

DECLARE SEPTEMBER INTERNATIONAL PAIN AWARENESS MONTH

Pain Management is a Basic Human Right!
We need your support to ensure pain care for all!

The Need

Pain is an integral part of most all medical conditions. Its impact is both subjective---on quality of life and social stability---and objective---on economic growth and the cost of providing health care.ⁱ Yet pain is often overlooked by policy makers, health care providers, payers, and the public at large. If we want to ensure healthy lives and promote well-being for all at all ages (Sustainable Development Goal 3), we must work to see that pain management is part of every health care discussion. We must make pain *visible*.

Pain Across the World

Chronic pain, like most other chronic non-communicable diseases is growing globally, with one in 10 adults diagnosed with chronic pain each year. In developing countries, 20% of the adult population live with pain according to the IASP.

- ❖ In China, 36% of population suffer from chronic painⁱⁱ
- ❖ 68% of people in India suffer with pain, contributing to the leading cause of disabilityⁱⁱⁱ
- ❖ 83% of children and adults live with low back pain in Africa
- ❖ Latin America is more difficult to tally with one systematic literature review from the NIH estimating that 10.5% of the population suffer from back pain
- ❖ 66% of 4839 respondents in a 15-European-county survey had moderate pain, 34% had severe pain^{iv}
- ❖ In Japan, the prevalence of chronic pain is 17.5% while in Thailand it is 19.9%

Our Proposal

In 2001, the American Chronic Pain Association and other organizations began a pain awareness campaign in the United States under the umbrella of **September Is Pain Awareness Month**. Now, The American Chronic Pain Association (ACPA), the International Pain Management Network (IPMN), and the International Alliance of Patient Organizations (IAPO) propose to extend this campaign internationally. Please join us in our efforts to raise awareness of a misunderstood but enormous health care problem, pain.

Objectives

The goals of the campaign are to raise awareness among health care professionals, individuals and families who are struggling with pain management, the business community, legislators, and the public through mass media, public forums, and other activities so that chronic pain may be:

- ❖ more readily recognized,
- ❖ better understood without the traditional stigma attached,
- ❖ improved access to care for people with pain,
- ❖ more effectively treated and managed, and
- ❖ acknowledged as a serious public health issue.

Execution

The American Chronic Pain Association, the International Pain Management Network, and the International Alliance of Patient Organizations will develop tool kits, tailored to major geographic regions, that will provide information for working collaboratively with healthcare professionals, consumer and professional organizations, journalists, community leaders, and public officials. These will be provided to all participating organizations.

Participating organizations will be responsible for using the ideas in the kits and others they may develop independently for having September declared Pain Awareness Month in their countries.

i. Institute of Medicine Report: *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*

ii. Prevalence and characteristics of chronic body pain in China: a national study, Springer Plus, 2016/10.1186/s40064-01602581-y

iii Prevalence of chronic pain, impact on daily life, and treatment practices in India, Pain Pract., 2014, Feb;14(2):E51-62.doi

iv . Survey of chronic pain in Europe: Prevalence, impact on daily life, and treatment, European Federation of Chapters of the IASP, 2005