org/women-pain/101-ideas-to-empower-women/</a></td>
<td>For Grace has gathered these easy-to-do, self-empowering suggestions and resources to help you better manage your pain, improve your care and, ultimately, enhance your overall wellness.</td>
</tr>
<tr>
<td>Battle for Grace Memoir</td>
<td>Webpage Resource</td>
<td><a href="http://www.forgrace.org/women-pain/battle-for-grace-memoir/">http://www.forgrace.org/women-pain/battle-for-grace-memoir/</a></td>
<td>The book describes a journey that took For Grace founder Cynthia Toussaint to depths that could have ended her life, but instead is giving hope to millions of women around the world. Hope borne out of devastating pain that’s been overcome by a brave love for each other and for life.</td>
</tr>
<tr>
<td>Archive of Annual Women In Pain Conferences Hosted by For Grace</td>
<td>Webpage Resource</td>
<td><a href="http://www.forgrace.org/get-involved/share-your-story/past-conferences/">http://www.forgrace.org/get-involved/share-your-story/past-conferences/</a></td>
<td>Explore the past conferences that include videos of all presenters and panelists who provide invaluable insight and wisdom about self-care, the woman in pain experience, integrative medicine and how to be an empowered pain management consumer.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Foundation for Peripheral Neuropathy
Mailing address: 485 Half Day Rd, Ste 350, Buffalo Grove, IL 60089
Phone: 877-883-9942
Website: https://www.foundationforpn.org/
Facebook: https://business.facebook.com/FoundationForPeripheralNeuropathy/?business_id=10153789786591494
Twitter: https://twitter.com/neuropathyassoc
Contact Form: https://www.foundationforpn.org/contact-us/

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<tbody>
<tr>
<td>Support groups</td>
<td>Resource</td>
<td><a href="https://www.foundationforpn.org/living-well/support-groups/">https://www.foundationforpn.org/living-well/support-groups/</a></td>
<td>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. 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.</td>
</tr>
<tr>
<td>About Us</td>
<td>Information</td>
<td><a href="https://www.foundationforpn.org/about-us/">https://www.foundationforpn.org/about-us/</a></td>
<td>The Foundation for Peripheral Neuropathy is a public charity committed to fostering collaboration among today’s most gifted and dedicated neuroscientists and</td>
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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 goal to utilize every means and opportunity to dramatically improve the lives of those living with this painful and debilitating disorder.

### Clinical Trials

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<td>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.</td>
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<tr>
<td>The initiation of a pivotal clinical trial for VM202 is incredibly exciting, because we observed in the Phase 2 trial a rapid and significant reduction in DPN pain, along with signals that VM202 may elicit a disease-modifying effect,” said Dr. Jack Kessler, M.D., professor of neurology at Northwestern University’s Feinberg School of Medicine and the principal investigator of the Phase 3 study (and former Board Member of the Foundation for Peripheral Neuropathy). “Current treatments for DPN are aimed at providing symptom management, and along with a high rate of patient failure, do not modify the underlying pathology of the condition.”</td>
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<tr>
<td>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...</td>
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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.”
### Partners for Understanding Pain

#### Tool Kits for Health Care Professionals

Organization: **Healthy Women**
Mailing address: PO Box 430, Red Bank, NJ 07701
Phone: 877-986-9472 (Toll-free); 732-530-3425
Website: [http://www.healthywomen.org/](http://www.healthywomen.org/)
Facebook: [https://www.facebook.com/healthywomen/](https://www.facebook.com/healthywomen/)
Twitter: [https://twitter.com/HealthyWomen](https://twitter.com/HealthyWomen)
Other: [https://www.linkedin.com/company/healthywomen](https://www.linkedin.com/company/healthywomen)
Instagram: [https://www.instagram.com/healthywomenorg/](https://www.instagram.com/healthywomenorg/)
Pinterest: [https://www.pinterest.com/healthywomenorg/](https://www.pinterest.com/healthywomenorg/)

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<tbody>
<tr>
<td>Diseases &amp; Conditions: Pain Management</td>
<td>Comprehensive online guide</td>
<td><a href="http://www.healthywomen.org/condition/pain-management">http://www.healthywomen.org/condition/pain-management</a></td>
<td>This is one of our comprehensive health topics that includes an overview and information on pain management options for various conditions.</td>
</tr>
<tr>
<td>9 Questions to Ask About Postsurgical Pain Management</td>
<td>Online list of questions</td>
<td><a href="http://www.healthywomen.org/content/article/9-questions-ask-about-postsurgical-pain-management">http://www.healthywomen.org/content/article/9-questions-ask-about-postsurgical-pain-management</a></td>
<td>Online article with questions to ask your health care provider about postsurgical pain management.</td>
</tr>
<tr>
<td>Know Your Options for Managing Pain after Surgery</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/know-your-options-managing-pain-after-surgery">http://www.healthywomen.org/content/article/know-your-options-managing-pain-after-surgery</a></td>
<td>This article focuses on working with your health care provider to develop a plan to manage postsurgical pain.</td>
</tr>
<tr>
<td>When It Comes to Managing Pain after Surgery, Women Want a Choice</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/when-it-comes-managing-pain-after-surgery-women-want-choice">http://www.healthywomen.org/content/article/when-it-comes-managing-pain-after-surgery-women-want-choice</a></td>
<td>This article is based on a survey by Healthy Women, with support from Pacira Pharmaceuticals, to find out what women know about managing pain after surgery.</td>
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<td>Title</td>
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</tr>
<tr>
<td>Ease Chronic Pain with Fish Oils</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/ease-chronic-pain-fish-oils">http://www.healthywomen.org/content/article/ease-chronic-pain-fish-oils</a></td>
<td>This article discusses how fish oils may relieve some types of chronic pain.</td>
</tr>
<tr>
<td>NSAIDs: Questions to Ask Your Health Care Provider</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/nsaids-questions-ask-your-health-care-provider">http://www.healthywomen.org/content/article/nsaids-questions-ask-your-health-care-provider</a></td>
<td>12 questions to ask your health care provider.</td>
</tr>
<tr>
<td>Chronic Pain: Move It to Lose It</td>
<td>Online article</td>
<td><a href="https://www.healthywomen.org/content/article/chronic-pain-move-it-lose-it">https://www.healthywomen.org/content/article/chronic-pain-move-it-lose-it</a></td>
<td>This article tells how to exercise with chronic pain.</td>
</tr>
<tr>
<td>Coping with Chronic Pain</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/coping-chronic-pain">http://www.healthywomen.org/content/article/coping-chronic-pain</a></td>
<td>General overview of how to cope with chronic pain.</td>
</tr>
<tr>
<td>Easy Help for Hurting Hands</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/easy-help-hurting-hands">http://www.healthywomen.org/content/article/easy-help-hurting-hands</a></td>
<td>This article includes 4 exercises for hurting hands.</td>
</tr>
<tr>
<td>Ease Chronic Pain with Fish Oils</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/ease-chronic-pain-fish-oils">http://www.healthywomen.org/content/article/ease-chronic-pain-fish-oils</a></td>
<td>This article discusses how fish oils may relieve some types of chronic pain.</td>
</tr>
<tr>
<td>Adaptive Exercise: What to Do When Moving Is not Easy</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/adaptive-exercise-what-do-when-moving-isnt-easy">http://www.healthywomen.org/content/article/adaptive-exercise-what-do-when-moving-isnt-easy</a></td>
<td>This article is about exercises people can do even when they have pain.</td>
</tr>
<tr>
<td>Exercising with Joint Pain</td>
<td>Online article</td>
<td><a href="http://www.healthywomen.org/content/article/exercising-joint-pain">http://www.healthywomen.org/content/article/exercising-joint-pain</a></td>
<td>Article on how to exercise with joint pain.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Institute for Health and Productivity Management
Mailing address: 17470 N Pacesetter Way, Scottsdale, AZ 85255
Phone: 480-305-2100
Website: [https://www.ihpm.org/](https://www.ihpm.org/)
Facebook: [https://www.facebook.com/IHPMHQ/?ref=aymt_homepage_panel](https://www.facebook.com/IHPMHQ/?ref=aymt_homepage_panel)

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<tr>
<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Workplace Wellness Alliance</td>
<td>Education</td>
<td><a href="https://www.weforum.org/reports/workplace-alliance-making-right-investment-employee-health-and-power-metrics">https://www.weforum.org/reports/workplace-alliance-making-right-investment-employee-health-and-power-metrics</a></td>
<td>Organizations, in their role as employers, have an even greater responsibility to nurture employee resilience; there is strong evidence that a healthy workforce is vital to a country’s competitiveness, productivity and well-being. Over 50% of the working population spend most of their time at work, so the workplace provides a unique opportunity to raise awareness, as well as guide and incentivize individuals to develop healthier behaviors. This has proven to have a multiplier effect, as employees integrate health and well-being into their families and communities. [Klaus Schwab, Founder &amp; Executive Chairman, World Economic Forum]</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **Intercultural Cancer Council**
Mailing address: Meharry Medical College, Dr DB Todd Jr Blvd, Nashville, TN 37208
Website: [http://agable.net/](http://agable.net/)
Facebook: [https://www.facebook.com/MeharryMedicalCollege/](https://www.facebook.com/MeharryMedicalCollege/)
Contact form: [http://agable.net/?page_id=387](http://agable.net/?page_id=387)

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<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Mission</td>
<td>Information</td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>Motto: Speaking with One Voice</td>
<td>Information</td>
<td></td>
<td>“The Intercultural Cancer Council’s motto ‘Speaking with One Voice’ embodies the power of uniting a diverse and representative membership to raise issues, propose solutions and, most importantly, to effect change that benefits all regardless of race, ethnicity, socioeconomic status or geography. Finding leadership from the communities where cancer health disparities exist, the ICC is committed to returning to those leaders, their organizations and their communities, the skills, resources, and programs that offer solutions to our call to action.” – Armin D. Weinberg, PhD Co-Founder, Intercultural Cancer Council Baylor College of Medicine</td>
</tr>
</tbody>
</table>
| “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

“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 |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis**
Mailing address: 9650 Rockville Pike, Bethesda, MD 20814
Phone: 301-634-7701
Website: [http://iacfsme.org/](http://iacfsme.org/)
Facebook: [https://www.facebook.com/MECFSDiary/](https://www.facebook.com/MECFSDiary/)
YouTube: [https://www.youtube.com/watch?v=nvRzUI97YLc](https://www.youtube.com/watch?v=nvRzUI97YLc)
Email: membership@iacfsme.org

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<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mission statement</td>
<td>Information</td>
<td>[<a href="http://iacfsme.org/">http://iacfsme.org/</a> Organization/Mission-Statement.aspx](<a href="http://iacfsme.org/">http://iacfsme.org/</a> Organization/Mission-Statement.aspx)</td>
<td>The mission of IACFS/ME is to promote, stimulate and coordinate the exchange of ideas related to CFS, ME and fibromyalgia (FM) research, patient care and treatment. In addition, the IACFS/ME periodically reviews current research and treatment literature and media reports for the benefit of scientists, clinicians, and patients. We also conduct and/or participate in local, national, and international scientific conferences to promote and evaluate new research and to encourage future research ventures and cooperative activities to advance scientific and clinical knowledge of these illnesses. We shall always be organized and operated exclusively for charitable, scientific, literary, or educational purposes as a qualified exempt organization described under section 501 (c) (3) of the IRS code of 1986 and the regulations</td>
</tr>
</tbody>
</table>
promulgated thereunder as they may now exist or as they may be hereafter amended.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: International Association of Peer Supporters (iNAPS)
Mailing address: PO Box 755, Norton, MA 02766
Website: http://www.inaops.org/
Facebook: https://www.facebook.com/NA4PS/
Twitter: https://twitter.com/inaps4peers
Linked In: https://www.linkedin.com/company/inaops/
Email: info@inaops.org

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

We learn together and grow in our ability to:

- Demonstrate compassion and hope
- Understand
- Expect more and encourage the next step
- Increase acceptance of those with mental health, substance use, or trauma experiences in their communities of choice
- Increase awareness of the benefits of hiring peer support providers

Our vision is to make peer support services an option for anyone who needs the compassion and understanding of someone who has been there.

As an organization with international connections, we advocate for the worldwide wisdom that peer support providers have gained from their own experiences to be an important component in mental health treatment and in system transformation.

We believe peer supporters are, in many locations, an untapped resource for the mental health system and those who are being served. We also aim for better working conditions, compensation, and the adoption of trauma-informed and recovery-oriented practices.
# Partners for Understanding Pain

## Tool Kits for Health Care Professionals

Organization: **International Association for the Study of Pain (IASP)**  
Mailing address: 1510 H St NW, Ste 600, Washington, DC 20005-1020  
Phone: 202-856-7400  
Website: [http://iasp-pain.org/](http://iasp-pain.org/)  
Email: IASPdesk@iasp-pain.org

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Mission: IASP brings together scientists, clinicians, health-care providers, and policymakers to stimulate and support the study of pain and to translate that knowledge into improved pain relief worldwide. |
| Pain Resources         | Resources  | [http://www.iasp-pain.org/Education/Content.aspx?ItemNumber=1723](http://www.iasp-pain.org/Education/Content.aspx?ItemNumber=1723) | This is a listing of resources relevant to patients in pain. Note: IASP does not offer patient referrals and links should not be construed as endorsement. IASP is not responsible for information contained on 3rd-party sites.  
**American Chronic Pain Association, Australian Pain Management Association, Chronic Pain Australia, Chronic Pain Scotland, Pain Connection-Chronic Pain Outreach Center, and Patient Advocate Foundation.** |
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

**Organization:** [International Endometriosis Association](http://www.endometriosisassn.org/)

**Website:** [http://www.endometriosisassn.org/](http://www.endometriosisassn.org/)

**Facebook:** [https://www.facebook.com/EndoAssn/](https://www.facebook.com/EndoAssn/)

**Twitter:** [https://twitter.com/EndoAssn](https://twitter.com/EndoAssn)

**YouTube:** [https://www.youtube.com/channel/UCJZvXs03eJVkHzsSQWKd9A](https://www.youtube.com/channel/UCJZvXs03eJVkHzsSQWKd9A)

**Contact Form:** [https://endometriosisassn.org/contact-us](https://endometriosisassn.org/contact-us)

**Support:** support@endometriosisassn.org

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<th>Resource</th>
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<tr>
<td>Free Resources</td>
<td>Resources</td>
<td><a href="https://endometriosisassn.org/endometriosis_resources">https://endometriosisassn.org/endometriosis_resources</a></td>
<td>We offer the following services: <em>Education</em> <em>Support</em> <em>Research</em> 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.</td>
</tr>
<tr>
<td>EA Info Packet</td>
<td>Education</td>
<td><a href="https://endometriosisassn.org/endometriosis_resources/info-packet">https://endometriosisassn.org/endometriosis_resources/info-packet</a></td>
<td>EA brochures in several different languages, specialized brochure for teenagers, one for girls 8-12 years, and Endometriosis &amp; Menopause.</td>
</tr>
<tr>
<td>Resources for Women with Endo</td>
<td>Resources</td>
<td><a href="https://endometriosisassn.org/endometriosis_resources/women-endo">https://endometriosisassn.org/endometriosis_resources/women-endo</a></td>
<td>We offer services that can help educate and support those affected by this disease, as well as promote and facilitate research leading towards the cause and cure for endometriosis.</td>
</tr>
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The EA offers:

- Safe private online community created for EA members
- Crisis call hotline and correspondence networks
- Health care provider lists and contact lists
- Prescription drug discount program
- Discount on EA Select Supplements
- A chance to MAKE A DIFFERENCE!
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Name: International Foundation for Functional Gastrointestinal Disorders
Address: PO Box 170864, Milwaukee, WI 53217
Phone: 414-964-1799
E-mail: mailto:iffgd@iffgd.org
Website: www.iffgd.org
Facebook: https://www.facebook.com/IFFGD
Twitter: https://twitter.com/IFFGD
YouTube: https://www.youtube.com/user/IFFGD
Contact Form: https://www.iffgd.org/contact-us.html

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<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Information about all types of functional gastrointestinal disorders</td>
<td>Resource</td>
<td><a href="http://www.iffgd.org">www.iffgd.org</a></td>
<td>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. Going to the doctor can be stressful, especially if you are sick or worried. You may think that being a &quot;good&quot; patient means doing what your doctor tells you. But the truth is, staying quiet is not a good idea. By asking questions and understanding your treatment options, you can share in making decisions with your doctor and receive the best possible care. In this section, we offer tips and information to help you better manage your own healthcare and be an active member of your healthcare team.</td>
</tr>
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</table>
Going to the doctor can be stressful, especially if you are sick or worried. You may think that being a "good" patient means doing what your doctor tells you. But the truth is, staying quiet is not a good idea. By asking questions and understanding your treatment options, you can share in making decisions with your doctor and receive the best possible care. In this section, we offer tips and information to help you better manage your own healthcare and be an active member of your healthcare team.

### The Digestive System

### Finding a Doctor

### Symptoms and Causes

### Tests and Diagnosis

### Diet and Treatments

### Medications

### Tips and Daily Living

We also offer information on ways to Take Part in Studies.

You can find more information on each of these topics related to specific functional GI and motility disorders, on these IFFGD websites:

- [www.aboutIBS.org](http://www.aboutIBS.org)
- [www.aboutConstipation.org](http://www.aboutConstipation.org)
- [www.aboutGERD.org](http://www.aboutGERD.org)
- [www.aboutIncontinence.org](http://www.aboutIncontinence.org)
- [www.aboutKidsGI.org](http://www.aboutKidsGI.org)
- [www.aboutGIMotility.org](http://www.aboutGIMotility.org)
- [www.aboutGastroparesis.org](http://www.aboutGastroparesis.org)
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: International Pain Foundation
Phone: 480-882-1342
Website: https://internationalpain.org/
Facebook: https://www.facebook.com/iPainFoundation/
Twitter: https://twitter.com/powerofpain
YouTube: https://www.youtube.com/channel/UCmeAFLwzvvaQ3JRaSNpD1ZQ

Contact form (bottom of page): https://internationalpain.org/

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<th>Resource</th>
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</table>
| National Pain Strategy  | Patient       | https://powerofpain.org/national-pain-strategy/           | 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:

  - 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.

  - Include an agenda for developing physiological, clinical, behavioral,
<table>
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<tr>
<th>Psychological, outcomes, and health services research and appropriate links across these domains.</th>
</tr>
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<tbody>
<tr>
<td>Improve pain assessment and management programs within the service delivery and financing programs of the federal government.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Include ongoing efforts to enhance public awareness about the nature of chronic pain and the role of self-care in its management.</td>
</tr>
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</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  Interstitial Cystitis Association
Mailing address:  7918 Jones Branch Dr, Ste 300, McLean, VA 22102
Phone:  703-442-2070
Website:  http://www.ichelp.org/
Facebook:  https://www.facebook.com/InterstitialCystitisAssociation
Twitter:  https://twitter.com/ichelp
YouTube:  https://www.youtube.com/user/ICHelp
Email:  icamail@ichelp.org

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<tr>
<th>Resource</th>
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| Clinical Trials           | Research   | http://www.ichelp.org/research/clinical-trials/ | Interstitial cystitis (IC) clinical trials, why participate?  
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.  
Researchers: Need Help Recruiting for an IC Clinical Trial?  
Patients: Studies Seeking IC Patients to Participate in Studies  
- See more at:  http://www.ichelp.org/research/clinical-trials/#sthash.c6ChLDEi.dpuf |
| Interstitial Cystitis and Diet | Education | http://www.ichelp.org/living-with-ic/interstitial-cystitis-and-diet/ | Changes in diet help many patients control their symptoms and IC treatment guidelines recommend dietary changes as part of an IC therapy plan. However, studies have found there is a lot of variability from one IC patient to another. Some people with IC report that certain foods appear to irritate their bladders and |
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.


| IC Treatment Guideline | Information | [http://www.ichelp.org/diagnosis-treatment/ic-treatment-guideline/](http://www.ichelp.org/diagnosis-treatment/ic-treatment-guideline/) | The need for standardized guidelines for diagnosing and treating interstitial cystitis (IC) has become very apparent over the past few years—and has generated many heated debates. The good news is that several countries and professional medical associations are now in the process of developing their own IC Guideline. - See more at: [http://www.ichelp.org/diagnosis-treatment/ic-treatment-guideline/#sthash.4zDXvwaI.dpuf](http://www.ichelp.org/diagnosis-treatment/ic-treatment-guideline/#sthash.4zDXvwaI.dpuf) |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Lupus Foundation of America
Mailing address: 2121 K Street NW, Ste 200, Washington, DC 20037
Phone: 202-349-1155
Website: www.lupus.org
Facebook: https://www.facebook.com/LupusFoundationofAmerica/
Twitter: https://twitter.com/LupusOrg
YouTube: https://www.youtube.com/user/LupusFoundation
Email: mailto:info@lupus.org

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<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
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<tbody>
<tr>
<td>National Resource Center on Lupus</td>
<td>Online web portal</td>
<td>lupus.org/resources</td>
<td>A collection of up-to-date resources and information on lupus. You will find a questionnaire to see if your symptoms could be related to lupus, a guide for talking with your doctor, additional information on how lupus is diagnosed, a lupus symptom tracker and more.</td>
</tr>
<tr>
<td>National Health Educator Network</td>
<td>Health education network</td>
<td>Lupus.org/HealthEducator</td>
<td>Our health education experts are available to answer questions and provide helpful information, resources, and support to those with questions about lupus. Call 1-800-558-0121 or visit Lupus.org/HealthEducator to get help in English and Spanish.</td>
</tr>
<tr>
<td>LupusConnect™ Online Community</td>
<td>Online community</td>
<td>Lupus.org/LupusConnect</td>
<td>An online community where members engage with others like them to share experiences and find</td>
</tr>
<tr>
<td>Section</td>
<td>Details</td>
<td>Description</td>
<td></td>
</tr>
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<td>------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td></td>
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<tr>
<td>E-newsletter</td>
<td>Monthly newsletter series</td>
<td>Sign up to receive our monthly e-newsletter that includes the latest research news and articles about living with lupus.</td>
<td></td>
</tr>
<tr>
<td>Take Charge Series</td>
<td>Weekly email series</td>
<td>A weekly education email series for people with lupus, including those recently diagnosed. Each week for 8 weeks, you will get an email from our Health Educators with tips and resources that can empower you to take charge of your health.</td>
<td></td>
</tr>
<tr>
<td>Social media</td>
<td>Daily updates on social channels</td>
<td>For daily updates on news and information on lupus, follow us on social media.</td>
<td></td>
</tr>
<tr>
<td>Walk to End Lupus Now Events</td>
<td>Walk events nationwide</td>
<td>Walk to End Lupus Now events provide people with affected by lupus and their families an opportunity to come together for one unified purpose – to end lupus.</td>
<td></td>
</tr>
</tbody>
</table>
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

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

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<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>About MHN</td>
<td>Information</td>
<td><a href="http://www.menshealthnetwork.org/about">http://www.menshealthnetwork.org/about</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
Check out some of our past newsletters!  
Healthy E-Male May 10, 2018  
Healthy E-Male April 11, 2018  
Healthy E-Male March 15, 2018  
Healthy E-Male February 16, 2018  
If you don't get the Healthy E-Male but would like to [Click here](mailto:info@menshealthnetwork.org). |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Association for the Advancement of Colored People
Mailing address: 4805 Mount Hope Dr, Baltimore, MD 21215
Phone: 877-NAACP-98
Website: http://www.naacp.org/
Facebook: https://www.facebook.com/naacp
Twitter: https://twitter.com/naacp
YouTube: https://www.youtube.com/user/naacpvideos/videos
Contact Form (bottom of page): http://www.naacp.org/page/s/contact
Instagram: https://www.instagram.com/naacp/

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<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Our Mission</td>
<td>Information</td>
<td><a href="http://www.naacp.org/pages/our-mission">http://www.naacp.org/pages/our-mission</a></td>
<td>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.</td>
</tr>
<tr>
<td>Health</td>
<td>Education</td>
<td><a href="http://www.naacp.org/programs/entry/health-programs">http://www.naacp.org/programs/entry/health-programs</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Association of Social Workers (NASW)
Contact Person: Carrie Dorn, Senior Practice Associate for Health
Mailing address: 750 First Street NE, Suite 800, Washington, DC 20002
Phone: 202-408-8600
Web site: www.socialworkers.org
Facebook: https://www.facebook.com/naswsocialworkers/
Twitter: https://twitter.com/nasw
You Tube: https://www.youtube.com/user/socialworkers/videos
LinkedIn: https://www.linkedin.com/groups/115089/
Instagram: https://www.instagram.com/naswsocialworkers

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<thead>
<tr>
<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>2020 NASW National Conference, Social Workers Make a Difference</td>
<td>Virtual Conference</td>
<td><a href="https://naswvirtual.socialworkers.org/">https://naswvirtual.socialworkers.org/</a></td>
<td>The 2020 NASW National Conference featured a 90-minute breakout session, <em>Best Practices at the Intersection of Pain Management, Opioid Use and Mental Health</em>, which highlighted efforts to reduce stigma and improve access to quality care for individuals living with pain. The presentation emphasized the importance of understanding the unique needs of people with chronic pain, mental health disorders, or opioid or substance use disorders. Speakers Dr. Adam Seidner, Amy Goldstein, and Dr. Yvette Colón shared a vision for a paradigm shift in health care service delivery where pain care is viewed from a human systems approach that considers the whole person and includes integrated and individualized care.</td>
</tr>
<tr>
<td><strong>Person-Centered Pain Management</strong>, hosted by Alliance to Advance Comprehensive Integrative Pain Management’s (AACIPM)</td>
<td>by the Alliance to Advance Comprehensive Integrative Pain Management (AACIPM). AACIPM is a collaborative of stakeholders dedicated to advancing person-centered, coordinated pain management that is affordable, informed by evidence, and connected to quality outcomes. NASW has represented the social work perspective in this interdisciplinary initiative since 2017. Social workers play multiple roles to advance integrative pain care within health care teams by addressing psychosocial needs, facilitating coordination of care, and supporting treatment approaches that empower individuals living with pain to improve their quality of life.</td>
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<tr>
<td>NASW Practice Resource, “Biopsychosocial Approach to Pain Management: A Role for Clinical Social Workers”</td>
<td>“Biopsychosocial Approach to Pain Management: A Role for Clinical Social Workers” is a practice resource from NASW that outlines effective therapeutic techniques utilized by clinical social workers as part of interdisciplinary approaches to pain management. Interdisciplinary treatment of pain, including psychotherapeutic interventions, has now been recognized to provide pain management beyond medication.</td>
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<tr>
<td>NASW Resource COVID-19 Advance Care Planning in Health Care Practice</td>
<td>As individuals, families, and communities face the COVID-19 pandemic, the importance of conversations about health care treatment preferences comes into new focus. During this public health emergency, health care social workers have a crucial role in communicating pertinent health information to family members and loved ones and advocating on behalf of patients in health settings.</td>
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<tr>
<td>NASW Resource Medicaid Considerations to Support Communities During COVID-19 Public Health Emergency</td>
<td>During the COVID-19 crisis, states are leveraging the Medicaid program to expand health insurance coverage, respond to the health needs of individuals, and ease practice restrictions.</td>
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<tr>
<td>NASW Practice Resource</td>
<td>The COVID-19 pandemic has shifted</td>
<td></td>
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<tr>
<td>Resource-COVID-19 Pandemic: Implications for Social Workers</td>
<td>Teating Individuals with Substance Use Disorders</td>
<td>resource</td>
<td>rkers.org/LinkClick.a spx?fileticket=irptEF afBe%3d&amp;portalid=0</td>
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<tr>
<td>NASW COVID-19 Resources for School Social Workers</td>
<td>Practice resource</td>
<td><a href="https://www.socialwo">https://www.socialwo</a> rkers.org/LinkClick.a spx?fileticket=n4pFJ VJ3nkQ%3d&amp;portalid=0</td>
<td>During the COVID-19 public health emergency, school social workers are essential staff and continue to play a vital role in ensuring that students continue to receive much-needed mental health, education and other services despite school disruptions from the pandemic.</td>
</tr>
<tr>
<td>NASW Self-Care Resources During the Pandemic</td>
<td>Practice resource</td>
<td><a href="https://www.socialwo">https://www.socialwo</a> rkers.org/Practice/Infectious- Diseases/Coronavirus /Self-Care-During- the-Coronavirus- Pandemic</td>
<td>NASW has a list of self-care resources to meet the ongoing need to take care of ourselves and each other as we meet the many challenges of our work.</td>
</tr>
<tr>
<td>NASW Telehealth Resources</td>
<td>Practice and legal resources</td>
<td><a href="https://www.socialwo">https://www.socialwo</a> rkers.org/Practice/Inf ectious- Diseases/Coronavirus /Telehealth</td>
<td>NASW has advocated for the expanded the use of telehealth during the COVID-19 public health emergency. This site provides guidance for social workers and consumers regarding telehealth.</td>
</tr>
<tr>
<td>NASW Resources for Special Populations</td>
<td>Practice resources</td>
<td><a href="https://www.socialwo">https://www.socialwo</a> rkers.org/Practice/Infectious- Diseases/Coronavirus /Helping-People-in-Special-Populations</td>
<td>This site provides resources and information for social workers and others who are assisting people in special populations during the coronavirus (COVID-19) pandemic.</td>
</tr>
<tr>
<td>NASW Comments to HHS Pain Management Best Practices Inter-Agency</td>
<td>Policy advocacy</td>
<td><a href="https://www.socialwo">https://www.socialwo</a> rkers.org/LinkClick.a spx?fileticket=F1A- lt2Boio%3d&amp;portalid =0</td>
<td>NASW submitted comments to the Inter-Agency Task Force regarding the Draft Report on Pain Management Best Practices. NASW expressed strong support for improving access to appropriate pain care and promoting comprehensive</td>
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<tr>
<td>Task Force</td>
<td>Standards and guidelines</td>
<td>integrative pain management (CIPM).</td>
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<tr>
<td>Clinical Practice Guidelines for Quality Palliative Care (4th ed.)—National Consensus Project for Quality Palliative Care</td>
<td><a href="https://www.nationalcoalitionhpc.org/ncp/">https://www.nationalcoalitionhpc.org/ncp/</a></td>
<td>The <em>Clinical Practice Guidelines for Quality Palliative Care, 4th edition</em> promotes 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.</td>
<td></td>
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<tr>
<td>NASW Endorsement of the National Consensus Project Guidelines on Quality Palliative Care, 4th ed.</td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=7IkHx">https://www.socialworkers.org/LinkClick.aspx?fileticket=7IkHx</a> cmi2cc%3d&amp;portalid=0</td>
<td>NASW issued an endorsement of the National Consensus Project <em>Guidelines on Quality Palliative Care, 4th ed.</em>, which set a high standard for quality palliative care for consumers and professionals.</td>
<td></td>
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<tr>
<td>NASW Comments on Healthy People 2030 Proposed Objectives</td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=rhqSG">https://www.socialworkers.org/LinkClick.aspx?fileticket=rhqSG</a> InlhA%3d&amp;portalid=0</td>
<td>NASW submitted comments to HHS on Healthy People 2030 Proposed Objectives.</td>
<td></td>
</tr>
<tr>
<td>NASW Statement on Integrative Pain Management</td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=uj5Api">https://www.socialworkers.org/LinkClick.aspx?fileticket=uj5Api</a> qwXas%3D&amp;portalid=0</td>
<td>NASW issued a statement in advance of the 2017 Pain Care Policy Congress, hosted by the Academy of Integrative Pain Medicine.</td>
<td></td>
</tr>
<tr>
<td>NASW Comments to AHRQ</td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=izhhr7">https://www.socialworkers.org/LinkClick.aspx?fileticket=izhhr7</a> vbYoE%3d&amp;portalid</td>
<td>NASW submitted comments to the Agency for Healthcare Research and Quality regarding Noninvasive, Nonpharmacological Treatment for</td>
<td></td>
</tr>
<tr>
<td><strong>NASW Comments to AHRQ with the Academy of Integrative Pain Management</strong></td>
<td><strong>Policy advocacy</strong></td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=lhOpKvM04hM%3d&amp;portalid=0">https://www.socialworkers.org/LinkClick.aspx?fileticket=lhOpKvM04hM%3d&amp;portalid=0</a></td>
<td>In collaboration with the Academy of Integrative Pain Management and partner organizations, comments were submitted to the Agency for Healthcare Research and Quality regarding Noninvasive, Nonpharmacological Treatment for Chronic Pain.</td>
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<tr>
<td><strong>NASW Endorses CARA 2.0 Policy Solutions for Chronic Pain</strong></td>
<td><strong>Policy advocacy</strong></td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=IqrDw7rjZlqI%3d&amp;portalid=0">https://www.socialworkers.org/LinkClick.aspx?fileticket=IqrDw7rjZlqI%3d&amp;portalid=0</a></td>
<td>In collaboration with partner organizations, NASW signed on to CARA 2.0 Policy Solutions for Chronic Pain.</td>
</tr>
<tr>
<td><strong>Social Work Advocates</strong></td>
<td><strong>Publications</strong></td>
<td><a href="https://www.socialworkers.org/News/Social-Work-Advocates">https://www.socialworkers.org/News/Social-Work-Advocates</a></td>
<td>NASW’s magazine, is a primary information source for social work practitioners, administrators, policy advocates, researchers, faculty, and students. The magazine is free to NASW members.</td>
</tr>
<tr>
<td><strong>Social Work Online CE Institute</strong></td>
<td><strong>Continuing education</strong></td>
<td><a href="https://naswinstitute.inreachce.com/">https://naswinstitute.inreachce.com/</a></td>
<td>Find self-study courses, teleconferences, and webinars on the topics of social work assessment and intervention for chronic pain management and evidence-based strategies to promote quality palliative care.</td>
</tr>
<tr>
<td><strong>NASW Standards for Social Work Practice in Health Care Settings</strong></td>
<td><strong>Standards and guidelines</strong></td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=fFnsRXH-4HE%3d&amp;portalid=0">https://www.socialworkers.org/LinkClick.aspx?fileticket=fFnsRXH-4HE%3d&amp;portalid=0</a></td>
<td>These standards guide social work practice across health care settings and outline the knowledge and skills that health care social workers should possess. The standards are available as a free download.</td>
</tr>
<tr>
<td><strong>NASW Standards for Social Work Practice in Palliative &amp; End of Life Care</strong></td>
<td><strong>Standards and guidelines</strong></td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=xBMd58VwEhk%3d&amp;portalid=0">https://www.socialworkers.org/LinkClick.aspx?fileticket=xBMd58VwEhk%3d&amp;portalid=0</a></td>
<td>These standards, which are available to download for free, 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.</td>
</tr>
<tr>
<td><strong>NASW Standards and Indicators for Cultural Competence in Social</strong></td>
<td><strong>Standards and guidelines</strong></td>
<td><a href="https://www.socialworkers.org/LinkClick.aspx?fileticket=7dVekZAYUmk%3d&amp;portalid=0">https://www.socialworkers.org/LinkClick.aspx?fileticket=7dVekZAYUmk%3d&amp;portalid=0</a></td>
<td>These standards, which are available to download for free, address multiple concepts integral to effective pain management, such as language and communication.</td>
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<tr>
<td>Work Practice</td>
<td>Standards and guidelines</td>
<td>Description</td>
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<tr>
<td>Code of Ethics of the National Association of Social Workers</td>
<td><a href="https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English">https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English</a></td>
<td>The Code, available to the public as a free download in English and Spanish, guides the everyday professional conduct of social workers. Its ethical values and principles implicitly support consumer access to holistic pain management services.</td>
<td></td>
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<tr>
<td>NASW Press publications</td>
<td><a href="http://www.naswpres.org">http://www.naswpres.org</a></td>
<td>NASW Press publications include NASW’s four journals including Health &amp; Social Work; the Encyclopedia of Social Work, available in both print and online formats, which includes articles about pain, palliative care, and hospice; and numerous books.</td>
<td></td>
</tr>
<tr>
<td>NASW–NHPCO advanced practice specialty credentials in hospice and palliative social work</td>
<td><a href="https://www.socialworkers.org/Careers/Credentials/Certifications/Apply-for-NASW-Social-Work-Credentials/Advanced-Certified-Hospice-and-Palliative-Social-Worker">https://www.socialworkers.org/Careers/Credentials/Certifications/Apply-for-NASW-Social-Work-Credentials/Advanced-Certified-Hospice-and-Palliative-Social-Worker</a></td>
<td>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.</td>
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<tr>
<td>Help Starts Here</td>
<td><a href="http://www.helpstarts">http://www.helpstarts</a> here.org/</td>
<td>NASW’s consumer Website, Help Starts Here, 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.</td>
<td></td>
</tr>
<tr>
<td>Dementia Care Practice Recommendations—Alzheimer’s Association</td>
<td><a href="https://www.alz.org/professionals/professional-providers/dementia_care_practice_recommendations">https://www.alz.org/professionals/professional-providers/dementia_care_practice_recommendations</a></td>
<td>A consensus-based process, in which NASW and multiple other national organizations participated, informed the development of these evidence-based practice recommendations. The recommendations (which are available to the public as a free download) were released in four phases, and each publication includes a section dedicated to pain management.</td>
<td></td>
</tr>
<tr>
<td>Advanced Care, Hospice, and End-of-Life Principles—</td>
<td><a href="https://www.lcao.org/lcao-advanced-care-hospice-end-life-principles/">https://www.lcao.org/lcao-advanced-care-hospice-end-life-principles/</a></td>
<td>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 individuals.</td>
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<tr>
<td>Leadership Council of Aging Organizations</td>
<td>Consumer education</td>
<td><a href="https://www.jointcommission.org/topics/speak_up_serious_illness_and_palliative_care.aspx">https://www.jointcommission.org/topics/speak_up_serious_illness_and_palliative_care.aspx</a></td>
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<tr>
<td>Speak Up: What you need to know about your serious illness and palliative care—The Joint Commission</td>
<td>Continuing education</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>What Social Workers Need to Know About Chronic Pain Management</td>
<td>Policy advocacy</td>
<td><a href="https://naswinstute.inreachce.com/Details/Information/5e191973-a317-41e8-b38a-3b708b10c3d5">https://naswinstute.inreachce.com/Details/Information/5e191973-a317-41e8-b38a-3b708b10c3d5</a></td>
<td></td>
</tr>
<tr>
<td>NASW comments to the 2015 White House Conference on Aging</td>
<td>Policy advocacy</td>
<td>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.</td>
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</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Consumers League
Mailing address: 1701 K St NW, Ste 1200, Washington, DC 20006
Phone: 202-835-3323
Website: http://www.nclnet.org/
Facebook: https://www.facebook.com/nationalconsumersleague
Twitter: https://twitter.com/ncl_tweets
YouTube: https://www.youtube.com/user/nationalconsumers
Contact form: http://www.nclnet.org/contact_us
Email: info@nclnet.org

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<th>Resource</th>
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<tbody>
<tr>
<td>Our Work</td>
<td>Information</td>
<td><a href="http://www.nclnet.org/">http://www.nclnet.org/</a></td>
<td>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.</td>
</tr>
<tr>
<td>Stop Child Labor</td>
<td>Education</td>
<td><a href="http://stopchildlabor.org/">http://stopchildlabor.org/</a></td>
<td>Promoting health, safety, education, and well-being for working minors. Pursuing an end to child labor exploitation.</td>
</tr>
<tr>
<td>Health</td>
<td>Education</td>
<td><a href="http://www.nclnet.org/your_health">http://www.nclnet.org/your_health</a></td>
<td>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.</td>
</tr>
<tr>
<td>Advocate</td>
<td>Advocacy</td>
<td><a href="https://www.jointcommission.org/assets/1/18/Palliative_brochure.pdf">https://www.jointcommission.org/assets/1/18/Palliative_brochure.pdf</a></td>
<td>In the earliest days of workplace advocacy, NCL played a role in establishing the 8-hour workday and the minimum wage. Today’s workplace poses many new safety and fairness challenges across all sectors, and NCL continues to fight to protect and improve Worker’s Rights.</td>
</tr>
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## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

Organization: National Fibromyalgia and Chronic Pain Association

Mailing address: 31 Federal Avenue, Logan, UT 84321

Phone: 801-200-3627

Website: [http://www.fmpaware.org/](http://www.fmpaware.org/)

Facebook: [https://www.facebook.com/NFMCPA/](https://www.facebook.com/NFMCPA/)

Twitter: [https://twitter.com/FibroAndPain](https://twitter.com/FibroAndPain)

YouTube: [https://www.youtube.com/user/FMCPAWARE?feature=creators_cornier-s_vtimg_com/vt/img/creators_corner/YouTube/40x40_vt_white.png](https://www.youtube.com/user/FMCPAWARE?feature=creators_cornier-s_vtimg_com/vt/img/creators_corner/YouTube/40x40_vt_white.png)

Email: info@fmpaware.org

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<th>Resource</th>
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<tbody>
<tr>
<td>Resources for Fibromyalgia &amp; Education</td>
<td>Education</td>
<td><a href="https://fibroandpain.org/about-nfmcpa">https://fibroandpain.org/about-nfmcpa</a></td>
<td>Fibromyalgia (FM) does not only affect the patients; it also impacts their family, friends and colleagues. If your life has been touched by FM, as a patient or someone supporting a patient, here you’ll find resources to help you deal with the impact of FM--everything from the latest research news and details about ongoing clinical trials, to information to aid with decisions about healthcare options, disability, and insurance issues.</td>
</tr>
<tr>
<td>Mission Statement</td>
<td>Information</td>
<td><a href="https://fibroandpain.org/about-nfmcpa">https://fibroandpain.org/about-nfmcpa</a></td>
<td>The National Fibromyalgia &amp; 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.</td>
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| Education and Support Groups | Education & Support | [https://fibroandpain.org/support-groups](https://fibroandpain.org/support-groups) |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Headache Foundation
Mailing address: 820 N Orleans St, Ste 201, Chicago, IL 60610
Phone: 312-274-2650
Website: http://www.headaches.org/
Facebook: https://www.facebook.com/NationalHeadacheFoundation
Twitter: https://twitter.com/nhf
YouTube: https://www.youtube.com/user/nhf1970
Email: info@headaches.org
Contact Form: http://www.headaches.org/contact/

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

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<tr>
<th>Caffeine</th>
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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.

**Caffeine and Headache**

Brief Look at Caffeine
- What is Caffeine?
- Where Can I Find Caffeine?
- Caffeine: A Double-Edged Sword

Read full article through link to left.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

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<th>Resource</th>
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<tr>
<td>Hispanic HCP</td>
<td>Resource</td>
<td><a href="http://www.nhmamd.org">www.nhmamd.org</a></td>
<td>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 <strong>mission</strong> of the organization is to empower Hispanic physicians to lead efforts to improve the health of Hispanic and other underserved populations in collaboration with Hispanic state medical societies, residents, and medical students, and other public and private sector partners.</td>
</tr>
<tr>
<td>Health care professionals that work with the Hispanic Medical Association</td>
<td>Resource</td>
<td><a href="http://www.nhmamd.org">www.nhmamd.org</a></td>
<td>In 2004, the NHMA established the <strong>National Hispanic Health Professionals Leadership Network</strong> which includes the <strong>National Association of Hispanic Nurses</strong> <a href="http://www.nahnnet.org">http://www.nahnnet.org</a>, the <strong>Hispanic Dental Association</strong> <a href="https://www.hdassoc.org">https://www.hdassoc.org</a>, the <strong>Latino Caucus of the American Public Health Association</strong> [<a href="http://latinocaucus-">http://latinocaucus-</a>]</td>
</tr>
<tr>
<td>Behavioral Health Association</td>
<td><a href="http://nlbha.org">http://nlbha.org</a>, the National Forum of Latino Health Executives, the NY based Association of Hispanic Healthcare Executives, 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.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Medical Association
Mailing address: 8403 Colesville Rd, Ste 820, Silver Spring, MD 20910
Phone: 202-347-1895
Website: http://www.nmanet.org/
Twitter: https://twitter.com/NationalMedAssn
YouTube: https://www.youtube.com/channel/UCar4wNq0_yzHUf3Allh67q2w
Contact Form: http://www.nmanet.org/general/?type=CONTACT

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<th>Resource</th>
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</table>
| Health Policy     |                 | http://www.nmanet.org/page/HealthPolicy  | Prioritize Preventive Care
The United States health care system faces serious challenges when it comes to prevention and disease management. Our healthcare system spends about 75 cents of every healthcare dollar dealing with chronic diseases, most of which are either preventable or treatable. Prevention and increased coordination of care would significantly alter the cost equation. The NMA supports a shift toward prevention and disease management that will serve to improve quality of health care in all populations. |

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. Insured Americans, along with federal and state governments, already foot the bill for the uncompensated care of the uninsured. Higher premiums and disproportionate share (DSH) payments could be reduced if more of the uninsured were covered under their own (affordable) plans.

**Reduce Health Disparities**
The NMA has been responding to inequities in healthcare throughout its history. Although the reasons for disparate health are numerous and complex, bold action must be taken now to reduce and eliminate disparities. One such way is through health information technology (HIT). HIT adoption stands to benefit all Americans by improving information exchange, reducing errors, and cutting costs.

Read more through link at left.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Spine Health Foundation
Contact Person:
1. Rita Roy, CEO
2. Margaret Carvin, Director, Policy & Advocacy
3. Sabrina M. Woodlief, Sr. Manager, Community Engagement

Mailing address: 11800 Sunrise Valley Drive, Suite 620, Reston, VA 20191
Phone: 703-766-5405
Web site: spinehealth.org

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<tr>
<th>Resource</th>
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<tbody>
<tr>
<td>Spine-Talks®</td>
<td>Video patient educational resource</td>
<td><a href="https://spinehealth.org/research/">https://spinehealth.org/research/</a></td>
<td>Spine-Talks® is the premier educational platform designed to improve lives through knowledge and hope, featuring hundreds of hours on the latest diagnostics, therapeutics, and technological advancements. Tune in to these presentations, along with thousands of others, and hear from national experts discussing current spinal health topics you need to know!</td>
</tr>
<tr>
<td>Get Back To It Podcast</td>
<td>Podcast</td>
<td><a href="https://spinehealth.org/the-get-back-to-it-podcast/">https://spinehealth.org/the-get-back-to-it-podcast/</a></td>
<td>The Get Back To It Podcast exists to tell real stories of healing and recovery from Spinal Champions® – people who have achieved better quality of life through the treatment of neck or back pain! These individuals have experienced a range of outcomes but have all been able to get BACK to a goal whether it be climbing mountains or comfortably playing with their grandkids. We believe that sharing these success stories creates a community of hope and encouragement for those in various stages of their patient journey. We cannot wait to chat with you and hope you can listen in!</td>
</tr>
<tr>
<td>#spinehacks</td>
<td>Blog, social media posts</td>
<td><a href="https://spinehealth.org/spinehacks/">https://spinehealth.org/spinehacks/</a></td>
<td>Tips and tricks intended to provide you with simple ways to improve the way you care for your spine each day. Check out our monthly Spine Spotlight newsletter for even more information on spine health!</td>
</tr>
<tr>
<td>Spine Spotlight</td>
<td>Newsletter</td>
<td><a href="https://spinehealth.org/spi">https://spinehealth.org/spi</a></td>
<td>Consolidated #spinehacks, issued monthly</td>
</tr>
<tr>
<td><strong>The Spine Health Journal</strong></td>
<td>Research Publication</td>
<td><a href="https://spinehealth.org/the-spine-health-journal/">https://spinehealth.org/the-spine-health-journal/</a></td>
<td>From Ask the Expert interviews to review articles, our national network of Centers of Excellence contributes to our Journal, a patient-centered, research-driven publication produced by the Foundation. Read the latest version below or subscribe to previous versions <a href="https://spinehealth.org/the-spine-health-journal/">here</a>.</td>
</tr>
<tr>
<td><strong>Your Patient Journey</strong></td>
<td>Patient education and advocacy resources</td>
<td><a href="https://spinehealth.org/journey/">https://spinehealth.org/journey/</a></td>
<td>Your Patient Journey serves as a unique patient education and advocacy initiative that aspires to prevent injuries, help patients achieve improved spinal health, strengthen provider-patient relationships, and reduce the uncertainty and anxiety experienced by those suffering from spinal injuries and disorders. Through the cooperation of our Medical &amp; Scientific Advisory Board, Board of Directors, and Centers of Excellence, we are able to apply an unmatched level of medical expertise to these issues, resulting in meaningful and accessible information that will help patients overcome their challenges and achieve improved spinal health.</td>
</tr>
<tr>
<td><strong>Research Studies</strong></td>
<td>Research</td>
<td><a href="https://spinehealth.org/research/">https://spinehealth.org/research/</a></td>
<td>The National Spine Health Foundation’s (NSHF) mission is improving lives through knowledge and hope! We do this through data-driven research, focused on educating patients on treatments that work, reducing the need for invasive treatments, and improving surgical outcomes. We aim to prove that more efficient and less invasive alternatives to traditional treatments exist, often resulting in faster recovery times and improved quality of life.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Urban League
Mailing address: 120 Wall Street, New York, NY 10005
Phone: 212-558-5300
Website: http://nul iamempowered.com/
Facebook: https://www.facebook.com/NatUrbanLeague/
Twitter: https://twitter.com/NatUrbanLeague?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
YouTube: https://www.youtube.com/user/IAmEmpoweredVideo
Contact Form: http://nul.iamempowered.com/contact-us

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<th>Resource</th>
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<tr>
<td>Community Health Worker Program</td>
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<td>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.</td>
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<td></td>
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<td></td>
<td>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</td>
</tr>
</tbody>
</table>
clients carry out their action plans.

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.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **National Vulvodynia Association**  
Mailing address: PO Box 4491, Silver Spring, MD 20914-4491  
Phone: 301-299-0775  
Website: [http://www.nva.org/](http://www.nva.org/)  
Facebook: [https://www.facebook.com/nationalvulvodyniaassociation](https://www.facebook.com/nationalvulvodyniaassociation)  
YouTube: [https://www.youtube.com/c/NvaOrg](https://www.youtube.com/c/NvaOrg)  
Contact Form: [http://www.nva.org/about-us/contact-us/](http://www.nva.org/about-us/contact-us/)

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<tbody>
<tr>
<td>Self-Help</td>
<td>Education</td>
<td><a href="http://www.nva.org/for-patients/self-help-tips/">http://www.nva.org/for-patients/self-help-tips/</a></td>
<td>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.</td>
</tr>
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</table>

**Clothing and Laundry**

- Wear all-white cotton underwear.
- Do not wear panty hose (wear thigh high or knee-high hose instead).
- Wear loose-fitting pants or skirts.
- Remove wet bathing suits and exercise clothing promptly.
- Use dermatologically approved detergent such as Purex or Clear.
- Double-rinse underwear and any other clothing that comes into contact with the vulva.
- Do not use fabric softener on undergarments.
Hygiene
- 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.

Physical Activities
- 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.
- Do not swim in highly chlorinated pools.
- Avoid the use of hot tubs.

Everyday Living
- Use a foam rubber donut for long periods of sitting.
- If you must sit all day at work, try to intersperse periods of standing (e.g., rearrange your office so that
<table>
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<tr>
<th>Partake in Research</th>
<th>Information</th>
<th>Additional research is critical to understanding the causes of and treatments for vulvodynia. You can help with this research by participating in <a href="https://clinicaltrials.gov/ct2/results?term=vulvodynia&amp;recr=Open&amp;no_unk=Y">research studies</a>, many of which the NVA is funding.</th>
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<tr>
<td>You can stand while you speak on the phone.</td>
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<td>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).</td>
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</table>
Too Kits for Health Care Professionals

Organization: National Women’s Health Resource Center
Mailing address: PO Box 430, Red Bank, NJ 07701
Phone: 877-986-9472
Website: http://www.healthywomen.org/
Facebook: https://www.facebook.com/healthywomen/
Twitter: https://twitter.com/HealthyWomen
Pinterest: https://www.pinterest.com/healthywomenorg/
Instagram: https://www.instagram.com/healthywomenorg/
Email: info@healthywomen.org

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<th>Resource</th>
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<tbody>
<tr>
<td>Know Your Options</td>
<td>Education</td>
<td><a href="https://www.healthywomen.org/your-health/">https://www.healthywomen.org/your-health/</a></td>
<td>If you find yourself heading to the operating room, you are not alone. Each year, 51.4 million people undergo inpatient 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. Working with your health care provider to develop a plan to manage postsurgical pain is an important first step. Before undergoing surgery, read these must-known facts about postsurgical pain management: The importance of pain management</td>
</tr>
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</table>
Pain management options  
Types of postsurgical pain  
How to measure your pain  
Managing pain at home  
Recovery time  

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 cannot touch it, feel it (unless it is your own), image it or prove its existence. Even a pinprick creates differing sensations of pain for different people.

Nevertheless, chronic pain affects millions of Americans. Pain is the body's way of sending a warning to the brain that something is wrong. Aches are felt when pain messages, carried by chemicals called neurotransmitters, travel from the nerves along the spinal cord to the brain. In the brain, pain messages are meshed with thoughts, emotions and expectations that shape our interpretation and response to pain.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **Online Nurse Practitioner Programs**
Mailing address: SR Education Group, 123 Lake Street S B-1, Kirkland, WA 98033
Website:  [https://www.guidetoonlineschools.com/degrees/nursing/nurse-practitioner](https://www.guidetoonlineschools.com/degrees/nursing/nurse-practitioner)
Contact Form:  [http://www.guidetoonlineschools.com/contact](http://www.guidetoonlineschools.com/contact)

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

Tool Kits for Health Care Professionals

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

**Mailing address:**
Thurston Arthritis Research Center
University of North Carolina
3300 Thurston Building, CB 7280
Chapel Hill, NC, 27599-7280
Phone: (919) 966-7209

Website
Facebook - follow us!
Twitter - follow us!
YouTube - archive of Lunch and Learn webinars and OAAA video clips
Pinterest - eye-catching visual messaging and graphics for all things osteoarthritis
HealthUnlocked - a new peer-to-peer community forum site for people with osteoarthritis to share experiences, ask questions, and learn from each other. OA Community started and managed by the OAAA.

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<tr>
<td>StandUp2OA campaign</td>
<td>Web page</td>
<td>StandUp2OA</td>
<td>The first and only national campaign that focuses on preventing the onset and progression of osteoarthritis. Learn how you can take action to StandUp2OA and spread the word.</td>
</tr>
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<td></td>
<td>#StandUp2OA</td>
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<tr>
<td><strong>Physical Activity Implementation Guide</strong></td>
<td>Webpage</td>
<td>Online physical activity implementation guide</td>
<td>This comprehensive guide is designed to engage a broad array of agencies and organizations in 6 key sectors as partners in establishing environmental and policy strategies for increasing physical activity among adults with arthritis. Sectors include business/industry; community/public health; healthcare; mass media/communications; parks/recreation/fitness/sport; transportation/land use/community design.</td>
</tr>
<tr>
<td>Resources for Community Partners</td>
<td>List of Intervention Program Recommendations and Guidelines</td>
<td>Resource List</td>
<td>This list of resources offers a thorough collection of arthritis programs, evidence-based interventions for physical activity and chronic disease self-management, marketing such programs to the community, and implementing programs for community partners and individuals with arthritis.</td>
</tr>
<tr>
<td>Can My Weight Make My Joint Pain Worse?</td>
<td>Brochure</td>
<td></td>
<td>This pamphlet assists individuals affected by excess weight and who are experiencing joint pain or have been diagnosed with arthritis to take action steps to improve their joint pain.</td>
</tr>
<tr>
<td>Weight Gain and Joint Pain</td>
<td>Brochure</td>
<td></td>
<td>This pamphlet assists individuals affected by excess weight and who are experiencing joint pain or have been diagnosed with arthritis to take action steps to improve their joint pain.</td>
</tr>
<tr>
<td>Cost of Osteoarthritis</td>
<td>Web page</td>
<td>Cost of Arthritis Page</td>
<td>This web page gives quick facts and figures on the economic impact of arthritis to the nation, states, employers, and individuals.</td>
</tr>
<tr>
<td>Lunch &amp; Learn webinars</td>
<td>Webinar webpage</td>
<td>Webinar events</td>
<td>Webinars are 30 minutes delivered by field experts in arthritis on topics related to research findings, evidence-based programs, and general OA-related programs and information. Webinars are free and live broadcast on the designated date; they are archived for free viewing/sharing on our YouTube channel.</td>
</tr>
<tr>
<td>Newsletters &amp; Webinar announcements</td>
<td>e-newsletters; e-news</td>
<td>Newsletters - sign up at the bottom of our website homepage (or any page!)</td>
<td>Sign up to get regular news about OA, research funding, spotlights on our wonderful member orgs, and much more direct to your email weekly, biweekly, monthly, or quarterly. Also get our webinar announcements so you do not miss a thing.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **Pain Alliance Europe**
Mailing address: Grensstraat 7, 1837 Diegem Belgium
Phone: +31650222735
Website: [www.pae-eu.eu](http://www.pae-eu.eu)
Facebook: [https://www.facebook.com/PainAllianceEurope/](https://www.facebook.com/PainAllianceEurope/)
Twitter: [https://twitter.com/pain_europe](https://twitter.com/pain_europe)
LinkedIn: [https://www.linkedin.com/company/pain-alliance-europe/](https://www.linkedin.com/company/pain-alliance-europe/)

Resource suggestions

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

Tool Kits for Health Care Professionals

Organization:  **Pain & Policy Studies Group University of Wisconsin**
Mailing address: 6152 Medical Sciences Center, 1300 University Ave, Madison, WI 53706
Phone: 608-263-7662
Facebook: [https://www.facebook.com/painpolicy](https://www.facebook.com/painpolicy)
Twitter: [https://twitter.com/painpolicy](https://twitter.com/painpolicy)
YouTube: [https://www.youtube.com/user/painpolicypallcare](https://www.youtube.com/user/painpolicypallcare)

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<tr>
<td>U.S. Resources</td>
<td>Resources</td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>Online Course</td>
<td>Education</td>
<td></td>
<td>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. This course is about the relationship between government policies that affect the medical availability of opioid analgesics</td>
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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.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: PainPathways Magazine
Mailing address: 150 Kimel Park Dr, Ste 100-B, Winston-Salem, NC 27103
Phone: 336-760-2944
Website: http://www.painpathways.org
Facebook: https://www.facebook.com/PainPathwaysMagazine
Twitter: https://twitter.com/PainPathwaysMag
YouTube: https://www.youtube.com/channel/UCDN4V6VWtr-NltIcA2uY6w
LinkedIn: https://www.linkedin.com/groups/4874299
Pinterest: https://www.pinterest.com/painpathways/
Email: info@painpathways.org

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

Tool Kits for Health Care Professionals

Organization: **Pharmaceutical Research and Manufacturers of America**
Mailing address: 950 F St NW, Ste 300, Washington, DC 20004
Phone: 202-835-3400
Website: [https://www.phrma.org/](https://www.phrma.org/)
Facebook: [https://www.facebook.com/phrma](https://www.facebook.com/phrma)
Twitter: [https://twitter.com/phrma](https://twitter.com/phrma)
YouTube: [https://www.youtube.com/user/PhRMAPress](https://www.youtube.com/user/PhRMAPress)

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<tbody>
<tr>
<td>Medicines in Development - Arthritis</td>
<td>Information</td>
<td><a href="https://catalyst.phrma.org/biopharmaceutical-research-companies-developing-92-medicines-to-treat-arthritis-and-musculoskeletal-diseases">https://catalyst.phrma.org/biopharmaceutical-research-companies-developing-92-medicines-to-treat-arthritis-and-musculoskeletal-diseases</a></td>
<td>For many patients, hope for a brighter future is directly tied to the potential of medicines in the pipeline to treat their disease or condition. The light at the end of the tunnel is a little brighter today with 92 medicines in development by biopharmaceutical research companies for the more than 52 million Americans with some form of arthritis or musculoskeletal disease. These medicines, according to a new Medicines in Development report by PhRMA, are either in clinical trials or...</td>
</tr>
<tr>
<td>Clinical Trials</td>
<td>Research &amp; Development</td>
<td><a href="https://www.phrma.org/advocacy/research-development/clinical-trials">https://www.phrma.org/advocacy/research-development/clinical-trials</a></td>
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A pivotal moment in the life of a potential new medicine is the period of gradually-expanding tests on human volunteers known as clinical trials. Clinical trials are vital to determining the impact of a new potential treatment. With strict oversight by Institutional Review Boards, clinical trials provide the U.S. Food and Drug Administration with the scientific information needed to weigh the benefits and risks of a new medication and decide whether it is safe for patients.

<table>
<thead>
<tr>
<th>Patients</th>
<th>From Hope to Cures</th>
<th><a href="https://www.phrma.org/patients">https://www.phrma.org/patients</a></th>
</tr>
</thead>
</table>

Receiving a diagnosis can be overwhelming, and patients face a range of daunting decisions about treatment and care. It is valuable to draw insight from the experiences of other patients who have confronted health challenges and learn about the resources PhRMA member companies offer to support patients. These companies are researching and developing thousands of new treatments and cures and helping more patients every day.

From Hope to Cures outlines the interactions between patients, the health care system, regulators, and the biopharmaceutical industry. As part of the campaign, real stories from people such as Rhys, a 5-year-old with diabetes and celiac disease, Jamie who is fighting a rare blood cancer and Jen, a researcher, who wakes up every day working to find new treatments and cures for patients are featured. The campaign also highlights data and information on fighting diseases, clinical trials, and the economic contributions of the biopharmaceutical industry.
# Partners for Understanding Pain

## Tool Kits for Health Care Professionals

**Organization:** Post-Polio Health International (PHI)  
**Mailing address:** 4207 Lindell Blvd Ste 110, Saint Louis MO 63108-2930  
**Phone:** 314-534-0475  
**Website:** [http://www.post-polio.org/](http://www.post-polio.org/)  
**Facebook:** [https://www.facebook.com/pages/Post-Polio-Health-International-PHI/173414896052885](https://www.facebook.com/pages/Post-Polio-Health-International-PHI/173414896052885)  
**Twitter:** [https://twitter.com/PolioPlace](https://twitter.com/PolioPlace)

<table>
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<tr>
<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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| Polio Place            | Education  | [http://www.polioplac...](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 *to learn* by searching the major sections and sub-sections and *to add* your knowledge by [Submitting an Artifact](https://twitter.com/PolioPlace). |
| Polio Network Newsletters | Information | [http://polioplac...e.org/PNN](http://polioplac...e.org/PNN) | Click link to left to get full listing of newsletters from Fall 1985 to Winter 2018.                                                                                                                       |
| Research               | Information | [https://post-polio.org/research/about-the-research-fund/](https://post-polio.org/research/about-the-research-fund/) | PHI Awards $100,000 for new research in 2016-2017. The $100,000 award will be for activities completed in 2016 and 2017. The next request for proposals will be issued in early 2017 for 2018. |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Sickle Cell Disease Association of America
Mailing address: 3700 Koppers St, Ste 570, Baltimore, MD 21227
Phone: 800-421-8453 or 410-528-1555
Website: http://www.sicklecelldisease.org/
Facebook: https://www.facebook.com/sicklecellcampaign
Twitter: https://twitter.com/SCDAAorg
YouTube: https://www.youtube.com/user/scdaa
Email: admin@sicklecelldisease.org

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<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Programs</td>
<td>Education</td>
<td><a href="https://www.sicklecelldisease.org/programs/">https://www.sicklecelldisease.org/programs/</a></td>
<td>SCDA 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.</td>
</tr>
<tr>
<td>Advocacy</td>
<td>Information</td>
<td><a href="http://www.sicklecelldisease.org/research">http://www.sicklecelldisease.org/research</a></td>
<td>The sickle cell community celebrated with the announcement of two legislative victories in Congress. First, the U.S. House of Representatives passed H.R. 2410 on February 26, 2018, the Sickle Cell Disease Research, Surveillance, Prevention, and Treatment Act, which was introduced on May 11, 2017, by Rep. Danny Davis (D-IL). Then, on February 28, 2018, Senator Cory Booker (D-NJ) and Senator Tim Scott (R-SC) introduced the Senate companion bill to H.R. 2410 into the Senate.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

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<th>Description</th>
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| Patient Information       | Resource   | http://www.hopkinsmedicine.org/kimmel_cancer_center/patient_information/ | 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. **The Harry J. Duffey Family Patient and Family Services Program** offers a variety of resources to assist patients and families during this time. Contact: 410-955-8934

Our Team
Learn more about the team members dedicated to providing support and resources to our patients, families and caregivers.

| 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 care for our patients and families at the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center. |
Our trained staff can help guide you throughout the cancer process. No matter where you are in your cancer treatment, everyday matters.

Palliative Care Experts

How to contact us: Call 410-502-9632

Ask your doctor, nurse, or other health care provider to contact us.

Visit the Duffey Patient and Family Services program in person in Ste 1210, Weinberg Building

What is palliative care?

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.

American Society of Clinical Oncology Announces New Palliative Care Guidelines
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  **The TMJ Association**  
Mailing address: PO Box 26770, Milwaukee, WI 53226  
Phone: 262-432-0350  
Website: [www.tmj.org](http://www.tmj.org)  
Twitter: [https://twitter.com/tmjassociation](https://twitter.com/tmjassociation)  
YouTube: [https://www.youtube.com/user/TMJAssociation](https://www.youtube.com/user/TMJAssociation)

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<th>Resource</th>
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<tbody>
<tr>
<td>Your Guide to Temporo-mandibular Disorders</td>
<td>Brochure</td>
<td><a href="http://www.tmj.org/common/file?id=59">http://www.tmj.org/common/file?id=59</a></td>
<td>This brochure is a straightforward, easy-to-read booklet that guides patients in how to make health care decisions.</td>
</tr>
<tr>
<td>TMD Nutrition and You</td>
<td>Booklet</td>
<td><a href="http://www.tmj.org/common/file?id=179">http://www.tmj.org/common/file?id=179</a></td>
<td><em>TMD Nutrition and You,</em> was specifically developed to help those with compromised oral function to maintain a diet of good nutrition despite their oral disability and provides guidance on making dental appointments as comfortable as possible.</td>
</tr>
<tr>
<td>Temporo-mandibular Disorders, Dental Care and You</td>
<td>Guide/article</td>
<td><a href="http://www.tmj.org/site/page?pageld=332">http://www.tmj.org/site/page?pageld=332</a></td>
<td>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.</td>
</tr>
<tr>
<td>TMJ News Bites</td>
<td>e-newsletter</td>
<td><a href="http://www.tmj.org/Newsletters">http://www.tmj.org/Newsletters</a></td>
<td>The TMJ Association raises awareness of TMJ problems, expands research, advocates for safe and effective treatments, and provides support to TMJ patients and</td>
</tr>
<tr>
<td>Chronic Overlapping Pain Conditions</td>
<td>Brochure</td>
<td><a href="http://www.chronicpainresearch.org/public/CPRA_Brochure_Web.pdf">http://www.chronicpainresearch.org/public/CPRA_Brochure_Web.pdf</a></td>
<td>This brochure addresses what COPCs are, how COPCs are diagnosed, the complexity of the chronic pain experience, and how to work with your health care provider to develop a treatment plan.</td>
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# 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, 2004 Mowry Rd, Gainesville, FL 32610  
**Phone:** 352-273-8700  
**Website:** [https://price.ctsi.ufl.edu/](https://price.ctsi.ufl.edu/)  
**Facebook:** [https://www.facebook.com/UFHealth/](https://www.facebook.com/UFHealth/)  
**Twitter:** [https://twitter.com/ufhealth/](https://twitter.com/ufhealth/)  
**YouTube:** [https://www.youtube.com/user/UFHealthScience](https://www.youtube.com/user/UFHealthScience)  
**Email:** info@ctsi.ufl.edu

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<tr>
<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Mission</td>
<td>Information</td>
<td><a href="https://price.ctsi.ufl.edu/about-the-center-2/commitment-to-diversity/">https://price.ctsi.ufl.edu/about-the-center-2/commitment-to-diversity/</a></td>
<td>UF PRICE endeavors to reduce pain-related suffering throughout Florida and the nation through excellence in pain research, treatment, and education, which ultimately will be achieved by integrating all three missions under one interdisciplinary Center. PRICE serves as the professional home for UF scientists, clinicians and trainees dedicated to improved understanding and treatment of pain.</td>
</tr>
<tr>
<td>Clinic Overview</td>
<td></td>
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<td>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</td>
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</table>
investigators with resources and services to facilitate clinical and translational pain research at UF, including assistance with protocol development and assistance with recruitment of research participants. Also, PRICE offers facilities and services to assist investigators with collection of pain assessment data in their research protocols.

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.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: VZV Research Foundation (this site is being rebuilt)
Mailing address: 603 W 115th St, #371, New York, NY 10025
Phone: 212-222-3390
Website: http://www.vzvfoundation.org/
Email: Shingles@ShinglesFoundation.org

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<tr>
<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>PHN Pamphlet</td>
<td>Pamphlet</td>
<td><a href="http://www.vzvfoundation.org/">http://www.vzvfoundation.org/</a></td>
<td>Click link on left to download and/or print</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Post-Herpetic Neuralgia (PHN) pamphlet.</td>
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Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **Women in Pain**
Mailing address: PO Box 1724, Studio City, CA 91614
Phone: 818-760-7635
Website: [http://www.forgrace.org/](http://www.forgrace.org/)
Facebook: [https://www.facebook.com/ForGraceWomenInPain/](https://www.facebook.com/ForGraceWomenInPain/)
Twitter: [https://twitter.com/forgrace](https://twitter.com/forgrace)
YouTube: [https://www.youtube.com/user/ForGrace](https://www.youtube.com/user/ForGrace)

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<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Women in Pain Conference</td>
<td>Annual event</td>
<td><a href="http://www.forgrace.org/get-involvedshare-your-story/conferences/">http://www.forgrace.org/get-involvedshare-your-story/conferences/</a></td>
<td>This year's conference focused on Pain &amp; Relationships with an emphasis on our all-important caregivers. The conference took place on September 14th at the California Endowment's Center for Healthy Communities in downtown Los Angeles. Featured photos were taken by women in pain attendees and the vocal performance, &quot;Kind and Generous&quot;, about our caregivers was by Cynthia Toussaint. This video montage and song brought this empowering day to its close.</td>
</tr>
<tr>
<td>101 Women in Pain Wellness Ideas</td>
<td>Online Resource</td>
<td><a href="http://www.forgrace.org/women-pain/101-ideas-to-empower-women/">http://www.forgrace.org/women-pain/101-ideas-to-empower-women/</a></td>
<td>As you all know, just getting through any day with pain is a challenge. For Grace has gathered these easy-to-do, self-empowering suggestions and resources to help you better manage your pain, improve your care and, ultimately, enhance your overall wellness. Strive for fulfillment — and seize the day!</td>
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<tr>
<td>Project</td>
<td>Resource Type</td>
<td>Resource URL</td>
<td>Description</td>
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<tr>
<td>Battle For Grace Book Project</td>
<td>Empowerment</td>
<td><a href="http://www.forgrace.org/women-pain/battle-for-grace-memoir/">http://www.forgrace.org/women-pain/battle-for-grace-memoir/</a></td>
<td>Our founder Cynthia Toussaint's <em>Battle for Grace</em> is a gut-wrenching memoir about excruciating pain, remarkable redemption, and impossible love, told warts and all by the two people who lived it. The book describes a journey that took Cynthia Toussaint and her life partner John Garrett to depths that could have ended their lives, but instead are giving hope to millions of women around the world. Hope borne out of devastating pain that has been overcome by a brave love for each other and for life. All of Cynthia Toussaint’s net proceeds from the sale of this book go to <em>For Grace</em>.</td>
</tr>
<tr>
<td>Women In Pain Share Your Story Project</td>
<td>Online</td>
<td><a href="http://www.forgrace.org/get-involvedshare-your-story/share-your-story/">http://www.forgrace.org/get-involvedshare-your-story/share-your-story/</a></td>
<td>If you are a Woman In Pain or know someone who is, we invite you to email us your story (in no more than 400 words) and we will post it below. (Note: We reserve the right to edit submissions.) Specifically, we are looking for stories that detail lack of diagnosis, under-treatment and/or health care provider abuse related to your gender. Be sure to tell us your name, as well as your city, state, and country. Feel free to attach a photo of yourself. Also, if you are interested in sharing your story with the media, please include your contact number (this number will not be posted publicly). Please submit your story, photo and information to our main For Grace address at <a href="mailto:forgracewip@yahoo.com">mailto:forgracewip@yahoo.com</a>. Thank you in advance!</td>
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Partners for Understanding Pain

Tool Kits for Health Care Professionals

Other Resources

Journals/Newsletters

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

American Journal of Hospice & Palliative Care – A peer reviewed research journal published bi-monthly by Prime National Publishing Corp. Focus on hospice and palliative care news and research. Website: http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=146927&fileId=S1478951503030128

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

Pain Medicine – Official Journal of the American Academy of Pain Medicine – A quarterly journal that provides information on all aspects of pain including the psycho-social dimensions and ethical issues of pain management. Website: http://painmedicine.oxfordjournals.org/

The European Journal of Palliative Care – Official journal of the European Association for Palliative Care. Published six times a year by Hayward Medical Communications. Website: http://www.haywardpublishing.co.uk/ejpc.aspx

Headway Migraine – a complimentary newsletter specifically focused on migraine and its treatment. To subscribe, contact website http://www.relieve-migraine-headache.com/HeadWay-backissues.html
Hospice Journal – Official journal of the National Hospice and Palliative Care Organization (NHPCO) which promotes and maintains quality care for the terminally ill and their families. [https://www.nhpco.org](https://www.nhpco.org)

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

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

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


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

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

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

NCCN Advantage – National Comprehensive Cancer Network (NCCN). Outlines current programs, conferences, and programs. Website: [http://www.nccn.org](http://www.nccn.org)
PAIN – Official publication of the International Association for the Study of Pain. Website: http://www.iasp-pain.org

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

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

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

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

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

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

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

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

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

Topics include:
- Understanding Chronic Pain
- Knowing Yourself
- Learning to Live With Others
- Helping Your Body
Other Organizational Links

American Council for Headache Education  http://www.achenet.org
American Academy of Medical Acupuncture  http://www.medicalacupuncture.org/
American Association for Therapeutic Humor  http://www.aath.org
American Holistic Nurses Association  http://www.ahna.org
American Massage Therapy Association  http://www.amtamassage.org
American Music Therapy Association  https://www.musictherapy.org/
Alliance of Patient Organizations  https://www.iapo.org.uk/
National Pain Strategy outlines actions for improving pain care in America

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

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

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

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

More specifically, the Strategy calls for:

- Developing methods and metrics to monitor and improve the prevention and management of pain.
• Supporting the development of a system of patient-centered integrated pain management practices based on a biopsychosocial model of care that enables providers and patients to access the full spectrum of pain treatment options.

• Taking steps to reduce barriers to pain care and improve the quality of pain care for vulnerable, stigmatized, and underserved populations.

• Increasing public awareness of pain, increasing patient knowledge of treatment options and risks, and helping to develop a better-informed health care workforce regarding pain management.

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

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

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

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

• Improving provider education on pain management practices and team-based care in which multiple treatment options are offered – moving away from an opioid-centric treatment paradigm.
• Improving patient self-management strategies, as well as patient access to quality, multidisciplinary care that does not depend solely on prescription medications, especially for vulnerable populations.
• Encouraging the evaluation of risks and benefits of current pain treatment regimens.
• Providing patients with educational tools to encourage safer use of prescription opioids.
• Conducting research to identify how best to provide the appropriate pain treatments to individual patients based on their unique medical conditions and preferences.

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

EXECUTIVE SUMMARY

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

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

These included:

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

• Significant improvements are needed to ensure that pain assessment techniques and practices are high-quality and comprehensive. The Interagency Pain Research Data Base and Summary Report can be found at: http://iprc.nih.gov/portfolio_analysis/portfolio_analysis-index.htm

• Self-management programs can improve quality of life and are an important component of acute and chronic pain prevention and management.

• People with chronic pain need treatment approaches that consider individual differences in susceptibility for pain and response to treatment, as well as improved access to treatments that consider their preferences and are in accord with best evidence on safety and effectiveness.

• Treatments that are ineffective, whose risks exceed their benefits, or that may cause harm for certain subgroups need to be identified and their use curtailed or discontinued.

• Much of the responsibility for front-line pain care rests with primary care clinicians who are not sufficiently trained in pain assessment and comprehensive, evidence-based treatment approaches.

• Greater collaboration is needed between primary care clinicians and pain specialists in different clinical disciplines and settings, including multispecialty pain clinics.

• Significant barriers to pain care exist, especially for populations disproportionately affected by and undertreated for pain and need to be overcome.

• People with pain are too often stigmatized in the health care system and in society, which can lead to delayed diagnosis or misdiagnosis, bias in treatment, and decreased effectiveness of care.

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

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

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

**Disparities**

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

**Service Delivery and Payment**

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

**Professional Education and Training**

Although pain is one of the most common reasons for health care visits, most health profession education programs have yet to give it adequate attention. The NPS recommends steps to improve discipline-specific core competencies, including basic knowledge, assessment, effective team-based care, empathy, and cultural competency. It encourages educational program accreditation bodies and professional licensure boards to require pain teaching and clinician learning at the undergraduate and graduate levels. The NPS also recommends development of a web-based pain education portal that would contain up-to-date, comprehensive, and easily accessed educational materials. These training efforts should be made in coordination with current HHS efforts to develop tools for providers to recognize the risk factors and symptoms of opioid use disorders. Examples of ongoing government efforts, such as the prescriber training developed as part of opioid risk mitigation strategies appropriate
prescribing of extended-release and long-acting (ER/LA) opioid analgesics is included in the FDA Blueprint for Prescriber Education that is part of the FDA-approved Risk Evaluation and Mitigation Strategy for Extended-Release and Long-Acting Opioid Analgesics. and the Secretary’s Initiative on Opioids: Objectives to improve clinical decision making: https://aspe.hhs.gov/basic-report/opioid-abuse-us-and-hhs-actions-address-opioid-drug-related-overdoses-and-deaths

Public Education and Communication

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

THE NATIONAL PAIN STRATEGY:

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

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

- People with pain would have access to educational materials and learn effective approaches for pain self-management programs to prevent, cope with, and reduce pain and its disability.
- Patients, including those with low literacy or communication disabilities, would have access to information they can understand about the benefits and risks of treatment options, such as those associated with prescription opioid analgesics.
- All people with pain would be assured of receiving needed preventive, assessment, treatment, and self-management interventions, regardless of race, color,
nationality, ethnicity, religion, income, gender, sex, age (neonatal through end of life), mental health and substance use disorders, physical or cognitive disability, sexual orientation and gender identification, geographic location, education, language proficiency, health literacy, or medical condition. All pain-related services would be provided without bias, discrimination, or stigmatization.

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

• The actions in this strategy would be undertaken in the context of the dual crises of pain and opioid dependence, overdose, and death in the United States. Actions to improve pain care and patient access to and appropriate use of opioid analgesics for pain management would be coordinated and balanced with the need to curb inappropriate prescribing and use practices. To achieve this balance a broad range of stakeholders including those engaged in pain care and pain care policies, as well as those working in substance use prevention, treatment, and recovery, would be engaged as the actions of the NPS are undertaken.
The NIH Office of Pain Policy is pleased to announce the release of the Federal Pain Research Strategy (PDF, 958.80 KB).

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

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

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