# TABLE OF CONTENTS

## PARTNERS FOR UNDERSTANDING PAIN BACKGROUND AND RESOURCES
- Partners for Understanding Pain Mission: 4
- Partner List: 5
- National Pain Strategies: 8
- Pain Management Timelines: 17
- Let Your Voice be Heard: 20
- Give A Squat 4 Pain: 21
- International Pain Management Network Survey: 23
- Know Your Dose: 24
- Ask Me 3: 27

## ACTION IDEAS AND TOOLS FOR HCP
- Pain Awareness Events: 29
- Developing Grass Roots Community PR Plans: 30
- News Release: 31
- Radio Release: 34
- Resources for HCP: 35

## OTHER RESOURCES
- Journal/Newsletters: 165
- Recommended Books: 168
- Other Organizations: 170
- National Pain Strategies: 171
Partners for Understanding Pain is a consortium of organizations that touch the lives of people with chronic, acute, and cancer pain.

The partnership, spearheaded by the American Chronic Pain Association, will strive to create greater understanding among health care professionals, individuals and families who are struggling with pain management, the business community, legislators, and the general public that pain is a serious public health issue.

Through its members, each of whom brings its own perspective to the dialogue, Partners for Understanding Pain represents a comprehensive network of resources and knowledge about issues in pain management.

Partners for Understanding Pain is dedicated to building the understanding and support that can help people with chronic, acute and cancer pain lead better lives. Call 1-800-533-3231 or visit www.understandingpain.org for more information.
PARTNERS LIST

AMERICAN ACADEMY OF NURSE PRACTITIONERS
AMERICAN ACADEMY OF PAIN MANAGEMENT
AMERICAN ACADEMY OF PAIN MEDICINE
AMERICAN ACADEMY OF PHYSICAL MEDICINE AND REHABILITATION
AMERICAN ASSOCIATION OF REHABILITATION NURSES
AMERICAN BACK SOCIETY
AMERICAN CANCER SOCIETY
AMERICAN CHRONIC PAIN ASSOCIATION
AMERICAN NURSES ASSOCIATION
AMERICAN PAIN SOCIETY
AMERICAN PHARMACISTS ASSOCIATION
AMERICAN PUBLIC HEALTH ASSOCIATION
AMERICAN RSDHOPE GROUP
AMERICAN SLEEP APNEA ASSOCIATION
AMERICAN SOCIETY OF LAW, MEDICINE & ETHICS
AMERICAN SOCIETY FOR PAIN MANAGEMENT NURSES
NATIONAL CONSUMER LEAGUE
NATIONAL FIBROMYALGIA ASSOCIATION
NATIONAL FIBROMYALGIA PARTNERSHIP
NATIONAL HEADACHE FOUNDATION
NATIONAL URBAN LEAGUE
NATIONAL VULVODYNIA ASSOCIATION
NATIONAL WOMEN’S HEALTH RESOURCE
NATIVE AMERICAN CANCER RESEARCH
PAIN POLICY FOUNDATION, INC.
PAIN & POLICY STUDIES GROUP: UNIVERSITY OF WISCONSIN
PHARMACEUTICAL RESEARCH AND MANUFACTURERS (PHRMA)
POST-POLIO HEALTH INTERNATIONAL
REFLEX SYMPATHETIC DYSTROPHY SYNDROME (RSDS) ASSOCIATION OF AMERICA
SICKLE CELL DISEASE ASSOCIATION
SIDNEY KIMMEL CANCER CENTER AT JOHN HOPKINS
THE NEUROPATHY ASSOCIATION
THE TMJ ASSOCIATION
TRIGEMINAL NEURALGIA ASSOCIATION
TRIUMPH OVER PAIN FOUNDATION
UNIVERSITY OF FLORIDA COMPREHENSIVE CENTER FOR PAIN
VZV RESEARCH FOUNDATION
Supporting the National Pain Strategies

It is important that your voice be heard if we are to improve the care of people with pain. One way to do that is to have your voice heard by those who can provide the funding to move the National Pain Strategy forward. Below is sample letter that you can use to write to your senators and congress person so you can add your voice to those who have worked so hard to create this report Act today. Your voice can make a difference in the lives of millions! *(Overview on page 153)*
The Implementation Work Groups (IWG) are aligned with the National Pain Strategy (NPS) overarching themes and are charged with implementing the specific objectives through discrete deliverables described in the NPS. The IWGs will receive guidance and direction from the Implementation Steering Committee. Each NPS work group will include those federal stakeholders who signed on to address the thematic objectives of the NPS. They will also receive advice from external stakeholders who expressed interest in participating in the implementation of relevant objectives.
National Pain Strategy Objectives

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

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

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

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

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

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

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

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

2016 Implementation Actions

Population Research

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

• Developed a screening tool to collect patient reported data on temporal factors and participation restrictions associated with chronic pain. See NPS Appendices D and E https://iprcc.nih.gov/docs/HHSNational_Pain_Strategy.pdf (National Pain Strategy Population Research Work Group, External Stakeholders)
• Tested and validated the NPS screening tool in a cohort of patients with chronic pain and published a manuscript with the findings from the study piloting the survey tools. https://www.ncbi.nlm.nih.gov/pubmed/27377620 (NIH, External Stakeholders)
• Developed and submitted four developmental pain objectives for Healthy People 2020, 2030. All four were accepted, but funding to monitor objectives was available for only the first one (see below). All four will be considered for HP 2030. The developmental objectives are:
  1. Decrease the prevalence of adults having high impact chronic pain (accepted as a developmental objective for HP 2020).
  https://www.healthypeople.gov/2020/topics-objectives/objective/aocbc-13
2. Increase public awareness/knowledge of high impact chronic pain
3. Increase self-management of high impact chronic pain
4. Reduce impact of high impact chronic pain on family/significant others (CDC, NIH).
   • Developed, tested, and added two chronic pain-related questions that are aligned with the NPS pain screening tool for high impact chronic pain to the 2016 and 2017 National Health Interview Survey to develop data in support of the HP objectives and better inform population level pain research. (CDC, NIH, External Stakeholders)
   • Convened external and federal stakeholders to review questions related to chronic pain and high impact chronic pain in the National Health Interview Survey and recommend revisions to the 2018 NHIS question set to align these surveys in line with the NPS screening tool and self-assessment questions Appendixes D and E https://iprcc.nih.gov/docs/HHSNational_Pain_Strategy.pdf (CDC, NIH)

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

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

Prevention and Care

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

• Developed the Joint Pain Educational Program (JPEP) curriculum which highlights the importance of educating patients on skills and integrative health programs that emphasize self-management. JPEP includes multiple adjunct pain education videos (open access) for patients. (It also provides provider education resources (see Professional Education and Training - below).
  http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep-1/educational-videos (DOD, VHA)

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

• Developed the Defense and Veterans Pain Rating Scale (DVPRS) assessment of pain intensity and therapeutic goals of pain management, including reducing the impact of pain on physical and emotional function. The rating scale is consistent with current validated pain research tools and is adaptable to multiple clinical settings and scenarios throughout the continuum of care and research. A manuscript was published on results of psychometric testing of the pain rating scale.
  https://www.ncbi.nlm.nih.gov/pubmed/?term=Pain+medicine+2106+17(8)%3A1505 (DOD)
Disparities

Objective 2: Facilitate communication among patients and health professional

• Developed and hosted a webinar entitled, “Shared Decision Making: Changing the Conversation. This webinar series introduces health care providers to the practice of shared decision making in behavioral health care in multiple settings, including pain management. Shared decision making engages the patient in the treatment plan, provides the patient with unbiased information, and facilitates the incorporation of individual preferences into the plan. This webinar helps to change cultural attitudes towards pain management and behavioral health care; increases public awareness and engagement of the individual and their family.

https://ahpnet.adobeconnect.com/p8bx02fl456/?launcher=false&fcsContent=true&pbMode=normal&smartPause=false (SAMHSA)

• Developed and on-line tool to guide patients to communicate effectively with their health care providers to better manage their pain. The tool also includes patient education for treatment options and lifestyle changes to better manage and cope with chronic pain. “You Can Manage Your Chronic Pain to Live a Good Life” https://store.samhsa.gov/shin/content/SMA13-4783/SMA13-4783.pdf (SAMHSA)

Service Delivery and Payment

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

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

• An expanded study of this pilot project is underway to assess coverage policies and parameters for treatment of low back pain at the national level. It uses the approaches developed in the pilot study described above. This study leverages the methodology and approach from the pilot study. It will assess coverage variables across large public and private health care providers and pharmacy distribution centers. The study is expected to be completed in March 2018. (ASPE, NIH).
Objective 2: Enhance the evidence base for pain care and integrate it into clinical practice through defined incentives and reimbursement strategies

- A Systematic Review of Studies on Noninvasive Treatments for Low Back Pain in Adults was performed to determine treatments used for low back pain and the evidence base for the efficacy and side effects of these treatments. https://effectivehealthcare.ahrq.gov/ehc/products/553/2326/back-pain-treatment-161115.pdf (AHRQ)

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

Professional Education and Training

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

- Developed and published a set of pain core competencies for pre-licensure inter-professional education, which has been endorsed broadly by many pain associated health care disciplines - http://www.ncbi.nlm.nih.gov/pubmed/23577878 (External Stakeholders)

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


- IHS has partnered with the University of New Mexico (UNM) to allow IHS providers to participate in the UNM Chronic Pain & Opioid Management Tele ECHO Clinic (ECHO Pain). The ECHO pain clinic facilitates a multifaceted approach to chronic pain by incorporating a team of specialists that support primary care clinicians in rural communities in the management of chronic pain and opioids. The clinic includes
didactic presentations by specialists on specific topics of interest and in-depth case-based presentations by community clinicians for feedback and recommendations.

http://echo.unm.edu/nm-teleecho-clinics/chronic-pain-and-opioid-management/ (IHS)

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

- Development of curriculum resources through the NIH Centers of Excellence on Pain Education. Several case-based scenarios on pain management for pain care providers were developed and evaluated through the Centers of Excellence and made available for public access. They are case-based learning modules on assessment, treatment, and outcomes for complex pain patients.

https://www.painconsortium.nih.gov/NIH_Pain_Programs/CoEPES.html (NIH)

- Developed the Joint Pain Educational Program (JPEP) curriculum which provides primary care pain education for federal providers. JPEP consists of thirty didactic, evidence-based education modules and video adjuncts covering essentials of quality pain management for primary care providers. JPEP includes multiple adjunct pain education videos for patients (see Prevention and Care, Objective 2 – above) https://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep (DOD, VHA).

- “Pathways to Safer Opioid Use” is an immersive, interactive training for health professionals that promotes the appropriate, safe, and effective use of opioids to manage chronic pain. The training tool was designed using the opioid-related recommendations outlined in the National Action Plan for Adverse Drug Event Prevention Plan. The training uses the principles of health literacy and a multimodal, team-based approach to promote the appropriate, safe, and effective use of opioids to manage chronic pain. This web-based training allows the participant to assume the role of four playable characters who make decisions – controlled by the participant – about preventing opioid-related adverse drug events. The characters represent the following roles: primary care physician, nurse, pharmacist, and patient. It offers one CME/CE hour. The training will allow providers to apply health literacy strategies to help patients understand and act on information to prevent opioid related adverse drug events. Providers will be able to identify individual risk factors, opioid medications, and interactions that place individuals with chronic pain at increased risk for opioid related adverse drug events. Providers will be able to recognize the importance of a multidisciplinary, team based approach to treating patients with chronic pain. Providers will be able to demonstrate the ability to combine the principles of the Health Literate Care Model and the biopsychosocial model of chronic pain management. The long-term goal is to decrease adverse drug events.


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

http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Updated-2016/SMA16-4742 (SAMHSA)

A companion suite of tools and resources on a variety of pertinent topics such as non-pharmacologic therapies to encourage uptake of the recommendations contained in the Guideline. http://www.cdc.gov/drugoverdose/prescribing/resources.html (CDC)

• Developed and hosted a webinar series for clinicians to learn about the recommendations outlined in the CDC Guideline for Prescribing Opioids for Chronic Pain. See https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm

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

Public Education and Communication

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

• Implements substance use and mental health services treatment locators.

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


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

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16
Pain Management

YESTERDAY

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

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

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

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

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

TODAY

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

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

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

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

The diversity of pain conditions requires a diversity of research and treatment approaches.
Pain can be a chronic disease, a barrier to cancer treatment, and can occur alongside other diseases and conditions (e.g. depression, post-traumatic stress disorder, traumatic brain injury).

For infants and children, pain requires special attention, particularly because they are not always able to describe the type, degree, or location of pain they are experiencing.

Discoveries of differences in pain perceptions and responses to treatment by gender have led to new directions for research on the experience and relief of pain. For example, medications called kappa-opioids provide good relief from acute pain in women, yet increase pain in men.

NIH-supported scientists identified a gene variant of an enzyme that reduces sensitivity to acute pain and decreases the risk of chronic pain.

COX-2 (cyclooxygenase-2) is a major contributor to pain associated with inflammation. A study of genes affected by COX-2 led to the discovery of its role in connection to multiple cellular pathways that contribute to pain relief and adverse side-effects.

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

**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 policy-makers. 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.

For the latter, a draft scoping document is currently under review and will be made available when finalized.

**TOMORROW**

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

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

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

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

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

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

Providing Strategic Support for Research into Pain Treatment Strategies.

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

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

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

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

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

Let Your Voice Be Heard!

Together our voices are very strong!
DON’T JUST SIT THERE
September is Pain Awareness Month.

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

Here’s how you can participate and help raise funds to assist those living with chronic pain.

By yourself, or with family, friends, or coworkers, find a wall or any vertical surface and:

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

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

**INSPIRE**
Challenge others to complete a wall squat by sharing yours on social media. Don’t forget to include #GiveASquat4Pain in your post.

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

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

#GiveASquat4Pain
Give A Squat 4 Pain
Feel the pain as you hold the squat
Challenge your friends and coworkers to hold the squat longer than you
Take a photo and share it on Facebook or Twitter

#GiveASquat4Pain
Mission Statement

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

International Survey on Access and Attitudes Toward Pain

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

Survey Results

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

- Prescription medications were the most commonly used treatments for pain (75%), followed by OTC medications (57%)
  - 43% cited using physical therapy (PT), though the duration of PT was not assessed
  - 14% used marijuana, which the group noted was increasing
  - Acupuncture has also risen in popularity, and is now covered in the VA
  - Several differences were noted in data from Pakistan
    - 92% used OTC medications
    - only 2% used prescription medications
- In Poland (N=65), 70% reported using OTC products, and 10% used prescription medications
- When asked how many medications required a prescription, 3 was the most common answer
  - The group noted that the survey did not specify pain medications nor did it specify how many were controlled substances
- 75% of survey participants believed their HCP took their pain seriously, which was considered surprisingly high
  - The question did not distinguish between a general HCP and a pain specialist
- General practitioners were the most common HCPs managing patients’ pain, followed by pain specialists and neurologists
  - In Uganda, many have lost faith in the dysfunctional health care system, and instead rely on spiritual healers
- Survey participants noted a mix of methods of payment for their care, including private insurance, government insurance, personal income, or some combination of these
  - In Uganda, patients often barter possessions for herbal remedies
- 2% visited a free clinic, driven primarily by ex-US respondents
  - Access to free care in the EU is limited because of extremely long wait times
- In Pakistan, 100% of respondents used personal income to pay for pain management
- In Bangladesh, patients have the choice between cheap herbal therapies or expensive pharmaceuticals paid for out of pocket
  - There is no competition among companies providing these medications
Know Your Dose

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

Thumbnail graphics are for reference only. All graphics can be downloaded at this link: https://gmmb.box.com/s/8v63m1g6o3idk582hpxmlfrbf65ubt9v

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

<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 Graphic" /></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</td>
</tr>
<tr>
<td>Facebook</td>
<td><img src="image" alt="Acetaminophen Graphic" /></td>
<td>Acetaminophen is the most common drug ingredient in America—have you checked to see if it’s in your medicines? Use this list: <a href="http://bit.ly/comm-meds">http://bit.ly/comm-meds</a> #KYDpain</td>
</tr>
<tr>
<td>Twitter</td>
<td><img src="image" alt="FDA Recommends Graphic" /></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</td>
</tr>
<tr>
<td>Facebook</td>
<td><img src="image" alt="FDA Recommends Graphic" /></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</td>
</tr>
<tr>
<td>Twitter</td>
<td><img src="image" alt="More than 50 Million Graphic" /></td>
<td>What's 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</td>
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<td>Social Media</td>
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<tr>
<td>Facebook</td>
<td>More Than 50 Million Americans Use a Medicine with Acetaminophen Each Week.</td>
<td>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">http://bit.ly/KYDlabel</a> #KYDpain</td>
</tr>
<tr>
<td>Twitter</td>
<td>Play a Game to Test Your Knowledge about Acetaminophen</td>
<td>How much do you know about acetaminophen safe use? Test your knowledge with this fun game: <a href="http://bit.ly/dose-game">http://bit.ly/dose-game</a> #KYDpain</td>
</tr>
<tr>
<td>Facebook</td>
<td>Play a Game to Test Your Knowledge about Acetaminophen</td>
<td>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">http://bit.ly/dose-game</a> #KYDpain</td>
</tr>
<tr>
<td>Twitter</td>
<td>Acetaminophen Safe Use with Kids</td>
<td>Parents: are you following these 3 safe use steps when giving acetaminophen to your child? <a href="http://bit.ly/ped-acet">http://bit.ly/ped-acet</a> #KYDpain</td>
</tr>
<tr>
<td>Facebook</td>
<td>Acetaminophen Safe Use with Kids</td>
<td>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">http://bit.ly/ped-acet</a> #KYDpain</td>
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<tr>
<td>Platform</td>
<td>Image</td>
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<tr>
<td>Facebook (video)</td>
<td><img src="https://placeholdit.imgix.net/127x599.png" alt="Image" /></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>
</tr>
<tr>
<td>Twitter (GIF)</td>
<td><img src="https://placeholdit.imgix.net/264x737.png" alt="Image" /></td>
<td>Avoid these 3 #acetaminophen dosing mistakes by reading your label. Here’s how: <a href="http://bit.ly/KYDlabel">http://bit.ly/KYDlabel</a> #KYDpain</td>
</tr>
</tbody>
</table>
| Facebook* (GIF) | ![Image](https://placeholdit.imgix.net/264x596.png) | Avoid the three most common dosing mistakes when taking acetaminophen by always reading your medicine label. Here are a few tips: [http://bit.ly/KYDlabel](http://bit.ly/KYDlabel) #KYDpain  
[https://media.giphy.com/media/xUA7aRrHsZbzccokko/giphy.gif](https://media.giphy.com/media/xUA7aRrHsZbzccokko/giphy.gif) |
| Twitter (GIF) | ![Image](https://placeholdit.imgix.net/264x596.png) | The next time you take #acetaminophen, follow these 4 safe use steps: [http://bit.ly/KYD-facts](http://bit.ly/KYD-facts) #KYDpain |
| Facebook* (GIF) | ![Image](https://placeholdit.imgix.net/264x596.png) | The next time you take acetaminophen, remember these four key safe use steps: [http://bit.ly/KYD-facts](http://bit.ly/KYD-facts) #KYDpain  
[https://media.giphy.com/media/3o7bu4bKDwqmqG9zS/giphy.gif](https://media.giphy.com/media/3o7bu4bKDwqmqG9zS/giphy.gif) |
Ask Me 3 is a program that addresses the need for increased communication for consumers to understand their health care issues. It is a national effort to improve health literacy.

Good questions for your good health:

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

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

**Tips for Clear Health Communication**

Here are a few tips you can try:

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health. To remind yourself what you need to do and the questions you can ask at your next medical visit: [http://www.npsf.org/?page=askme3](http://www.npsf.org/?page=askme3)

I will ask the 3 questions.

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

You can ask questions when:

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

What If I Ask and Still Don't Understand?

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

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

Who Wants to Answer?

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

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

- All you can about your condition.
- Why this is important for your health
- Steps to take to keep your condition under control
Action Ideas and Tools for Health Care Professionals
Partners for Understanding Pain

Presents

Health Care Professionals CARE
Compassionate Attentive Responsive Educational

Pain Awareness Events
September 2017

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:

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

Suggested events:

1. Luncheon conference with expert speaker in pain management
2. Lecture series on assessment and treatment of pain throughout the day
3. Cafeteria table with petitions in support of the National Pain Strategies, materials, and resource lists for the public
4. Health fair of community resources for people with pain
5. 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.
6. Distribution of buttons to all staff members attached to flyer about pain assessment and management

For more information about additional activities, contact the American Chronic Pain Association at 800.533.3231 or by email at acpa@theacpa.org.
Action for Awareness of Chronic, Acute, and Cancer Pain
Developing the Foundation for a Grassroots Community Public Relations Plan

SITUATION

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

Yet there is still apathy and a lack of understanding about pain. Now, with the National Pain Strategy and Partners for Understanding Pain, 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 Web site to spread the word about pain through education. **Suggested items for the Web site:**

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

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

**Partnership ideas:**

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

**Suggested places to promote pain and Partnership message materials:**

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

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

Contact local health-related organizations to promote the partnership and identify possible collaboration areas including:

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

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

“Ask the doctor” about pain day

Partner with local drug store, fitness, or health-related stores to sponsor a health care professional to be available to answer questions related to pain management for a day in the store.

Organize a “Walk with the Doc” http://walkwithadoc.org/ day to reinforce the importance of staying physically active to better manage pain.

Create a resource guide for people with pain in your community

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

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

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

Partner with local hospitals and health care facilities to offer training on the intricacies of chronic and cancer pain to facilitate understanding among other health care professionals.

Partner with local hospitals to offer ongoing pain education outreach such as tabletop displays that offer facts about chronic and cancer pain.

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

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33
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 __, 2017—September has been declared Pain Awareness Month by the Partners for Understanding Pain, a consortium of more than 65 professional and consumer organizations that have an interest in pain. As part of this effort, health care professionals in (your workplace) are sponsoring Health Care Professionals CARE Compassionate Attentive Responsive Educational to bring attention to the importance of appropriate pain management in the clinical setting.

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

Add quote from your organization spokesperson here.

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

For more information about other activities of Partners for Understanding Pain, contact the American Chronic Pain Association at 800-533-3231 or by email at acpa@pacbell.net.
HEALTH CARE PROVIDERS AT (FACILITY NAME) ARE WORKING TO BRING ATTENTION TO THE NEED FOR BETTER PAIN ASSESSMENT AND TREATMENT. THEIR EFFORTS ARE PART OF ACTIVITIES PLANNED BY PARTNERS FOR UNDERSTANDING PAIN, A CONSORTIUM OF MORE THAN 70 PROFESSIONAL AND CONSUMER ORGANIZATIONS THAT HAVE AN INTEREST IN PAIN AND ITS EFFECTS, FOR SEPTEMBER’S PAIN AWARENESS MONTH ACTIVITIES.

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

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

ANNOUNCER:
TO LEARN MORE ABOUT PAIN AWARENESS DAY, CONTACT (YOUR NAME) AT (PHONE NUMBER) AND, FOR RESOURCES AND INFORMATION ABOUT PAIN, VISIT W-W-W-DOT-UNDERSTANDINGPAIN DOT-ORG. I’M _____________ REPORTING.
Health Care Professionals

CARE

RESOURCES

September 2017
# Table of Contents

- Alliance for Aging Research 40
- American Academy of Pain Management 42
- American Academy of Pain Medicine 43
- American Academy of Physical Medicine and Rehabilitation 46
- American Association of Colleges of Nursing 47
- American Association of Rehabilitation Nurses 48
- American Cancer Society 49
- American Chronic Pain Association 50
- American Nurses Association 53
- American Pain Society 55
- American Pharmacists Association 57
- American Public Health Association 59
- American RSD Hope Group 61
- American Sleep Apnea Association 62
- American Society of Pain Management Nurses 63
- American Society of Perianesthesia Nurses 66
- Arthritis Foundation 67
- Association québécoise de la douleur chronique 68
- Asociación Venezolana para el Deporte y la Salud del Trasplantado 69
- Baylor College of Medicine Dept. of Physical Medicine Rehab 70
- Chronic Pain Research Alliance 71
- Consortium for Citizens with Disabilities 73
- Coordinador Nacional de Arthritis 74
Chronic Pain Research Alliance
Covenant Health System, Covenant Medical Cnt.
Defense & Veterans Cnt. For Integrative Pain Management
Department of Veteran Affairs Medical Center
Endometriosis Association International
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 Assoc. for Chronic Fatigue Syndrome/ ME
International Endometriosis Association
Interstitial Cystitis
International Foundation for Functional Gastrointestinal Disorders
International Pain Foundation
International Pain Management Network
Lupus Foundation of America
Men’s Health Network
National Association for the Advancement of Colored People
National Association of Social Workers
National Fibromyalgia and Chronic Pain
National Consumers League
National Fibromyalgia Association
National Fibromyalgia Partnership
National Headache Foundation
National Hispanic Medical Association

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38
<table>
<thead>
<tr>
<th>Organization</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Medical Association</td>
<td>130</td>
</tr>
<tr>
<td>National Urban League</td>
<td>132</td>
</tr>
<tr>
<td>National Vulvodynia Association</td>
<td>135</td>
</tr>
<tr>
<td>National Women’s Health Resource Center</td>
<td>138</td>
</tr>
<tr>
<td>Online Nurse Practitioner Program</td>
<td>140</td>
</tr>
<tr>
<td>PainPathways Magazine</td>
<td>141</td>
</tr>
<tr>
<td>Osteoarthritis Action Alliance</td>
<td>142</td>
</tr>
<tr>
<td>Pain and Policy Studies Group</td>
<td>144</td>
</tr>
<tr>
<td>Pharmaceutical Research and Manufactures of America</td>
<td>146</td>
</tr>
<tr>
<td>Post-Polio Health International</td>
<td>149</td>
</tr>
<tr>
<td>Sickle Cell Disease Association</td>
<td>150</td>
</tr>
<tr>
<td>Sidney Kimmel Comprehensive Cancer Center at John Hopkins</td>
<td>152</td>
</tr>
<tr>
<td>The TMJ Association</td>
<td>154</td>
</tr>
<tr>
<td>TNA The Facial Pin Association</td>
<td>156</td>
</tr>
<tr>
<td>UF Pain Research &amp; Intervention Center of Excellence</td>
<td>158</td>
</tr>
<tr>
<td>US Pain Foundation</td>
<td>160</td>
</tr>
<tr>
<td>VZV Research Foundation</td>
<td>161</td>
</tr>
<tr>
<td>Women In Pain</td>
<td>163</td>
</tr>
</tbody>
</table>

**Other Resources**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Journals/Newsletters</td>
<td>165</td>
</tr>
<tr>
<td>Recommended Books</td>
<td>168</td>
</tr>
</tbody>
</table>

**Other Organizations**

<p>| | |</p>
<table>
<thead>
<tr>
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<th></th>
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<tbody>
<tr>
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<td>170</td>
</tr>
</tbody>
</table>
Organization: Alliance for Aging Research
Mailing address: 1700 K St, NW, Suite 740
              Washington, DC  20006
Phone: 202-293-2856
Web site: www.agingresearch.org
Facebook: @AllianceforAgingResearch
Twitter: @Aging_Research
You Tube: allianceforaging

Resource | Type | URL | Description
----------|------|-----|------------------
OTC Pain Medication: What You Need to Know | Short film | https://www.youtube.com/watch?v=jE0-r2APdc | Tens of millions of Americans reach for the over-the-counter (OTC) medications for relief of minor aches and pains. But just because they’re OTC doesn’t mean they’re harmless. And with more than 1,000 acetaminophen and NSAID (non-steroidal anti-inflammatory drug) containing medications, choosing the right medication can seem overwhelming. This short film guides viewers in choosing the medication that’s right for them and their loved ones, and gives tips on taking them safely. Also available in Spanish.

Safely Taking and Storing OTC Pain Medication | Short film | https://www.youtube.com/watch?v=bC5ckoXh08 | Once someone chooses an over-the-counter (OTC) pain medication that’s right for them or their loved one, it’s important to store them safely. This short film guides viewers on where to store meds, how to keep them Up and Away and Out of Sight of young children, how to prevent misuse, and what to do when a medication is no longer needed. Also available in Spanish.

Safe Medication Disposal | Short film | https://www.youtube.com/watch?v=Eh7O81VzNs | An estimated 40 percent of medications sold end up unused. But what do we do with medications that we no longer want? This film offers viewers a simple step-by-step guide to safe disposal including: how to dispose of medications at home in three simple steps; why certain medications must be
| OTC Pain Medication Quiz | Interactive quiz | [http://www.agingresearch.org/Quizzes/view/41](http://www.agingresearch.org/Quizzes/view/41) | This quiz tests users knowledge of safe use and storage of OTC pain medications. | flushed; tips on where to dispose of medications outside the home; and how to keep personal information safe. |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  **American Academy of Pain Management**  
Mailing address:  975 Morning Star Dr Suite A, Sonora, CA 95370  
Phone:  209-533-9744  
Facebook:  [https://www.facebook.com/aapainmanage/](https://www.facebook.com/aapainmanage/)  
Twitter:  [https://twitter.com/aapainmanage](https://twitter.com/aapainmanage)  
You Tube:  [https://www.youtube.com/watch?v=3OLHiJHk7Lg](https://www.youtube.com/watch?v=3OLHiJHk7Lg)  
Email:  [info@aapainmanage.org](mailto:info@aapainmanage.org)

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<th>Description</th>
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<tr>
<td>Credentialing</td>
<td>Education</td>
<td><a href="http://www.aapainmanage.org/credentialing/">http://www.aapainmanage.org/credentialing/</a></td>
<td>The Academy provides the only credential available for all practitioners who treat people with pain.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Academy of Pain Medicine
Mailing address: 8735 W. Higgins Road, Suite 300, Chicago, IL 60631

Phone: 847-375-4731
Web site: www.painmed.org
Facebook: @AmerAcadPainMed
Twitter: @AmerAcadPainMed
You Tube:
Other: LinkedIn: https://www.linkedin.com/company-beta/10874458

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<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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<tbody>
<tr>
<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>
</tr>
<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</td>
</tr>
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</table>
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.

<table>
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<tr>
<th>Year</th>
<th>Event Description</th>
<th>Link</th>
<th>Webinars</th>
</tr>
</thead>
</table>
|           |                                                                                  |                                                                      | A Shifting Paradigm: From Biomedical to Biopsychosocial Interactions  
|           |                                                                                  |                                                                      | Demystifying Drug Interactions with Combined Analgesics Across Various Therapeutic Classes |
| 2016 PCSS-O Webinars | Free online webinars. CME available.                                             | https://www.pathlms.com/aapm/courses/2907                           | Maintaining Balance Among Compassionate Prescribing, Ethical Clinical Strategies, and Societal Obligations: Effective pain management is a moral and ethical obligation - an important public health and health care issue. Access to safe and effective care for people suffering from pain is a priority that needs to be balanced in parallel with efforts to curb diversion and misuse of opioid drugs. |
|           |                                                                                  |                                                                      | Guide to Aberrant Drug-Related Behavior When Prescribing Opioids for Pain Management  
|           |                                                                                  |                                                                      | Responsible Prescribing of Methadone for Pain Management: Safety First |
| Methadone Education Curriculum | Free online webinar. CME available.                                              | https://www.pathlms.com/aapm/courses/1665                           | With a commitment to making high-impact, long-term change, the American Academy of Pain Medicine (AAPM) has developed a patient safety-focused web-based continuing medical education (CME) program for all prescribers of opioids, with a targeted focus on those who prescribe methadone for the treatment of chronic pain. The AAPM’s Methadone Education Curriculum is designed to equip prescribers with the knowledge, skills, and behaviors they need to implement evidence-based safe prescribing practices. Changes in prescribers’ knowledge, competence and performance will minimize risks and reduce harm for patients being treated for chronic pain with methadone. |
| On-Demand Coding Seminars | Online educational courses (payment required).                                    | https://www.pathlms.com/aapm/courses/2094                           | AAPM coding seminars discuss current and relevant industry trends in the pain medicine space. Stay current in pain medicine-related medical coding, billing, auditing, compliance, practice management, and much more. Save time and money by learning on your own pace and schedule with our on-demand pain medicine coding seminars. |
| Pain Medicine | Journal                                                                          | http://www.painmed.org/journal/                                    | *Pain Medicine* 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 Anaesthetists (FPMANZCA), and the Spine Intervention Society (SIS).
### Partners for Understanding Pain

**Tool Kits for Health Care Professionals**

**Organization:** American Academy of Physical Medicine and Rehabilitation  
Mailing address: 9700 W Bryn Mawr Ave Suite 200, Rosemont, IL 60018  
Phone: 847-737-6000  
Facebook: [https://www.facebook.com/aapmrinfo/](https://www.facebook.com/aapmrinfo/)  
Twitter: [https://twitter.com/aapmr](https://twitter.com/aapmr)  
You Tube: [https://www.youtube.com/user/AAPMRsite](https://www.youtube.com/user/AAPMRsite)  
Email: info@aapmr.org

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<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>
<tr>
<td>Research advocacy</td>
<td>Advocacy on Capitol Hill</td>
<td><a href="http://www.aapmr.org/advocacy/research-advocacy">http://www.aapmr.org/advocacy/research-advocacy</a></td>
<td>AAPM&amp;R is actively involved in disability and rehabilitation research advocacy on Capitol Hill and at the National Institutes of Health for increased coordination and funding for medical rehabilitation research.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  American Association of Colleges of Nursing  
Mailing address:  One DuPont Cir NW Suite 530, Washington, DC 20036  
Phone:  202-463-6930  
Web site:  http://www.aacn.nche.edu  
Facebook:  https://www.facebook.com/AACNursing  
Twitter:  https://twitter.com/AACNursing  
You Tube:  https://www.youtube.com/watch?v=riXYEWuH-1o  
Email:  info@aapmr.org

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<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Learning and networking days</td>
<td>Education</td>
<td><a href="http://www.mynursingcas.org/nursingcas-learning-networking-days/">http://www.mynursingcas.org/nursingcas-learning-networking-days/</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>
<tr>
<td>Sample Newsletter</td>
<td>Information</td>
<td><a href="http://www.nursingcas.org/applicant-newsletters/applicant-newsletter-january-22-2016/">http://www.nursingcas.org/applicant-newsletters/applicant-newsletter-january-22-2016/</a></td>
<td>Information on programs that have available space, deadline extensions, and new 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, Suite 300, Chicago, IL 60631-2738
Phone: 800-229-7530
Web site: http://www.rehabnurse.org/
Facebook: https://www.facebook.com/pages/Association-of-Rehabilitation-Nurses/131982048075
Twitter: https://twitter.com/assocrehabnurse
You Tube: https://www.youtube.com/channel/UC-JoUwW2EZQGTywY1Ts_TaA
Email: info@rehabnurse.org

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<th>Resource</th>
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</thead>
<tbody>
<tr>
<td>Resources</td>
<td>Tool Kit</td>
<td><a href="http://www.rehabnurse.org/advocacy/content/Resources.html">http://www.rehabnurse.org/advocacy/content/Resources.html</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  
**Facebook:** [https://www.facebook.com/AmericanCancerSociety?fref=ts](https://www.facebook.com/AmericanCancerSociety?fref=ts)  
**Twitter:** [https://twitter.com/americancancer](https://twitter.com/americancancer)  
**You Tube:** [https://www.youtube.com/user/AmerCancerSociety](https://www.youtube.com/user/AmerCancerSociety)

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<th>Resource</th>
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<tbody>
<tr>
<td>Learn About Cancer</td>
<td>Education</td>
<td><a href="http://www.cancer.org/cancer/index#cancerListView">http://www.cancer.org/cancer/index#cancerListView</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 Support &amp; Treatment</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**
Mailing address: PO Box 850, Rocklin, CA 95677
Phone: 800-533-3231
Web site: [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)
You Tube: [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://theacpa.org/painLog/default.aspx">https://theacpa.org/painLog/default.aspx</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://theacpa.org/painMappingTools/">https://theacpa.org/painMappingTools/</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>
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</table>

Partners for Understanding Pain
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50
<table>
<thead>
<tr>
<th>Car with Four Flat Tires</th>
<th>Education</th>
<th><a href="https://www.theacpa.org/a-car-with-four-flat-tires">https://www.theacpa.org/a-car-with-four-flat-tires</a></th>
<th>A video that helps explain all the necessary components of pain management for a person to live a full life despite pain.</th>
</tr>
</thead>
<tbody>
<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://theacpa.org/art-of-pain-management">https://theacpa.org/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>
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<tr>
<td>Resource</td>
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<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>
<td></td>
</tr>
<tr>
<td>Resource</td>
<td></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>
<td></td>
</tr>
<tr>
<td>Resource</td>
<td></td>
<td>The goal of an ACPA group is to provide support, validation, an education in basic pain management and life skills.</td>
<td></td>
</tr>
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# Partners for Understanding Pain

## Tool Kits for Health Care Professionals

Organization: **American Nurses Association**  
Mailing address: 8515 Georgia Ave Suite 400, Silver Spring, MD 200910-3492  
Phone: 800-274-4ANA (4262)  
Facebook: [https://www.facebook.com/AmericanNursesAssociation](https://www.facebook.com/AmericanNursesAssociation)  
Twitter: [https://twitter.com/ananursingworld](https://twitter.com/ananursingworld)  
You Tube: [https://www.youtube.com/user/nursesmatter](https://www.youtube.com/user/nursesmatter)  
Other: Email: [anf@ana.org](mailto:anf@ana.org)

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<th>Resource</th>
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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 - further your nursing education with online Continuing Education 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 complex 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 American Nurses Association ensures all 3.1 million nurses are represented across the board and that nurses interests are not ignored by bureaucrats who lack true knowledge of the issues at the bedside.</td>
</tr>
<tr>
<td>Nursing Practice &amp;</td>
<td>Education</td>
<td><a href="http://www.nursingworld.org/MainMenuCategories">http://www.nursingworld.org/MainMenuCategories</a></td>
<td>A Healthy Work Environment is one that is safe, empowering, and satisfying. Parallel to</td>
</tr>
<tr>
<td>the Environment</td>
<td>categories/WorkplaceSafety</td>
<td>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>
<td></td>
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</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Pain Society
Mailing address: 8735 W Higgins Rd Suite 300, Chicago, IL 60631
Phone: 847-375-4715
Web site: http://americanpainsociety.org/
Facebook: https://www.facebook.com/americanpainsociety
Twitter: https://twitter.com/americanpainsoc
You Tube: https://www.youtube.com/user/AmericanPainSoc
Other: Email: info@americanpainsociety.org

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<th>Description</th>
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<tbody>
<tr>
<td>On Treating Patients who use Marijuana</td>
<td>Society</td>
<td><a href="http://americanpainsociety.org/98-american-pain-society-offers-guidance-on-medical-marijuana-for-pain">http://americanpainsociety.org/98-american-pain-society-offers-guidance-on-medical-marijuana-for-pain</a></td>
<td>CHICAGO, June 23, 2016 – Marijuana often is used to self-treat chronic pain and, with 24 states legalizing medical use of the herb, the American Pain Society published guidance in <em>The Journal of Pain</em> for physicians caring for patients who use cannabis. The paper also identified opportunities for future research required to better understand the health effects of cannabinoids.</td>
</tr>
<tr>
<td>Advocacy</td>
<td>Advocacy</td>
<td><a href="http://americanpainsociety.org/get-involved/advocacy/overview">http://americanpainsociety.org/get-involved/advocacy/overview</a></td>
<td>APS has identified a broad agenda of pain issues and advocates in numerous arenas to improve the care of patients with pain. The society's goals in this activity are to advance the treatment of people in pain by ensuring access to treatment, removing regulatory barriers, and educating practitioners and policy makers in all settings about advances and economics of effective pain treatment.</td>
</tr>
<tr>
<td>Education</td>
<td>Education</td>
<td><a href="http://americanpainorganization.org/education/overview">http://americanpainorganization.org/education/overview</a></td>
<td>The American Pain Society (APS) supports pain research and management professionals through high-quality educational resources and publications. In addition, APS provides various opportunities for pain professionals to share knowledge and earn continuing education.</td>
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<tr>
<td>The Journal of Pain</td>
<td>Research</td>
<td><a href="http://americanpainorganization.org/education/the-journal-of-pain/overview">http://americanpainorganization.org/education/the-journal-of-pain/overview</a></td>
<td>The Journal of Pain (JOP) aims to improve the care of patients in pain by providing a platform in which clinical researchers, basic scientists, clinicians, and other health professionals can publish original research. <em>JOP</em> is the second ranked pain journal in the world and has a current impact factor of 4.216© on 2013 Journal Citation Reports®, which rises every year.</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: 1-800-237-APhA (2742)
Facebook: [https://www.facebook.com/APhAPharmacists](https://www.facebook.com/APhAPharmacists)
Twitter: [https://twitter.com/pharmacists](https://twitter.com/pharmacists)
[https://twitter.com/PublicHealth?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/PublicHealth?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)
You Tube: [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 in order to accomplish learning goals.  
**Learn** to put your personal development plan into action.  
**Evaluate** the success of your personal development plan. |
The most important way to advocate for your profession is to regularly contact your legislators regarding issues of importance to pharmacy. Calling, writing, and most importantly, meeting in person with your elected officials will help establish you as a resource to consult when pharmacy issues come up for a vote.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

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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>Public Statements and Advocacy</td>
<td>Advocacy</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</td>
</tr>
<tr>
<td>Professional Development</td>
<td>Education</td>
<td><a href="http://www.apha.org/policies-and-advocacy">http://www.apha.org/policies-and-advocacy</a></td>
<td>health services are accessible to everyone. APHA represents a broad array of health providers, educators, environmentalists, policymakers and health officials. Welcome to APHA's Integrated Continuing Education Program for public health professionals and those interested in public health. This Web page is the portal to APHA's education, career and professional development activities. APHA's goal is to provide you with easy access to: expanded opportunities to earn continuing education credit online; webinars on relevant topics; links to other resources, meetings and activities that might be of interest.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American RSDHope Group
Mailing address: This group has been closed effective June 26, 2016 (see http://www.rsdhope.org/american-rsdhope-closed.html)
Phone: 207-583-4589
Web site: http://www.rsdhope.org/
Facebook: N/A
Twitter: N/A
You Tube: N/A

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<tbody>
<tr>
<td>Finding a support group</td>
<td>Resources</td>
<td><a href="http://www.rsdhope.org/crps-support-groups--listing-by-city-and-state.html">http://www.rsdhope.org/crps-support-groups--listing-by-city-and-state.html</a></td>
<td>RSD/CRPS support groups listed by city &amp; state.</td>
</tr>
<tr>
<td>Finding a Physical Therapist</td>
<td>Resources</td>
<td><a href="http://www.rsdhope.org/finding-a-physical-therapist--part-one.html">http://www.rsdhope.org/finding-a-physical-therapist--part-one.html</a></td>
<td>Helpful information on how to locate a physical therapist knowledgeable about RSD/CRPS. Questions to ask. A good physical therapist can be a key member of your medical team.</td>
</tr>
<tr>
<td>News</td>
<td>Information</td>
<td><a href="http://www.rsdhope.org/whats-new--click-here.html">http://www.rsdhope.org/whats-new--click-here.html</a></td>
<td>What’s new in the CRPS Community? Check out some of the new articles we have added to the website.</td>
</tr>
</tbody>
</table>
Organization: **American Sleep Apnea Association**  
Address: 1717 Pennsylvania Avenue, NW Ste. 1025, Washington, DC 20006  
Phone 888/293-3650  
Facebook: [https://www.facebook.com/sleepapneaorg/](https://www.facebook.com/sleepapneaorg/)  
Twitter: [https://twitter.com/sleepapneaorg](https://twitter.com/sleepapneaorg)  
You Tube: [https://www.youtube.com/user/sleepapneaed](https://www.youtube.com/user/sleepapneaed)

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</table>
| About Sleep Apnea | Information  | [http://www.sleepapnea.org/about-asaa.html](http://www.sleepapnea.org/about-asaa.html) | Interested in knowing what the association is working on, visit here for current plans and how you can help.  

Information about what ASAA Offers | Resources | [http://www.sleepapnea.org/about-asaa/who-we-are.html](http://www.sleepapnea.org/about-asaa/who-we-are.html) | As part of its endeavors to increase understanding of sleep apnea, the ASAA responds to thousands of requests for information from the public each year and answers a multitude of questions about diagnosis and treatment options. In addition, the ASAA works collaboratively with other nonprofit organizations and groups of health care professionals. The ASAA receives support with annual contributions from *Industry Partners and Friends like YOU*.  

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

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62
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: American Society for Pain Management Nursing® (ASPMN®)
Mailing address: PO Box 15473, Lenexa, KS  66285-5473
Phone: 888-342-7766/913-222-8666
Web site: [www.aspmn.org](http://www.aspmn.org)
Twitter: [https://www.youtube.com/user/ASPMN](https://www.youtube.com/user/ASPMN)
You Tube: [https://www.youtube.com/channel/UCm53H5vIHXVjYXilLaTfeyg](https://www.youtube.com/channel/UCm53H5vIHXVjYXilLaTfeyg)
Other: [https://www.linkedin.com/groups?gid=1870757](https://www.linkedin.com/groups?gid=1870757)

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<tr>
<td>Topic</td>
<td>Statement</td>
<td>Description</td>
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<td></td>
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<tr>
<td>PCSS-O Educational Webinar Series</td>
<td><a href="http://www.aspmn.org/education/Pages/pcssowebinars.aspx">http://www.aspmn.org/education/Pages/pcssowebinars.aspx</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 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.</td>
<td></td>
</tr>
</tbody>
</table>

Clinical Vignettes: [http://pcss-o.org/online-clinical-vignettes/](http://pcss-o.org/online-clinical-vignettes/)

Clinical Online Modules: [http://pcss-o.org/modules/](http://pcss-o.org/modules/)
| List of Association Position Statements | Position Statements | [http://www.aspmn.org/Pages/positionpapers.aspx](http://www.aspmn.org/Pages/positionpapers.aspx) |
| Association Journal: Pain Management Nursing | www.painmanagementnursing.org |
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
Web site: http://www.aspan.org/
Twitter: N/A
You Tube: N/A
Email: aspan@aspan.org

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy</td>
<td>Resource</td>
<td><a href="http://www.aspan.org/Resources/Advocacy/Find-Your-ASPAN-Liaison">http://www.aspan.org/Resources/Advocacy/Find-Your-ASPAN-Liaison</a></td>
<td>Find an ASPAN Liaison; listing by region and state.</td>
</tr>
<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
Web site: [www.arthritis.org](http://www.arthritis.org)
Facebook: [https://www.facebook.com/Arthritis.org](https://www.facebook.com/Arthritis.org)
Twitter: [https://twitter.comArthritisFdn](https://twitter.comArthritisFdn)
You Tube: [https://www.youtube.com/user/ArthritisFdn](https://www.youtube.com/user/ArthritisFdn)
Other: [https://www.flickr.co/photos/arthritis-foundation/](https://www.flickr.co/photos/arthritis-foundation/)

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better Living Toolkit</td>
<td>Resource</td>
<td><a href="http://blog.arthritis.org/news/better-living-toolkit-arthritis/">http://blog.arthritis.org/news/better-living-toolkit-arthritis/</a></td>
<td>Comprehensive kit provides health tracker to record 24 weeks of goals, changes in symptoms, level of pain and tips to communicate with healthcare professionals. It also includes Arthritis Today magazine, educational brochures and jar gripper. FREE.</td>
</tr>
<tr>
<td>Advocacy</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 an improve access to care.</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, boul. Pie IX, office 403, Montreal Quebec H1V 2C8 Canada
Phone: 514 355-4198
Web site: www.douleurchronique.org; French and/or English web site
Facebook: https://www.facebook.com/douleurchronique
Twitter:
You Tube:
Other: Free membership. We have 7 000 members.

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<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>
<tr>
<td>Varied articles</td>
<td></td>
<td><a href="http://www.douleurchronique.org/content_new.asp?node=2&amp;lang=en">http://www.douleurchronique.org/content_new.asp?node=2&amp;lang=en</a></td>
<td>In French or in English</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: +584169138227
Website:
Facebook: aavedestras deporte-salud
Twitter: @avedestras
You Tube:
Other:
Instagram: @avedestras

Resource suggestions

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mass media campaigns</td>
<td>Awareness-raising activity</td>
<td></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 health authorities</td>
<td>Communication tool</td>
<td></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>
</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:** 713-798-4951  
**Web site:** [https://www.bcm.edu/departments/physical-medicine-and-rehabilitation](https://www.bcm.edu/departments/physical-medicine-and-rehabilitation)  
**Facebook:** [https://www.facebook.com/BaylorCollegeOfMedicine](https://www.facebook.com/BaylorCollegeOfMedicine)  
**Twitter:** [https://twitter.com/bcmhouston](https://twitter.com/bcmhouston)  
**You Tube:** [https://www.youtube.com/user/BCMweb](https://www.youtube.com/user/BCMweb)

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<th>Resource</th>
<th>Type</th>
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<th>Description</th>
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</thead>
<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>
</tbody>
</table>

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Copyright 2017*
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Chronic Pain Research Alliance
Mailing address: P.O. Box 26770, Milwaukee, WI 53226

Phone: 262-432-0350
Web site: www.ChronicPainResearch.org
Facebook:
Twitter: https://twitter.com/CPRAlliance_org
You Tube: https://www.youtube.com/user/TMJAssociation
Other: http://endwomenspain.org/

<table>
<thead>
<tr>
<th>Resource</th>
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<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cutting Edge-COPCs Research Advances</td>
<td>e-newsletter <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, 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>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>This brochure addresses what are COPCs, 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>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

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

Tool Kits for Health Care Professionals

Organization: Coordinadora Nacional de Artritis
Mailing address: presidencia@conartritis.org
Phone: 915352141
Web site: www.conartritis.org
Facebook: https://www.facebook.com/ConArtritis/
Twitter: https://twitter.com/ConArtritis
You Tube: https://www.youtube.com/user/ConArtritis
Other: https://www.instagram.com/conartritis/
LinkedIn: www.linkedin.com/in/conartritis

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<th>Description</th>
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<tbody>
<tr>
<td>Web Page</td>
<td>Web</td>
<td><a href="http://www.conartritis.org">http://www.conartritis.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 espondiliartritis, news, research, treatment format, etc. We also offer free publications and studies to download. We organize meetings with doctors and chat online through the web.</td>
</tr>
</tbody>
</table>
### Partners for Understanding Pain

#### Tool Kits for Health Care Professionals

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

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<th>Resource</th>
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<th>Description</th>
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</thead>
<tbody>
<tr>
<td>About Chronic Overlapping Pain Conditions</td>
<td>Article</td>
<td><a href="http://www.chronicpainresearch.org/About_COPCs">http://www.chronicpainresearch.org/About_COPCs</a></td>
<td>Millions of Americans suffer from the 10 chronic pain disorders. All of these conditions are poorly understand and predominantly affect women.</td>
</tr>
<tr>
<td>Cutting Edge-COPCs</td>
<td>e-newsletter</td>
<td><a href="http://www.cpralliance.org/New_Findings">http://www.cpralliance.org/New_F indings</a></td>
<td>Stay abreast of recent research advances. You'll receive abstracts of recently published studies on the epidemiology, pathophysiology and clinical management</td>
</tr>
<tr>
<td>Research Advances</td>
<td></td>
<td>of Chronic Overlapping Pain Conditions, which include chronic low back pain, chronic migraine and tension-type headache, endometriosis, myalgic encephalomyelitis / chronic fatigue syndrome, fibromyalgia, vulvodynia, temporomandibular disorders, irritable bowel syndrome and interstitial cystitis / painful bladder syndrome.</td>
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<td></td>
</tr>
<tr>
<td>Prevalence &amp; Symptoms of Chronic Overlapping Pain Conditions</td>
<td>Article</td>
<td><a href="http://www.chronicpainresearch.org/Prevalence_Symptoms">http://www.chronicpainresearch.org/Prevalence_Symptoms</a></td>
<td>Chronic Overlapping Pain Conditions symptoms, U.S. prevalence estimates and the age range when these conditions typically begin.</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: 3514 21st St, Lubbock, TX 79410
Phone: 806-725-0000
Web site: http://www.covenanthealth.org/Contact-Us.aspx
Facebook: https://www.facebook.com/CovenantHealth
Twitter: https://twitter.com/covhs
You Tube: https://www.youtube.com/user/CovenantHealth
Contact form: https://www.covenanthealth.org/Contact-Us/Email-Us.aspx

<table>
<thead>
<tr>
<th>Resource</th>
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<th>URL</th>
<th>Description</th>
</tr>
</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</td>
</tr>
</tbody>
</table>
convenience of advanced technology, and the peace of mind that comes from being cared for by compassionate staff. We combine experienced medical professionals, successful patient outcomes and community outreach to provide the best possible patient care.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Defense and Veterans Center for Integrative Pain Management
Mailing address: 11300 Rockville Pike, Suite 709
Rockville, MD 20852
Phone: 410-816-4711
Web site: www.dvcipm.org
Facebook:
Twitter:
You Tube:
Other:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
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<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>DVPRS</td>
<td>Pain Measurement Tool</td>
<td><a href="http://www.dvcipm.org/clinical-resources/pain-rating-scale">http://www.dvcipm.org/clinical-resources/pain-rating-scale</a></td>
<td>This scale recognizes the biopsychosocial nature of the pain experience. It allows patients to describe their pain in terms of physical and emotional function.</td>
</tr>
<tr>
<td>JPEP</td>
<td>Pain Curriculum and Educational Videos</td>
<td><a href="http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep-1">http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep-1</a></td>
<td>This is a pain curriculum designed for primary care providers with educational videos for both caregivers and patients.</td>
</tr>
</tbody>
</table>
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
Web site: http://www.houston.va.gov/
Facebook: https://www.facebook.com/HoustonVAMC
Twitter: https://twitter.com/vahouston
You Tube: N/A

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<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 a very important role in the health care Veterans receive. The production of new knowledge, techniques, and products has improved prevention, diagnosis, treatment, and control of the many diseases faced by the Veterans.</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 efficiently and effectively meet the current...</td>
</tr>
</tbody>
</table>
and future needs of Veterans through innovations rooted in data, design-thinking, and agile development.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

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

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</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’re glad you’re here. The ERC was founded in early 1997 by Executive Director Michelle E. Marvel with the vision of addressing the ongoing need for international endometriosis awareness, advocacy, support, education, legislative efforts and research facilitation. Since our founding, we have been giving a voice to those with the disease. We were among the first endometriosis organizations to be formed and have long enjoyed working with various newcomer organizations over the years to present a unified voice on this disease.</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</td>
</tr>
</tbody>
</table>
have tirelessly addressed myths, misinformation and lack of understanding about this illness on a global basis. There is never a fee to join, participate in or benefit from the ERC’s programs. A free, truly non-profit foundation in every sense of the word, we exist solely on donations and there are no staff salaries. Moreover, we have no industry or sponsorship ties.
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

Organization: **Facial Pain Association**  
Mailing address: 408 W University Ave Suite 402, Gainesville, FL 32601  
Phone: 800-923-3608 or 352-384-3600  

Email us at: [info@tna-support.org](mailto:info@tna-support.org)  
Web site: [http://fpa-support.org/](http://fpa-support.org/)  
Facebook: [https://www.facebook.com/facialpainassociation/](https://www.facebook.com/facialpainassociation/)

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<tr>
<th>Resource</th>
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<th>Description</th>
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</table>
| Webinar          | Education  | *(previous webinars are available to view on FPA website)*  
[http://fpa-support.org/learn/webinar-archive/](http://fpa-support.org/learn/webinar-archive/) | A series of interviews with prominent medical professionals concerning TN and neuropathic facial pain, hosted by the chairman of FPA’s Medical Advisory Board, Jeffrey A. Brown, MD. |
| News Wire        | Education  |

*(Sign-up)*  
Scientific and general interest news distributed via Email twice a month, to patients with trigeminal neuralgia and related neuropathic face pain.
<table>
<thead>
<tr>
<th>Face to face support groups and Telephone Network contacts</th>
<th>Support</th>
<th><a href="http://fpa-support.org/support-network/support-groups/">http://fpa-support.org/support-network/support-groups/</a></th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>FPA</td>
<td>Official Trigeminal Neuralgia Network</td>
<td>Online Support</td>
<td><a href="https://www.facebook.com/groups/FPAnetwork/">https://www.facebook.com/groups/FPAnetwork/</a></td>
</tr>
<tr>
<td>YPC - Young Patient Committee (patients under 40 yoa)</td>
<td>Support and Education</td>
<td><a href="http://fpa-support.org/about/young-patients-committee-ypc/">http://fpa-support.org/about/young-patients-committee-ypc/</a></td>
<td>Information and tips concerning the unique situations facing young patients.</td>
</tr>
<tr>
<td>Conferences both National and Regional:</td>
<td>Education</td>
<td><a href="http://fpa-support.org/">http://fpa-support.org/</a></td>
<td>FPA hosts various conferences across the country. These conferences are great avenues for individuals with facial pain from all over to meet each other and learn from medical professionals about the options they might have in order to feel better.</td>
</tr>
<tr>
<td>Video Project</td>
<td>Education Awareness</td>
<td><a href="http://fpa-support.org/videos/">http://fpa-support.org/videos/</a></td>
<td>The FPA Video Project is collaboration between TN patients and The Facial Pain Association to raise awareness of facial pain syndromes and to celebrate the Association’s 25 years of patient support and advocacy. Join the Project and let the world hear from you, how this horrific pain can be triggered by something or some action that most people take for granted.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Family Caregivers Alliance
Mailing address: 785 Market St., Suite 750, San Francisco, CA 94103
Phone: 800-445-8106
Web site: https://www.caregiver.org/
Facebook: https://www.facebook.com/FamilyCaregiverAlliance
Twitter: https://twitter.com/CaregiverAlly
You Tube: https://www.youtube.com/user/CAREGIVERdotORG
Contact Form: https://www.caregiver.org/contact

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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>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 education</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 are a comprehensive collection of family-friendly publications filled with practical information on caregiving issues and health conditions.</td>
</tr>
<tr>
<td>Caregiver education</td>
<td>Education</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 Caregiving Issues and Strategies offer a wealth of information. This section provides you with practical care strategies, stress relief, available community services, etc.</td>
</tr>
</tbody>
</table>
resources, how to handle family issues, as well as hands-on care.
Caregiving Around the Clock

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

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

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

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

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

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

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

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

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

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Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: FindMeCure Foundation
Mailing address: Daniela.shikova@findmecure.com
Phone: +44 203 287 5712
Website: www.findmecure.com/foundation
Facebook: https://www.facebook.com/findmecure/
Twitter: https://twitter.com/FindMeCure
You Tube: https://www.youtube.com/channel/UC7FFOgPlztGHOSi3CLkTgNQ

Resource suggestions

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Search engine for pain clinical trials worldwide</td>
<td>Interactive search engine for clinical trials</td>
<td><a href="http://www.findmecure.com">www.findmecure.com</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-66oc">https://www.youtube.com/watch?v=tRHRfs-66oc</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>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>
</tr>
<tr>
<td>Blog post on pain management + infographic</td>
<td>Content</td>
<td>To be posted in September</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>A blog post published in our channels containing information for pain management and also giving info about clinical trials for different types of pain. It can also contain an info graphic.</td>
<td></td>
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</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  **For Grace**  
Mailing address:  PO Box 1724, Studio City, CA 91614  
Phone:  818-760-7635  
Twitter:  [https://twitter.com/forgrace](https://twitter.com/forgrace)  
You Tube:  [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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<th>Resource</th>
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</table>
| About Us   | Information | [http://www.forgrace.org/about-us/](http://www.forgrace.org/about-us/) | Founded in 2002, For Grace’s main goal is to increase awareness and promote education of the gender disparity women experience in the assessment and treatment of their pain.  

  
We believe empowering women to be better consumers for their pain management care, sensitizing the general public to gender pain disparities and enlightening public policy makers about pain as a major health issue will improve life outcomes for all women in chronic pain.  

Also, we see increased medical research about the differences in how men and women experience pain as part of the answer to alleviating the toll of human suffering. We believe medical research will pave the way for gender-specific therapies that will better manage persistent pain. |
| The Wonder Project | Music Therapy | [http://www.forgrace.org/women-pain/wonder-project/](http://www.forgrace.org/women-pain/wonder-project/) | Our spokesperson, Cynthia Toussaint, has recorded her first CD after losing her singing voice to CRPS for 15 years – and this testament to the healing power of music therapy is dedicated it to all Women In Pain.

Dubbed “The Wonder Project”, this collection of songs captures the essence of the pain experience while conveying the joy of reinvention and coming out the other side to better wellness. |
## Tool Kits for Health Care Professionals

**Organization:** Foundation for Peripheral Neuropathy  
Mailing address: 485 Half Day Road Suite 350, Buffalo Grove, IL 60089  
Phone: 877-883-9942  
Web site: [https://www.foundationforpn.org/](https://www.foundationforpn.org/)  
Facebook:  
[https://business.facebook.com/FoundationForPeripheralNeuropathy/?business_id=10153789786591494](https://business.facebook.com/FoundationForPeripheralNeuropathy/?business_id=10153789786591494)  
Twitter: [https://twitter.com/neuropathyassoc](https://twitter.com/neuropathyassoc)  
You Tube: [https://www.youtube.com/channel/UC3U44A3hTL1-iMUPJssFM7WQ](https://www.youtube.com/channel/UC3U44A3hTL1-iMUPJssFM7WQ)  
Contact Form: [https://www.foundationforpn.org/contact-us/](https://www.foundationforpn.org/contact-us/)

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<tr>
<th>Resource</th>
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<th>Description</th>
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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>
</tr>
<tr>
<td>Clinical Trial</td>
<td>Research</td>
<td><a href="https://www.foundationforpn.org/2016/07/11/gene-therapy-trial-target-underlying-cause-diabetic-peripheral-neuropathy/">https://www.foundationforpn.org/2016/07/11/gene-therapy-trial-target-underlying-cause-diabetic-peripheral-neuropathy/</a></td>
<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>
</tr>
<tr>
<td>Clinical Trials</td>
<td>Research</td>
<td><a href="https://www.foundationforpn.org/2015/08/31/comparison-of-treatment/">https://www.foundationforpn.org/2015/08/31/comparison-of-treatment/</a></td>
<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 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.”</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Healthy Women
Mailing address: P.O. Box 430, Red Bank, NJ 07701

Phone: 1-877-986-9472 (Toll-free)
        732-530-3425

Web site: healthywomen.org
Facebook: https://www.facebook.com/healthywomen/
Twitter: https://twitter.com/HealthyWomen
You Tube: Other: https://www.linkedin.com/company/healthywomen
https://www.instagram.com/healthywomenorg/
https://www.pinterest.com/healthywomenorg/

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<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Diseases &amp; Conditions: Pain</td>
<td>Comprehensive online</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>Management</td>
<td>guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 Questions to Ask About</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>Postsurgical Pain Management</td>
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<tr>
<td>Know Your Options for Managing</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>Pain after Surgery</td>
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<tr>
<td>Title</td>
<td>Resource Type</td>
<td>Resource Link</td>
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<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>
</tr>
<tr>
<td>Pain Management Quiz</td>
<td>Online quiz</td>
<td><a href="http://www.healthywomen.org/content/quiz/pain-management-quiz">http://www.healthywomen.org/content/quiz/pain-management-quiz</a></td>
<td>This is a 5-question online quiz about pain management.</td>
</tr>
<tr>
<td>NSAIDs Basics</td>
<td>Online article and infographic</td>
<td><a href="http://www.healthywomen.org/content/article/nsaids-basics?context=healthcenter/48&amp;context_title=48">http://www.healthywomen.org/content/article/nsaids-basics?context=healthcenter/48&amp;context_title=48</a></td>
<td>This article describes the different types of NSAIDs, what they do and how they can affect the body.</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>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>Title</td>
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<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>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>Adaptive Exercise: What to Do When Moving Isn't 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
Web site: [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)
Twitter: N/A
You Tube: N/A

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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>Work Place Wellness Alliance</td>
<td>Education</td>
<td><a href="http://www.ihpm.org/workplace-wellness-alliance/">http://www.ihpm.org/workplace-wellness-alliance/</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 the majority of their time at work, so the workplace provides a unique opportunity to raise awareness, as well as guide and incentivize individuals to develop healthier behaviours. This has proven to have a multiplier effect, as employees integrate health and well-being into their families and communities. [Klaus Schwab, Founder &amp; Executive Chairman, World Economic Forum]</td>
</tr>
</tbody>
</table>
4, No. 3, pp. 18-21 (by Harris Allen, David Hubbard and Sean Sullivan)...click here
2) Economic Burden of Illness for Employees with Painful Conditions —
*Health & Productivity Management* magazine, Vol. 5, No. 4...click here.
3) “Reducing Musculoskeletal Pain in the Workplace” — *Health & Productivity Management* magazine, Spring 2009, pp. 4-7 (by John Schaab at Intel and Rick Nevins)...click here
4) Recognizing the Impact of Migraine in the Workplace — Special Issue | *Health & Productivity Management* magazine...click here.
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

**Organization:** Intercultural Cancer Council  
**Mailing address:** Meharry Medical College, Doctor D.B. Todd Jr Blvd, Nashville, TN 37208  
**Phone:** N/A  
**Web site:** [http://www.interculturalcancercouncil.org/](http://www.interculturalcancercouncil.org/)  
**Facebook:** N/A  
**Twitter:** N/A  
**You Tube:** N/A  
**Email:** pjackson012@comcast.net  
**Contact form:** [http://www.interculturalcancercouncil.org/contact-us.html](http://www.interculturalcancercouncil.org/contact-us.html)

<table>
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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>Motto: Speaking With One Voice</td>
<td>Information</td>
<td><a href="http://www.interculturalcancercouncil.org/icc---icc-caucus-home.html">http://www.interculturalcancercouncil.org/icc---icc-caucus-home.html</a></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...&quot;</td>
</tr>
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</table>
solutions to
our call to action.” –
Armin D. Weinberg, PhD
Co-Founder, Intercultural Cancer Council
Baylor College of Medicine

“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: **Intl Assn for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis**
Mailing address: 9650 Rockville Pike, Bethesda, MD 20814
Phone: 301-634-7701
Facebook: [https://www.facebook.com/MECFSDiary/](https://www.facebook.com/MECFSDiary/)
Twitter: N/A
You Tube: [https://www.youtube.com/watch?v=nvRzUI97YLc](https://www.youtube.com/watch?v=nvRzUI97YLc)
Email: membership@iacfsme.org

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

Tool Kits for Health Care Professionals

Organization: **International Endometriosis Association**  
Mailing address: 8585 N. 76th Place, Milwaukee, WI 53223  
Phone: 414-355-2200  
Twitter: N/A  
You Tube: [https://www.youtube.com/user/endoassoc](https://www.youtube.com/user/endoassoc)

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<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
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<tbody>
<tr>
<td>How EA can help</td>
<td>Resources</td>
<td><a href="http://www.endometriosisassn.org/help.html">http://www.endometriosisassn.org/help.html</a></td>
<td>We offer the following services * Education * Support * Research * that can help educate and support you and others affected by this disease, as well as promote and facilitate research leading towards the cause and cure for endometriosis.</td>
</tr>
<tr>
<td>EA Brochure</td>
<td>Education</td>
<td><a href="http://www.endometriosisassn.org/brochures/english.pdf">http://www.endometriosisassn.org/brochures/english.pdf</a></td>
<td>EA brochures in several different languages, specialized brochure for teenagers, one for girls 8-12 years, and Endometriosis &amp; Menopause. Brochures can be ordered via email to <a href="mailto:endo@endometriosisassn.org">endo@endometriosisassn.org</a>.</td>
</tr>
<tr>
<td>Endo &amp; the Environment</td>
<td>Education</td>
<td><a href="http://www.endometriosisassn.org/environment.html">http://www.endometriosisassn.org/environment.html</a></td>
<td>Endometriosis is an endocrine and immune disease that affects an estimated 89 million women and girls around the world, regardless of ethnic or social origin. The incidence of allergies, asthma, and chemical sensitivities in women with endometriosis is higher than in the general population. Women with endometriosis are also at higher risk for autoimmune diseases and certain types of cancers.</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 Drive, Suite 300 McLean, VA 22102  
Phone: 703-442-2070  
Facebook: [https://www.facebook.com/InterstitialCystitisAssociation](https://www.facebook.com/InterstitialCystitisAssociation)  
Twitter: [https://twitter.com/ichelp](https://twitter.com/ichelp)  
You Tube: [https://www.youtube.com/user/ICHelp](https://www.youtube.com/user/ICHelp)  
Email: icamail@ichelp.org

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</table>
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 |
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. - See more at: http://www.ichelp.org/living-with-ic/interstitial-cystitis-and-diet/#sthash.rG4RxGLY.dpuf

| IC Treatment Guideline | Information | 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.4zDXvwal.dpuf |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Name: International Foundation For Functional Gastrointestinal Disorders
Address: PO Box 170864, Milwaukee, WI 53217-8076
Phone: 414-964-1799
E-mail: iffgd@iffgd.org
Website: www.iffgd.org
Facebook: https://www.facebook.com/IFFGD
Twitter: https://twitter.com/IFFGD
U-Tube: https://www.youtube.com/user/IFFGD

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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.</td>
</tr>
<tr>
<td>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,</td>
<td>Resource</td>
<td><a href="http://www.iffgd.org">www.iffgd.org</a></td>
<td></td>
</tr>
</tbody>
</table>
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**
Mailing address: N/A
Phone: 480-882-1342
Web site: [https://powerofpain.org/](https://powerofpain.org/)
Facebook: [https://www.facebook.com/InternationalPainFoundation/?fref=ts](https://www.facebook.com/InternationalPainFoundation/?fref=ts)
Twitter: [https://twitter.com/powerofpain](https://twitter.com/powerofpain)
You Tube: [https://www.youtube.com/c/powerofpainfoundation](https://www.youtube.com/c/powerofpainfoundation)
Contact form (bottom of page) [https://powerofpain.org/](https://powerofpain.org/)

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<th>Resource</th>
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<th>Description</th>
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</table>
| National Pain Strategy | Patient Awareness | [https://powerofpain.org/national-pain-strategy/](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.
<table>
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<tr>
<th>Include an agenda for developing physiological, clinical, behavioral, psychological, outcomes, and health services research and appropriate links across these domains.</th>
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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>
<tr>
<td>For additional detailed information on the NPS, please visit: <a href="http://iprcc.nih.gov/National_Pain_Strategy/NPS_Main.htm">http://iprcc.nih.gov/National_Pain_Strategy/NPS_Main.htm</a></td>
</tr>
</tbody>
</table>
# Partners for Understanding Pain

## Tool Kits for Health Care Professionals

Organization: **International Pain Management Network**  
Mailing address: Post Office Box 850, Rocklin, CA 95677  
Phone: 800.533.32331  
Web site: [https://ipmnetwork.org/](https://ipmnetwork.org/)

<table>
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<tr>
<th>Resource</th>
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<th>Description</th>
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</table>
| Our hope for tomorrow             | Mission            | [https://ipmnetwork.org/](https://ipmnetwork.org/) | Increase awareness of the burden and consequences of pain at all levels  
Inform the international community that pain management/relief is a basic human right  
Improve communication between patient and health care provider  
Develop tools and resources to identify and manage pain |
| International Resources for pain   | Resource           | [https://ipmnetwork.org/news](https://ipmnetwork.org/news) | News from around the world about the issues that we all face when it comes to pain management. |
| Healthcare is a Human Right       | Resource           | [https://ipmnetwork.org/healthcare-is-a-human-right](https://ipmnetwork.org/healthcare-is-a-human-right) | We should all have access to the healthcare we need: good quality, affordable care without fear of discrimination. This is our human right. |
The World Health Organization states that every person has ‘the right to the highest attainable standard of health’. Decision-makers in every country and continent are obliged to make this happen: to respect, protect and fulfil the rights of patients.

This Patient Solidarity Day we call on individuals, organizations and institutions to agree that healthcare is a human right for all – without exception – which must be reflected at every level of care. Systems should be designed and services delivered to meet the needs of patients.

We call on everyone to stand together on 5 December to raise awareness under this banner, to change the perspectives of others and to improve the lives of patients around the world.”
# Tool Kits for Health Care Professionals

## Organization:
**Lupus Foundation of America**  
Mailing address: 2000 L St NW Suite 410, Washington DC 20046  
After 8/27/2016: 2121 K Street NW, Suite 200, Washington DC 20037  
Phone: 202-349-1162  
Web site: [www.lupus.org](http://www.lupus.org)  
Facebook: [https://www.facebook.com/LupusFoundationofAmerica/](https://www.facebook.com/LupusFoundationofAmerica/)  
Twitter: [https://twitter.com/LupusOrg](https://twitter.com/LupusOrg)  
You Tube: [https://www.youtube.com/user/LupusFoundation](https://www.youtube.com/user/LupusFoundation)

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<tbody>
<tr>
<td>Communicating about Pain</td>
<td>Article</td>
<td><a href="http://www.lupus.org/magazine/entry/your-right-to-hurt-and-be-heard">http://www.lupus.org/magazine/entry/your-right-to-hurt-and-be-heard</a></td>
<td>Psychologists Paul J. Donoghue, Ph.D., and Mary E. Siegel, Ph.D., examine how we speak, how we listen, and how we can be more effective at both in communicating with healthcare providers.</td>
</tr>
<tr>
<td>Preparing for a Doctor’s Appointment</td>
<td>Article</td>
<td><a href="http://www.lupus.org/answers/entry/preparing-for-a-doctors-appointment">http://www.lupus.org/answers/entry/preparing-for-a-doctors-appointment</a></td>
<td>Checklist and tips for preparing for a doctor appointment to get the most out of the visit.</td>
</tr>
<tr>
<td>Suggestions on ways to deal with pain</td>
<td>Medically-reviewed article</td>
<td><a href="http://www.lupus.org/answers/entry/pain-lupus">http://www.lupus.org/answers/entry/pain-lupus</a></td>
<td>Article with tips on pain management.</td>
</tr>
<tr>
<td>How lupus affects the musculoskeletal system</td>
<td>Medically-reviewed article</td>
<td><a href="http://www.lupus.org/answers/entry/joint-muscle-pain-in-lupus">http://www.lupus.org/answers/entry/joint-muscle-pain-in-lupus</a></td>
<td>Article by Dr. Francisco P. Quismorio Jr, USC Medical Center in Los Angeles, CA on how lupus affects musculoskeletal system</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
Facebook: [https://www.facebook.com/menshealthnetwork](https://www.facebook.com/menshealthnetwork)
Twitter: [https://twitter.com/menshlthnetwork](https://twitter.com/menshlthnetwork)
You Tube: [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>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 25, 2016
Healthy E-Male May 12, 2016
Healthy E-Male April 27, 2016
Healthy E-Male April 13, 2016

If you don't get the Healthy E-Male but would like to [Click Here](http://www.menshealthnetwork.org/newsletters). The newsletter goes out twice monthly so we won't fill up your inbox! |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Association for the Advancement of Colored People
Mailing address: 4805 Mt. Hope Drive, Baltimore MD 21215
Phone: 877-NAACP-98
Web site: http://www.naacp.org/
Facebook: https://www.facebook.com/naacp
Twitter: https://twitter.com/naacp
You Tube: https://www.youtube.com/c/naacp/videos
Contact Form (bottom of page): http://www.naacp.org/page/s/contact

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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)
Mailing address: 750 First St NE, Suite 800 [please note change; formerly 700], Washington, DC 20002-4241
Phone: 202-408-8600
Web site: www.socialworkers.org
Facebook: https://www.facebook.com/socialworkers
Twitter: https://twitter.com/nasw
You Tube: https://www.youtube.com/user/socialworkers
Other: LinkedIn: https://www.linkedin.com/groups/115089/profile
Instagram: https://www.instagram.com/naswsocialworkers

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<tbody>
<tr>
<td>NASW Standards for Social Work Practice in Palliative &amp; End of Life Care</td>
<td>Standards and guidelines</td>
<td><a href="http://www.socialworkers.org/practice/standards/Palliative.asp">http://www.socialworkers.org/practice/standards/Palliative.asp</a></td>
<td>These standards, which are available to the public as a free download, delineate the services social workers should provide, employers should support, and consumers should expect in palliative and end-of-life care. Pain management is an integral component of the standards.</td>
</tr>
<tr>
<td>NASW Standards and Indicators for Cultural Competence in Social Work Practice</td>
<td>Standards and guidelines</td>
<td><a href="http://www.socialworkers.org/practice/standards/Standards_and_Indicators_for_Cultural_Competence.asp">http://www.socialworkers.org/practice/standards/Standards_and_Indicators_for_Cultural_Competence.asp</a></td>
<td>These standards, which are available to the public as a free download, address multiple concepts integral to effective pain management, such as language and communication.</td>
</tr>
<tr>
<td>Code of Ethics of the National Association of Social Workers</td>
<td>Standards and guidelines</td>
<td><a href="http://www.socialworkers.org/pubs/code/default.asp">http://www.socialworkers.org/pubs/code/default.asp</a></td>
<td>The <em>Code</em>, available to the public as a free download in English and Spanish, guides the everyday professional conduct of social workers. Although the <em>Code</em> is not specific to any specialty area of practice, its ethical values and principles implicitly support consumer access to holistic pain management services.</td>
</tr>
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<tr>
<td>Pain—An Introduction and an Opportunity for Social Work Involvement</td>
<td>Continuing education</td>
<td><a href="http://www.socialworkers.org/sections/teleconferences/tcourses/Default.aspx?courseID=d7c0860c-0228-4dac-a94a-b46b8c84b6a5&amp;header=OFF">http://www.socialworkers.org/sections/teleconferences/tcourses/Default.aspx?courseID=d7c0860c-0228-4dac-a94a-b46b8c84b6a5&amp;header=OFF</a></td>
<td>This archived teleconference, presented by social worker Terry Altilio, addresses the multidimensional experience of pain and tips for social work assessment and intervention. NASW Specialty Practice Sections membership required to access the program.</td>
</tr>
<tr>
<td>Promoting Excellence in Pain Management and Palliative Care</td>
<td>Continuing education</td>
<td><a href="http://www.socialworkers.org/sections/teleconferences/tcourses/Default.aspx?courseID=eb2291b2-13e8-4f33-a00c-fe31d83b9909&amp;header=OFF">http://www.socialworkers.org/sections/teleconferences/tcourses/Default.aspx?courseID=eb2291b2-13e8-4f33-a00c-fe31d83b9909&amp;header=OFF</a></td>
<td>This archived webinar, presented by social worker Shirley Otis-Green, addresses evidence-based strategies to promote quality palliative care and to relieve pain. NASW Specialty Practice Sections membership required to access the program.</td>
</tr>
<tr>
<td>What Social Workers Need to Know About Chronic Pain Management</td>
<td>Continuing education</td>
<td><a href="http://nasw1.interactyx.com/pages/course/portal.aspx?courseid=471">http://nasw1.interactyx.com/pages/course/portal.aspx?courseid=471</a></td>
<td>This self-study course, presented by Jeffrey Gorelick, MD, delineates a variety of treatment options for chronic pain and addresses how to respond to the psychosocial needs of people with chronic pain. Available to all social workers, for a fee.</td>
</tr>
<tr>
<td>NASW News</td>
<td>Publications</td>
<td><a href="http://www.socialworkers.org/pubs/news/default.asp">http://www.socialworkers.org/pubs/news/default.asp</a></td>
<td>NASW’s newspaper, published 10 times per year, is the primary information source for social work practitioners, administrators, policy advocates, researchers, faculty, and students. The newspaper is free to NASW members and available by subscription to nonmembers.</td>
</tr>
<tr>
<td>NASW Press</td>
<td>Publications</td>
<td><a href="http://www.naswpress.org">http://www.naswpress.org</a></td>
<td>NASW Press publications include NASW’s four journals (of which <em>Health &amp; Social Work</em> is one); the <em>Encyclopedia of Social Work</em>, available in both print and online formats, which includes articles about pain, palliative care, and hospice; <em>Social Work Speaks</em>, which includes</td>
</tr>
<tr>
<td><strong>NASW–NHPCO advanced practice specialty credentials in hospice and palliative social work</strong></td>
<td><strong>Credentials</strong></td>
<td><a href="http://www.socialworkers.org/credentials/list.asp">http://www.socialworkers.org/credentials/list.asp</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>
</tr>
<tr>
<td><strong>NASW comments to the 2015 White House Conference on Aging</strong></td>
<td><strong>Policy advocacy</strong></td>
<td><a href="http://www.socialworkers.org/practice/aging/documents/NASW_Comments_on_2015_WHCoA_Healthy_Aging_Policy_Brief_61215.pdf">http://www.socialworkers.org/practice/aging/documents/NASW_Comments_on_2015_WHCoA_Healthy_Aging_Policy_Brief_61215.pdf</a></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>
</tr>
<tr>
<td><strong>Help Starts Here</strong></td>
<td><strong>Consumer education</strong></td>
<td><a href="http://www.helpstarts">http://www.helpstarts</a> here.org/</td>
<td>NASW’s consumer Web site, <em>Help Starts Here</em>, 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>
</tr>
<tr>
<td><strong>Clinical Practice Guidelines for Quality Palliative Care (3rd ed.)—National Consensus Project for Quality Palliative Care</strong></td>
<td><strong>Standards and guidelines</strong></td>
<td><a href="http://www.nationalconsensusproject.org/Guidelines_Download2.aspx">http://www.nationalconsensusproject.org/Guidelines_Download2.aspx</a></td>
<td>The <em>Clinical Practice Guidelines for Quality Palliative Care</em> (revised in 2013 by the American Academy of Hospice and Palliative Medicine, the Center to Advance Palliative Care, the Hospice and Palliative Nurses Association, the National Association of Social Workers, the National Hospice and Palliative Care Organization, and the National Palliative Care Research Center) promote quality palliative care, foster consistent and high standards in palliative care, and encourage continuity of care across settings. Pain management is an integral component of the guidelines, which are available to the public as a free download.</td>
</tr>
<tr>
<td><strong>Dementia Care Practice Recommendations—Alzheimer’s Association</strong></td>
<td><strong>Standards and guidelines</strong></td>
<td><strong><a href="http://www.alz.org/professionals_and_researchers_dementia_care_practice_recommendations.asp">http://www.alz.org/professionals_and_researchers_dementia_care_practice_recommendations.asp</a></strong></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>
</tr>
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</tr>
<tr>
<td><strong>Advanced Care, Hospice, and End-of-Life Principles—Leadership Council of Aging Organizations</strong></td>
<td><strong>Policy advocacy</strong></td>
<td><strong><a href="http://www.lcao.org/lcao-advanced-care-hospice-end-life-principles/">http://www.lcao.org/lcao-advanced-care-hospice-end-life-principles/</a></strong></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 adults living with advanced illness or nearing the end of life. Pain management is included as an integral component of such care. The document is available to the public as a free download.</td>
</tr>
<tr>
<td><strong>Speak Up: What you need to know about your serious illness and palliative care—The Joint Commission</strong></td>
<td><strong>Consumer education</strong></td>
<td><strong><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></strong></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>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Fibromyalgia & Chronic Pain Association
Mailing address: 31 Federal Avenue, Logan, UT 84321
Phone: 801.200.3627
Facebook: [https://www.facebook.com/NFMCPA#!/NFMCPA](https://www.facebook.com/NFMCPA#!/NFMCPA)
Twitter: [https://twitter.com/FibroAndPain](https://twitter.com/FibroAndPain)
You Tube: [https://www.youtube.com/user/FMCPAWARE?feature=creators_corner-](https://www.youtube.com/user/FMCPAWARE?feature=creators_corner-)
[s.ytimg.com/yt/img/creators_corner/YouTube/40x40_yt_white.png](s.ytimg.com/yt/img/creators_corner/YouTube/40x40_yt_white.png)

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<th>Resource</th>
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<tbody>
<tr>
<td>Resources about Fibromyalgia</td>
<td>Education</td>
<td><a href="http://www.fmcpaware.org/resourceseducation.html">http://www.fmcpaware.org/resourceseducation.html</a></td>
<td>Fibro doesn’t only effect 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.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Consumer League
Mailing address: 1701 K Street NW Suite 1200, Washington, DC 20006
Phone: 202-835-3323
Facebook: [https://www.facebook.com/nationalconsumersleague](https://www.facebook.com/nationalconsumersleague)
Twitter: [https://twitter.com/ncl_tweets](https://twitter.com/ncl_tweets)
You Tube: N/A
Email: [http://www.nclnet.org/contact_us](http://www.nclnet.org/contact_us)

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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>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>
</tbody>
</table>
**Partners for Understanding Pain**

**Tool Kits for Health Care Professionals**

Organization: National Fibromyalgia Association  
Mailing address: 31 Federal Avenue, Logan, UT 84321  
Phone: 801-200-3627  
Facebook: [https://www.facebook.com/NFMCPA#!/NFMCPA](https://www.facebook.com/NFMCPA#!/NFMCPA)  
Twitter: [https://twitter.com/FibroAndPain](https://twitter.com/FibroAndPain)  
You Tube: [https://www.youtube.com/user/FMCPAWARE?feature=creators_corner-s.ytimg.com/yt/img/creators_corner/YouTube/40x40_yt_white.png](https://www.youtube.com/user/FMCPAWARE?feature=creators_corner-s.ytimg.com/yt/img/creators_corner/YouTube/40x40_yt_white.png)  

<table>
<thead>
<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
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</table>
| Education and Support Groups | Education & Support | [http://www.fmcpaware.org/community/nfmcpa-education-and-support-groups.html](http://www.fmcpaware.org/community/nfmcpa-education-and-support-groups.html) | We have a directory of support groups across the United States. We also have a growing number of support groups internationally, which can be found [here](https://www.youtube.com/user/FMCPAWARE?feature=creators_corner-s.ytimg.com/yt/img/creators_corner/YouTube/40x40_yt_white.png). Only logged in and registered members can start a support group. You can register as a member [here](https://www.youtube.com/user/FMCPAWARE?feature=creators_corner-s.ytimg.com/yt/img/creators_corner/YouTube/40x40_yt_white.png).

The NFMCPA has created the directory as a service to those living with FM and caregivers to assist them in finding the nearest community support group. The groups listed and those that will be developed are operated independently, and...
the NFMCPA is not responsible for the actions of the groups or their members. This information is not to be used to solicit for personal, financial or professional gain. Our goal is to educate the community about groups and help people find support in their local areas.

You may read all the terms and conditions the NFMCPA requires of support groups in order to be on the directory [here](http://www.fmcpawarde.org/fibromyalgia/research-clinical-trials.html).

<table>
<thead>
<tr>
<th>Clinical Trials</th>
<th>Research</th>
<th><a href="http://www.fmcpawarde.org/fibromyalgia/research-clinical-trials.html">http://www.fmcpawarde.org/fibromyalgia/research-clinical-trials.html</a></th>
</tr>
</thead>
</table>

Patient participation is crucial to find more and better answers to the perplexing questions that surround fibromyalgia (FM) and chronic pain. Please consider whether it would be appropriate to participate in this work, and check this page often for information regarding research opportunities close to you.

What are clinical trials? How can you volunteer, and what to consider about participating? [Click here](http://www.fmcpawarde.org/fibromyalgia/research-clinical-trials.html) for more information.
## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

**Organization:** National Fibromyalgia Partnership  
**Mailing address:** 140 Zinn Way, Linden, VA 22642-5609  
**Phone:** 818-707-5664  
**Web site:** [http://www.fmpartnership.org/](http://www.fmpartnership.org/)  
**Facebook:**  
**Twitter:**  
**You Tube:**  

<table>
<thead>
<tr>
<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.fmpartnership.org/about.asp">http://www.fmpartnership.org/about.asp</a></td>
<td>Our Mission is to make medically-accurate, quality resource information on fibromyalgia (FM) available to our membership, health care professionals, and the community-at-large. Our Goal is to provide informational tools so as to promote the timely and appropriate diagnosis and treatment of fibromyalgia.</td>
</tr>
<tr>
<td>Do Your Own Research</td>
<td>Education</td>
<td><a href="http://www.fmpartnership.org/resources.asp?apm=1_2">http://www.fmpartnership.org/resources.asp?apm=1_2</a></td>
<td>National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH) Lead institute at the NIH in the funding of extramural, fibromyalgia research. Also has useful consumer information on fibromyalgia, arthritis, and other chronic musculoskeletal pain conditions. <a href="http://www.niams.nih.gov">http://www.niams.nih.gov</a></td>
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<td></td>
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<td>PubMed Database of the U.S. National</td>
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Library of Medicine of the National Institutes of Health
PubMed comprises more than 22 million citations for biomedical literature from MEDLINE, life science journals, and online books.
http://www.pubmed.gov

NIH Office of Dietary Supplements
Offers a wide array of consumer fact sheets and resource information on dietary supplements.
http://ods.od.nih.gov

National Council on Disability (NCD)
NCD is a small, independent federal agency charged with advising the President, Congress, and other federal agencies regarding policies, programs, practices, and procedures that affect people with disabilities. A wide variety of reports on disability-related topics is available for download and/or printing.
http://www.ncd.gov
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Headache Foundation
Mailing address: 820 N Orleans St, Chicago, IL 60610
Phone: 312-274-2650
Web site: http://www.headaches.org/
Twitter: https://twitter.com/nhf
You Tube: https://www.youtube.com/user/nhf1970
Email: info@headaches.org
Contact Form: http://www.headaches.org/contact/

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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>Encouraging You to Rule Your</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 46 years, our mission at the National Headache Foundation has been to further awareness of headache and migraine as legitimate neurobiological diseases. Much has changed during this time. With aid from advanced technology and clinical innovation, there are more treatment options than ever before. However, we understand that these diseases are still largely misunderstood and that finding the right treatment options for you requires insight. We have collected the most comprehensive information on headache and migraine, which we make freely available to you. Every day, our physician finder connects patients, who have just begun to seek treatment or those who are looking for more options, to neurologists and headache specialists. Our magazine, Head Wise</td>
</tr>
</tbody>
</table>

Partners for Understanding Pain
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126
provides in depth articles on advances in treatment and understanding of these complex diseases.

In your continuing pursuit of the treatment and understanding that you deserve, please know that the National Headache Foundation is your partner. We have been inspiring hope and will continue to do so.

<table>
<thead>
<tr>
<th>Headache Sufferer’s Diet</th>
<th>Education</th>
<th><a href="http://www.headaches.org/headache-sufferers-diet/">http://www.headaches.org/headache-sufferers-diet/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Dietary triggers do not necessarily contribute to headaches in all patients, and particular foods may trigger attacks in certain individuals on occasion. Be your own expert by keeping a log of the foods you have eaten before a migraine attack, and see whether the removal of these foods from your diet reduces or eliminates your headaches. Download a list of foods that may trigger migraine headaches and should be avoided by sufferers at <a href="https://docs.google.com/viewerng/viewer?url=http://www.headaches.org/wp-content/uploads/2015/01/237149311-Low-Tyramine-Headache-Diet-from-the-National-Headache-Foundation.pdf&amp;hl=en_US">https://docs.google.com/viewerng/viewer?url=http://www.headaches.org/wp-content/uploads/2015/01/237149311-Low-Tyramine-Headache-Diet-from-the-National-Headache-Foundation.pdf&amp;hl=en_US</a></td>
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<tr>
<td></td>
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<td>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. <strong>Caffeine and Headache</strong> Brief Look at Caffeine What is Caffeine? Where Can I Find Caffeine? Caffeine: A Double-Edged Sword Read full article through link to left.</td>
</tr>
</tbody>
</table>
Name: **National Hispanic Medical Association**  
Address: 1411 K Street, Suite 1100 Washington, DC 20005  
Phone: 202-628-5895  
Email: nhma@nhmamd.org  
Web Site: www.nhmamd.org

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<tr>
<th>Resource</th>
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<th>Description</th>
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<tbody>
<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 mission of the organization is to improve the health of Hispanics and other underserved populations. As a rapidly growing national resource based in the nation’s capital, NHMA provides policymakers and health care providers with expert information and support in strengthening health service delivery to Hispanic communities across the nation.</td>
</tr>
<tr>
<td>Health care professional that work with the Hispanic Medical Association</td>
<td>Resource</td>
<td><a href="http://www.nhmamd.org">www.nhmamd.org</a></td>
<td>Established in 1994 in Washington, DC, the NHMA is a nonprofit organization representing Hispanic physicians in the United States. The mission of NHMA is to improve the health of Hispanics and underserved populations. In 2004, the NHMA established the <strong>National Hispanic Health Professionals Leadership Network</strong> which includes the National Association of Hispanic Nurses <a href="http://www.nahnnet.org">http://www.nahnnet.org</a>, the <strong>Hispanic</strong></td>
</tr>
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</table>
Dental Association [http://hdassoc.org/], the Latino Caucus of the American Public Health Association [http://latinocaucus-apha.org/], the Latino Behavioral Health Association [http://nlbha.org], the National Forum of Latino Health Executives, the NY based 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.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Medical Association
Mailing address: 8403 Colesville Road Suite 820, Silver Spring, MD 20910
Phone: 202-347-1895
Facebook: [https://www.facebook.com/The-National-Medical-Association-119870658170](https://www.facebook.com/The-National-Medical-Association-119870658170)
You Tube: [https://www.youtube.com/channel/UCar4wNq0_vyHuf3AIh67q2w](https://www.youtube.com/channel/UCar4wNq0_vyHuf3AIh67q2w)
Contact Form: [http://www.nmanet.org/general/?type=CONTACT](http://www.nmanet.org/general/?type=CONTACT)

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| Health Policy    | Health Policy   | [http://www.nmanet.org/page/HealthPolicy](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.  
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. |
| 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).

Read more through link at left.
## Community Health Worker Program

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.

Chief Community Health Workers with a background in health or health education work directly with clients. CHWs also oversee workers from the local community with similar socio-economic and cultural backgrounds who serve as coaches to help clients carry out their action plans.

The CHW program targets African American adults who are at risk for

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<tr>
<td>Community Health Worker Program</td>
<td>Information</td>
<td><a href="http://www.iamempowered.com/programs/community-health-workers-program">http://www.iamempowered.com/programs/community-health-workers-program</a></td>
<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. Chief Community Health Workers with a background in health or health education work directly with clients. CHWs also oversee workers from the local community with similar socio-economic and cultural backgrounds who serve as coaches to help clients carry out their action plans. The CHW program targets African American adults who are at risk for</td>
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obesity, diabetes, heart disease and other chronic health issues. Many clients are currently or formerly engaged in other programs of the Urban League affiliate, such as job training and placement, housing counseling, financial education, seniors’ programs, substance abuse and prevention programs, or voter registration. By helping participants address a broad range of economic, social and psychosocial issues, the Urban League stabilizes and improves the quality of their lives and incorporates a holistic approach to health.

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.

<table>
<thead>
<tr>
<th>Health Wellness Tour</th>
<th>Information</th>
<th><a href="http://www.iamempowered.com/programs/walgreens-health-wellness-tour">http://www.iamempowered.com/programs/walgreens-health-wellness-tour</a></th>
</tr>
</thead>
</table>

Walgreens Way to Well Health Tour hosts health fairs in Urban League cities. The national tour will provide free health resources to residents in urban and minority communities who experience disproportionately higher rates of preventable disease. The service is free and insurance will not be billed.

The health tour’s bundle of free health tests and risk assessments is designed to provide participants with personal health insights that may indicate symptoms and potential risks for cancer, heart disease and diabetes. Tests include total cholesterol, glucose, blood pressure, body mass index, body composition, skeletal muscle, resting metabolism, visceral fat, real body age and body weight. Collectively, the health tests
valued at over $100, are administered to adults age 18 years and older by certified wellness staff and can be completed in approximately 20 minutes. Afterward, participants will consult with a Walgreens pharmacist or certified wellness staff about his or her results.

Also available with the tour are educational health and wellness resources provided by NUL as well as Walgreens Way to Well cause partners: American Heart Association (AHA), American Cancer Society (ACS), American Diabetes Association (ADA), Juvenile Diabetes Research Foundation (JDRF) and Susan G. Komen for the Cure.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Vulvodynia Association
Mailing address: PO Box 4491, Silver Spring, MD 20914-4491
Phone: 301-299-0775
Web site: http://www.nva.org/
Facebook: N/A
Twitter: N/A
You Tube: N/A
Contact Form: http://www.nva.org/about-us/contact-us/

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<tr>
<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Self-Help Tips</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>
</tbody>
</table>

**Clothing and Laundry**

- Wear all-white cotton underwear.
- Do not wear pantyhose (wear thigh high or knee-high hose instead).
- Wear loose-fitting pants or skirts.
- Remove wet bathing suits and exercise clothing promptly.
- Use dermatologically approved detergent such as Purex or Clear.
- Double-rinse underwear and any other clothing that comes into contact with the vulva.
<table>
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<tr>
<th>Hygiene</th>
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<tr>
<td>- Do not use fabric softener on undergarments.</td>
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<td>- Use soft, white, unscented toilet paper.</td>
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<tr>
<td>- Use lukewarm or cool sitz baths to relieve burning and irritation.</td>
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<tr>
<td>- Avoid getting shampoo on the vulvar area.</td>
</tr>
<tr>
<td>- Do not use bubble bath, feminine hygiene products, or any perfumed creams or soaps.</td>
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<tr>
<td>- Wash the vulva with cool to lukewarm water only.</td>
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<tr>
<td>- Rinse the vulva with water after urination.</td>
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<tr>
<td>- Urinate before the bladder is full.</td>
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<tr>
<td>- 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.</td>
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<tr>
<td>- Use 100% cotton menstrual pads and tampons.</td>
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<tr>
<th>Physical Activities</th>
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<tr>
<td>- Avoid exercises that put direct pressure on the vulva such as bicycle riding and horseback riding.</td>
</tr>
<tr>
<td>- Limit intense exercises that create a lot of friction in the vulvar area (try lower intensity exercises such as walking).</td>
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<tr>
<td>- Use a frozen gel pack wrapped in a towel to relieve symptoms after exercise.</td>
</tr>
<tr>
<td>- Enroll in an exercise class such as yoga to learn stretching and relaxation exercises.</td>
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<tr>
<td>- Don’t swim in highly chlorinated pools.</td>
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<td>- Avoid the use of hot tubs.</td>
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<tr>
<th>Everyday Living</th>
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<tr>
<td>- Use a foam rubber donut for long periods of sitting.</td>
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</table>
| Participate in Research | Information | Additional research is critical to understanding the causes of and treatments for vulvodynia. You can help with this research by participating in research studies, many of which the NVA is funding.

- If you must sit all day at work, try to intersperse periods of standing (e.g. rearrange your office so that you can stand while you speak on the phone).
- Learn some relaxation techniques to do during the day (The Relaxation and Stress Reduction Workbook by Davis, Eshelman and McKay or The Chronic Pain Control Workbook by Catalano and Hardin are recommended). |

Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: National Women’s Health Resource
Mailing address: PO Box 430, Red Bank, NJ 07701
Phone: 877-986-9472
Facebook: N/A
Twitter: N/A
You Tube: N/A
Email: info@healthywomen.org

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<tr>
<th>Resource</th>
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<tbody>
<tr>
<td>Pain Center</td>
<td>Information</td>
<td><a href="http://www.healthywomen.org/ages-and-stages/healthy-living/pain-center">http://www.healthywomen.org/ages-and-stages/healthy-living/pain-center</a></td>
<td>If you find yourself heading to the operating room, you're 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-know facts about postsurgical pain management:</td>
</tr>
<tr>
<td>Pain Management</td>
<td>Education</td>
<td><a href="http://www.healthywomen.org/condition/pain-management">http://www.healthywomen.org/condition/pain-management</a></td>
<td>Pain is one of the most common human experiences. Yet pain has never been fully accepted as a medical problem. One reason may be because pain is a subjective and highly individualized experience. You can measure pain even though you can't touch it, feel it (unless it's your own), image it or prove its existence. Even a pinprick creates differing sensations of pain for different people.</td>
</tr>
</tbody>
</table>
## Tool Kits for Health Care Professionals

Organization: **Online Nurse Practitioner Programs**  
Mailing address: SR Education Group, 123 Lake Street S B-1, Kirkland, WA 98033  
Phone: N/A  
Facebook: N/A  
Twitter: N/A  
You Tube: N/A  
Other: Contact Form: [http://www.guidetoonlineschools.com/contact](http://www.guidetoonlineschools.com/contact)

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</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: PainPathways Magazine
Mailing address: 150 Kimel Park Drive Suite 100, Winston-Salem, NC 27103
Phone: 336-760-2942
Web site: http://www.painpathways.org
Facebook: https://www.facebook.com/PainPathwaysMagazine
Twitter: https://twitter.com/PainPathwaysMag
You Tube: https://www.youtube.com/channel/UCDN4V6VWr-NltlCqA2uY6w
Other: LinkedIn: https://www.linkedin.com/groups/4874299
Digital edition: http://browndigital.bpc.com/publication/?m=22322&l=1
Pinterest: https://www.pinterest.com/painpathways/

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<tr>
<th>Resource</th>
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<tbody>
<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>First published in 2008, PainPathways is the culmination of the vision of Richard L. Rauck, MD, to provide a shared resource for people living with and caring for others in pain. This quarterly resource not only provides in-depth information on current treatments, therapies and research studies but also connects people who live with pain, both personally and professionally. PainPathways is the official magazine of the World Institute of Pain (WIP).</td>
</tr>
</tbody>
</table>
Tool Kits for Health Care Professionals

Organization: Osteoarthritis Action Alliance
Address: Thurston Arthritis Research Center
University of North Carolina
3300 Thurston Building, CB 7280
Chapel Hill, NC, 27599-7280
Phone: (919) 966-7209
Web Page: http://oaaction.unc.edu/
Face Book: https://www.facebook.com/oaaction
Twitter: https://twitter.com/oaactionallianc
You Tube: https://www.youtube.com/channel/UCS-aqFUCWXI4nyAyW82RCKw/
Email: oaaction@unc.edu

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<th>Resource</th>
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</table>
| Injury Prevention | Resource   | http://oaaction.unc.edu/resource-library/injury-prevention/ | Preventing ACL Injuries and Improving Performance
The Osteoarthritis Action Alliance with the aid and leadership of the National Athletic Trainers’ Association has created flyers to educate professional sport organizations as well as individuals in the community (student athletes, parents) in the importance of preventing ACL injury. The flyer includes exercises that can be incorporated into a preventive training program to prevent ACL injury and improve the performance of athletes. |
<table>
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<tr>
<th>Injury Prevention</th>
<th>Education</th>
<th><a href="http://oaaction.unc.edu/files/2014/10/PREVENT_ACL_INJUR">http://oaaction.unc.edu/files/2014/10/PREVENT_ACL_INJUR</a></th>
<th>Joint injuries can sideline your players and have a long-lasting impact on their health and wellbeing. Joint injuries, such as those</th>
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<tbody>
<tr>
<td>Weight Management</td>
<td>Education</td>
<td><a href="https://oaaction.unc.edu/files/2014/10/OA-WM-Bkgender-4-20-20121.pdf">https://oaaction.unc.edu/files/2014/10/OA-WM-Bkgender-4-20-20121.pdf</a></td>
<td>This document serves as a technical backgrounder reflecting the current state of the science that links obesity, osteoarthritis (OA) and disability. As depicted below, these three conditions interact to place the individual in a vicious cycle that erodes health, independence and well-being, diminishes quality of life, and contributes to rapidly escalating health care costs for both the individual and society:</td>
</tr>
<tr>
<td>Arthritis and Walking</td>
<td>Education</td>
<td><a href="https://oaaction.unc.edu/files/2014/10/1.-Arthritis-and-Walking-OAAA.pdf">https://oaaction.unc.edu/files/2014/10/1.-Arthritis-and-Walking-OAAA.pdf</a></td>
<td>Arthritis is common in the population and is a frequent contributor to disability. There are many types of arthritis, such as osteoarthritis, rheumatoid and other inflammatory arthritis conditions, and arthritis associated with connective tissue diseases such as lupus. Many individuals suffer from chronic musculoskeletal pain (low back pain, fibromyalgia, etc.) with and without arthritis. Physical activity is beneficial in all of these.</td>
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</table>
Tool Kits for Health Care Professionals

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

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<tr>
<th>Resource</th>
<th>Type</th>
<th>URL</th>
<th>Description</th>
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<tbody>
<tr>
<td>U.S. Resources</td>
<td>Resources</td>
<td><a href="http://www.painpolicy.wisc.edu/united-states-resources">http://www.painpolicy.wisc.edu/united-states-resources</a></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><a href="http://www.painpolicy.wisc.edu/online-course">http://www.painpolicy.wisc.edu/online-course</a></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.</td>
</tr>
<tr>
<td>This course is about the relationship between government policies that affect the medical availability of opioid analgesics and patients who experience moderate to severe pain. It is critically important for health care professionals and government drug regulators, as well as advocates involved in the area of palliative care and pain relief, to understand the government policies that control opioid analgesics and how they can impact medication availability and patient access to opioid analgesics.</td>
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</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: Pharmaceutical Research and Manufacturers of America
Mailing address: 950 F Street, NW Suite 300 Washington, DC 20004
Phone: 202-835-3400
Web site: http://www.phrma.org/
Facebook: https://www.facebook.com/phrma
Twitter: https://twitter.com/phrma
You Tube: https://www.youtube.com/user/PhRMAPress
Contact Form: http://www.phrma.org/printmail/40

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<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>From Hope to Cures</td>
<td>Information</td>
<td><a href="http://www.phrma.org/value">http://www.phrma.org/value</a></td>
<td>Biopharmaceutical innovation and new drug discovery delivers far-reaching benefits to patients, the U.S. health care system and our state and national economies. New medicines discovered and developed by America’s biopharmaceutical research companies are helping people lead longer, more productive lives, controlling healthcare costs and stimulating the economy through high-quality jobs and a healthier workforce.</td>
</tr>
<tr>
<td>Medicines in Development - Arthritis</td>
<td>Information</td>
<td><a href="http://www.phrma.org/arthritis-medicines-development-offer-hope-those-living-pain">http://www.phrma.org/arthritis-medicines-development-offer-hope-those-living-pain</a></td>
<td>When discussing progress associated with medical innovation, we like to mention both life-saving and life-enhancing medicines. Why? Because so many debilitating chronic conditions may not be life-threatening, but the patients who live with them still deserve the best that healthcare has to offer. Yesterday, PhRMA released a survey finding 198 medicines currently in</td>
</tr>
</tbody>
</table>
development for arthritis and other musculoskeletal disorders - the most common chronic health problem in the U.S., affecting in total more than 50 million patients in the U.S.

Patients with these conditions - our friends and neighbors - live each day in pain. That's why America's biopharmaceutical research companies take their responsibility to those patients as seriously as to those with life-threatening diseases.

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<thead>
<tr>
<th>Topic</th>
<th>Category</th>
<th>URL</th>
<th>Summary</th>
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<tbody>
<tr>
<td>Restoring Hope</td>
<td>Research</td>
<td><a href="http://www.phrma.org/break-through-your-pain">http://www.phrma.org/break-through-your-pain</a></td>
<td>Imagine starting each day knowing chronic pain will be a constant companion. Many dread having to bend down to pick up their children, empty a dishwasher, or prepare a meal for their family. At work, simple tasks, such as typing on a computer or filing papers, are painful and exhausting. Some endure soreness in their back when sitting for long periods of time. Others wince when answering the phone from shooting pain in their shoulders or neck. No matter the type of pain or the cause, chronic pain sufferers lose the ability to move freely throughout their day. What’s worse is many lose hope forever getting better. The American Osteopathic Association (AOA) is working to restore that hope.</td>
</tr>
<tr>
<td>Shedding Light</td>
<td>Opinion</td>
<td><a href="http://www.phrma.org/catalyst/shedding-light-on-an-often-overlooked-patient-population">http://www.phrma.org/catalyst/shedding-light-on-an-often-overlooked-patient-population</a></td>
<td>The recent spotlight on prescription drug abuse has overshadowed an important patient population that must deal with chronic pain every day. Addicts, overdoses and mentions of the “opioid epidemic” in the media has made is increasingly difficult for the people who depend on these medicines to be able to get them. A recent article in The Washington Post finally addressed this issue, and emphasized that despite what is largely written in the media, some patients need opioids as a result of debilitating conditions. Many people fail to recognize that if you look at the recent research on this subject, most opioid addicts were never pain</td>
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</table>
patients and instead began as street users. Additionally, less than one percent of patients without a prior history of addiction actually became addicted to opioids during long-term opioid treatment for chronic pain.

Ultimately, the article concludes that while the use of opioids is a highly contentious topic, increasingly regulating the prescribing of these medicines won’t address addiction problems. Addiction is a real issue, but sensationalizing it and failing to accurately capture both sides only puts patients at risk. The people who really need these medicines must have access to them and not be forgotten.
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: **Post-Polio Health International (PHI)**
Mailing address: 4207 Lindell Blvd Suite 110, Saint Louis MO 63108-2930
Phone: 314-534-0475
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)
You Tube: N/A

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<tbody>
<tr>
<td>Polio Place</td>
<td>Education</td>
<td><a href="http://www.polioplacere.org/">http://www.polioplacere.org/</a></td>
<td>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 or Contacting Us.</td>
</tr>
<tr>
<td>Polio Network Newsletters</td>
<td>Information</td>
<td><a href="http://polioplacere.org/PNN">http://polioplacere.org/PNN</a></td>
<td>Click link to left to get full listing of newsletters from Fall 1985 to Fall 2015.</td>
</tr>
</tbody>
</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  Sickle Cell Disease Association of America
Mailing address:  3700 Koppers Street Suite 570, Baltimore, MD 21227
Phone:  800-421-8453 or 410-528-1555
Web site:  http://www.sicklecelldisease.org/
Facebook:  https://www.facebook.com/sicklecellcampaign
Twitter:  https://twitter.com/SCDAAorg
You Tube:  https://www.youtube.com/user/scdaa
Other:  Email:  scdaa@sicklecelldisease.org

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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="http://www.sicklecelldisease.org/index.cfm?page=programs">http://www.sicklecelldisease.org/index.cfm?page=programs</a></td>
<td>SCDAA and its member organizations engage in community outreach and program efforts throughout the United States and Canada. These efforts may include but are not limited to: educational campaigns and programs that provide services such as genetic testing and counseling, case management and psychosocial support for individuals and families impacted by sickle cell disease.</td>
</tr>
<tr>
<td>Research</td>
<td>Information</td>
<td><a href="http://www.sicklecelldisease.org/index.cfm?page=research">http://www.sicklecelldisease.org/index.cfm?page=research</a></td>
<td>The Sickle Cell Disease Association of America supports a wide range of innovative research programs to discover and develop new and effective therapies for sickle cell disease. By harnessing the best minds in science and medicine, the Association has made tremendous progress in understanding and treating the disease, and we continue to pursue every opportunity that could help people with sickle cell live longer and healthier lives.</td>
</tr>
<tr>
<td>Advocacy</td>
<td>Resource</td>
<td>Federal and state governments play a vital role in sickle cell research, drug development and the ability of people with sickle cell to access the care and therapies they need. We are empowering members of the sickle cell community to talk with their representatives about issues important to people with sickle cell. Our goal is to help educate policy makers about the needs of people with sickle cell so that they make smart decisions about sickle cell-related research, treatment and access to care.</td>
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## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

**Organization:** Sidney Kimmel Cancer Center at John Hopkins  
**Mailing address:** The Harry and Jeanette Weinberg Bldg Suite 1100, 401 N Broadway, Baltimore, MD 21287  
**Phone:** 410-955-5222  
**Web site:** [http://www.hopkinsmedicine.org/kimmel_cancer_center/](http://www.hopkinsmedicine.org/kimmel_cancer_center/)  
**Twitter:** [https://twitter.com/HopkinsMedicine](https://twitter.com/HopkinsMedicine)  
**You Tube:** [https://www.youtube.com/user/JohnsHopkinsMedicine](https://www.youtube.com/user/JohnsHopkinsMedicine)

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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. |
<p>| Pain Care and Pain Program | Resource | <a href="http://www.hopkinsmedicine.org/kimmel_cancer_center/centers/palliative_care_pain/">http://www.hopkinsmedicine.org/kimmel_cancer_center/centers/palliative_care_pain/</a> | The Harry J. Duffey Family Pain and Palliative Care Program was founded in 2007 to provide compassionate, supportive |</p>
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<th>care for our patients and families at the Johns Hopkins Kimmel Cancer Center.</th>
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<tr>
<td>Our trained staff can help guide you throughout the cancer process. No matter where you are in your cancer treatment, every day matters.</td>
</tr>
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</table>

**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 Suite 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](#)
# Tool Kits for Health Care Professionals

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<th>Resource</th>
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<th>Description</th>
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<tbody>
<tr>
<td>Your Guide to Temporomandibular Disorders</td>
<td>brochure</td>
<td><a href="http://www.tmj.org/communication/file?id=59">http://www.tmj.org/communication/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/communication/file?id=179">http://www.tmj.org/communication/file?id=179</a></td>
<td><em>TMD Nutrition and You</em>, was specifically developed to help those with compromised oral function maintain a diet of good nutrition despite their oral disability, and also provides guidance on making dental appointments as comfortable as possible</td>
</tr>
<tr>
<td>Temporomandibular Disorders, Dental Care and You</td>
<td>Guide/article</td>
<td><a href="http://www.tmj.org/site/page?pageId=332">http://www.tmj.org/site/page?pageId=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><em>TMJ News Bites</em></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 their loved ones. Stay up to date on the latest news through our e-newsletter.</td>
</tr>
<tr>
<td></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 are COPCs, how COPCs are diagnosed, the complexity of the</td>
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<tr>
<td>Chronic Overlapping Pain Conditions</td>
<td></td>
<td>chronic pain experience, and how to work with your health care provider to develop a treatment plan.</td>
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</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization:  **TNA - The Facial Pain Association**
Mailing address:  408 W University Ave Suite 402, Gainesville, FL 32601
Phone:  800-923-3608 or 352-384-3600
Web site:  [http://fpa-support.org/](http://fpa-support.org/)
Facebook:  [https://www.facebook.com/facialpainassociation](https://www.facebook.com/facialpainassociation)
Twitter:  [https://twitter.com/facialpainassoc](https://twitter.com/facialpainassoc)
You Tube:  [https://www.youtube.com/channel/UCpgCPkNoY6teXe50p7fHJrw](https://www.youtube.com/channel/UCpgCPkNoY6teXe50p7fHJrw)
Contact Form:  [http://fpa-support.org/contact-us/](http://fpa-support.org/contact-us/)

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<th>Resource</th>
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<tr>
<td>What is Trigeminal</td>
<td>Education</td>
<td><a href="http://fpa-support.org/trigeminal-neuralgia/">http://fpa-support.org/trigeminal-neuralgia/</a></td>
<td>Trigeminal neuralgia (TN) is considered to be one of the most painful afflictions known to medical practice. TN is a disorder of the fifth cranial (trigeminal) nerve. The typical or “classic” form of the disorder (called TN1) causes extreme, sporadic, sudden burning or shock-like facial pain in the areas of the face where the branches of the nerve are distributed – lips, eyes, nose, scalp, forehead, upper jaw, and lower jaw. The pain episodes last from a few seconds to as long as two minutes. These attacks can occur in quick succession, in volleys lasting as long as two hours. The “atypical” form of the disorder (called TN2), is characterized by constant aching, burning, stabbing pain of somewhat lower intensity than TN1. Both forms of pain may occur in the same person, sometimes at the same time.</td>
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The trigeminal nerve is one of 12 pairs of nerves that are attached to the brain. The nerve has three branches that conduct sensations from the upper, middle, and lower portions of the face, as well as the oral cavity, to the brain. (See Figure 1) More than one nerve branch can be affected by the disorder. Rarely, both sides of the face may be affected at different times in an individual, or even more rarely at the same time (called bilateral TN).

<table>
<thead>
<tr>
<th>TNA Support Services</th>
<th>Resource</th>
<th><a href="http://fpa-support.org/find-help/">http://fpa-support.org/find-help/</a></th>
<th>New TN patient information, knowledge base, free services and information. Find a doctor by specialty, institution, or find a pain management provider.</th>
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<tbody>
<tr>
<td>Treatment Options</td>
<td>Education</td>
<td><a href="http://fpa-support.org/treatment-options-trigeminal-neuralgia/">http://fpa-support.org/treatment-options-trigeminal-neuralgia/</a></td>
<td>TNA-The Facial Pain Association is committed to providing current and accurate information in the effort to educate patients and medical professionals. TNA-FPA does not recommend one treatment for neuropathic facial pain over another. There can be side effects associated with any treatment for facial pain and it is recommended that you discuss the potential side effects with a skilled and knowledgeable doctor before selecting a treatment.</td>
</tr>
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</table>
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Organization: UF Pain Research and Intervention Center of Excellence
Mailing address: Clinical and Translational Research Building, University of Florida, PO Box 100219, Gainesville, FL 32610-0219
Phone: 352-273-8700
Web site: http://price.ctsi.ufl.edu/
Facebook: https://www.facebook.com/UFHealth/
Twitter: https://twitter.com/ufhealth/
You Tube: https://www.youtube.com/user/UFHealthScience
Email: info@ctsi.ufl.edu

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<tbody>
<tr>
<td>Mission</td>
<td>Information</td>
<td><a href="http://price.ctsi.ufl.edu/about-the-center/mission/">http://price.ctsi.ufl.edu/about-the-center/mission/</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.</td>
</tr>
<tr>
<td>Clinic Overview</td>
<td>Information</td>
<td><a href="http://price.ctsi.ufl.edu/about-the-center/overview/">http://price.ctsi.ufl.edu/about-the-center/overview/</a></td>
<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 investigators with resources and services in order to facilitate clinical and translational pain research at UF, including assistance with protocol development and</td>
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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: US Pain Foundation
Mailing address: 670 Newfield St # 2, Middletown, CT 06457
Phone: (860) 788-6062
Web site: https://www.uspainfoundation.org/
Facebook: https://www.facebook.com/U.S.PainFoundation/
Twitter: https://twitter.com/US_Pain

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<tr>
<td>Invisible Project</td>
<td>Resource</td>
<td><a href="http://invisibleproject.org/">http://invisibleproject.org/</a></td>
<td>The goal of the Invisible Project is to create pain awareness through the photographs and stories of real pain survivors. Nearly 100 million American deal with pain. Chronic pain is an all-encompassing problem that knows no boundaries. It affects the poor and the rich, the young and the old, male and female. No race, class or age is spared from its debilitating impact.</td>
</tr>
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## Partners for Understanding Pain

### Tool Kits for Health Care Professionals

Organization: **VZV Research Foundation**  
Mailing address: 603 W 115th Street #371, New York, NY 10025  
Phone: 212-222-3390  
Facebook: N/A  
Twitter: N/A  
You Tube: N/A  
Email: [Shingles@ShinglesFoundation.org](mailto:Shingles@ShinglesFoundation.org)

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Chickenpox and childhood. They go together. But they don't have to anymore, thanks to the chickenpox vaccine.  

Chickenpox or varicella is a very contagious disease affecting 95 percent of the American population by age 18. Four million cases occur each year in the United States, mainly in children ages five to nine. |
| Q&A: Shingles & PHN | Education | [http://www.vzvfoundation.org/shingles&p.html](http://www.vzvfoundation.org/shingles&p.html) | Have you had chickenpox?  
Are you over the age of 50?  

If you answered "yes" to both questions, then you may be among the nearly one million Americans who will develop shingles over the next twelve months.  

How do you get it?  
Shingles is caused by the varicella-zoster virus (VZV), the same virus that causes varicella or chickenpox in 95 percent of |
Americans by age 18. Following a bout of chickenpox, the virus lies dormant, or asleep in nerve tissues. However, in an estimated one out of seven people over the course of an 85-year lifetime, the virus can reappear as shingles.

Click link on left for full article.

## 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  
**Web site:** forgrace.org  
**Facebook:** facebook.com/ForGraceWomenInPain/  
**Twitter:** @forgrace  
**You Tube:** youtube.com/user/ForGrace

**Other:**

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<th>Resource</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>Beginning in 2008, For Grace has hosted this annual educational event attended in-person and via worldwide webcast by women in pain and their caregivers. “For women in pain, by women in pain”, the conference features renown speakers and panelists who promote self-care practices that engage attendees to take control of their wellness. Understanding chronic pain and the health benefits of an effective treatment regimen, along with responsible adherence to therapies, is emphasized as well.</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>For Grace has assembled these easy-to-do, empowering tools and resources to help women better manage their pain, improve their care and, ultimately, enhance overall wellness.</td>
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</table>
*for Grace* aims to start conversations about the unspoken aspects of living with pain, while showing a path to better wellness and personal triumph.

| Women In Pain Share Your Story Project | Online Resource | http://www.forgrace.org/get-involvedshare-your-story/share-your-story/ | Providing “narrative therapy” for story teller and reader alike, this project provides an intimate look into the challenging women in pain experience |
Partners for Understanding Pain

Tool Kits for Health Care Professionals

Other Resources

Journals/Newsletters

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

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

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

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

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

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

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


International Journal of Pain Medicine and Palliative Care – An electronic newsletter featuring articles and reports from international medical venues and symposia, drawing together diverse work and palliative care literature. Website: [http://journals.lww.com/journalppo/Abstract/2006/09000/ComplementaryMedicineinPalliativeCareand.11.aspx](http://journals.lww.com/journalppo/Abstract/2006/09000/ComplementaryMedicineinPalliativeCareand.11.aspx)


Journal of Hospice and Palliative Nursing – A quarterly peer-reviewed journal published by NurseCom, Inc. Website: [http://journals.lww.com/jhpn/Abstract/2006/11000/Predicting_the_Risk_of_Compassion_Fatigue__A_Study.7.aspx](http://journals.lww.com/jhpn/Abstract/2006/11000/Predicting_the_Risk_of_Compassion_Fatigue__A_Study.7.aspx)


Journal of Psychosocial Nursing and Mental Health Services – Covers current news in psychosocial nursing, updates on psychopharmacology, geopsychiatry, and mental health nursing. Website: [http://www.psychnurse.org/](http://www.psychnurse.org/)

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. Website: http://www.healthworks.co.uk.
Recommended Books


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

**The Art of Caring** - Nurses and caregivers are at the forefront of the healthcare revolution. Join three experts in holistic nursing for this complete course in total 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 [http://store.yahoo.com/soundstruestore/af00023.html](http://store.yahoo.com/soundstruestore/af00023.html)

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

**Exceptional Cancer Patients**  This is a healing center founded by Bernie Siegel, MD, which sells self-help materials and audiotapes, including relaxation tapes. Touch Star Productions, 522 Jackson Park Drive, Medville, PA 16335, (800) 759-1294, (814) 337-0699, Website: http://www.touchstarpro.com, e-mail to kcb@touchstarpro.com

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

**Holistic Nursing**, a Handbook for Practice, 3rd Edition - 2000 W For all nurses who are interested in gaining in-depth knowledge of holistic nursing. Learn how to use safe, cost-effective holistic nursing interventions to complement medical and surgical techniques. With ample use of case studies, step-by-step techniques, and practical tools incorporating an overall vision of holistic healing, this vital handbook gives you a firm theoretical foundation and skills for applying new holistic caring modalities. For nurses in all settings-critical care, home health, clinic, and classroom. An instructor's manual is available upon request. ISBN #0834216299. Order online at http://www.aspenpublishers.com
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<table>
<thead>
<tr>
<th>Organization</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Council for Headache Education</td>
<td><a href="http://www.achenet.org">http://www.achenet.org</a></td>
</tr>
<tr>
<td>American Association for Therapeutic Humor</td>
<td><a href="http://www.aath.org">http://www.aath.org</a></td>
</tr>
<tr>
<td>American Holistic Nurses Association</td>
<td><a href="http://www.ahna.org">http://www.ahna.org</a></td>
</tr>
<tr>
<td>American Massage Therapy Association</td>
<td><a href="http://www.amtamassage.org">http://www.amtamassage.org</a></td>
</tr>
<tr>
<td>American Music Therapy Association</td>
<td><a href="http://www.namt.com">http://www.namt.com</a></td>
</tr>
<tr>
<td>Internet Health Library</td>
<td><a href="http://www.internethealthlibrary.com">http://www.internethealthlibrary.com</a></td>
</tr>
<tr>
<td>International Alliance of Patient Organizations</td>
<td><a href="https://www.iapo.org.uk/">https://www.iapo.org.uk/</a></td>
</tr>
<tr>
<td>International Pain Management Network</td>
<td><a href="http://www.ipmnetwork.org">http://www.ipmnetwork.org</a></td>
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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 in itself that requires adequate treatment and a research commitment.
- Chronic pain is a biopsychosocial condition that often requires integrated, multimodal, and interdisciplinary treatment, all components of which should be evidence-based.
- Data are lacking on the prevalence, onset, course, impact, and outcomes of most common chronic pain conditions. The greatest individual and societal benefit would accrue from a focus on chronic pain.
- Every effort should be made to prevent illnesses and injuries that lead to pain, the progression of acute pain to a chronic condition, and the development of high-impact chronic pain.
• Significant improvements are needed to ensure that pain assessment techniques and practices are high-quality and comprehensive. The Interagency Pain Research Data Base and Summary Report can be found at: http://iprcc.nih.gov/portfolio_analysis/portfolio_analysis-index.htm

• 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. Examples of ongoing government efforts include the Secretary’s Initiative on Opioids: Objectives to improve clinical decision making:

Public Education and Communication

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

THE NATIONAL PAIN STRATEGY:

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

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

- People with pain would have access to educational materials and learn effective approaches for pain self-management programs to prevent, cope with, and reduce pain and its disability.
- Patients, including those with low literacy or communication disabilities, would have access to information they can understand about the benefits and risks of treatment options, such as those associated with prescription opioid analgesics.
- All people with pain would be assured of receiving needed preventive, assessment, treatment, and self-management interventions, regardless of race, color, nationality, ethnicity, religion, income, gender, sex, age (neonatal through end of life), mental health and substance use disorders, physical or cognitive disability, sexual orientation and gender identification, geographic location, education, language proficiency, health literacy, or medical condition. All pain-related services would be provided without bias, discrimination, or stigmatization. 7
- Americans would recognize chronic pain as a complex disease and a threat to public health and productivity. Individuals who live with chronic pain would be viewed and treated with compassion and respect.
Clinicians would take active measures to prevent the progression of acute to chronic pain and its associated disabilities.

Clinicians would undertake comprehensive assessments of patients with chronic pain, leading to an integrated, patient-centered plan of coordinated care, managed by an interdisciplinary team, when needed. Treatment would involve high-quality, state-of-the-art, multimodal, evidence-based practices. While most pain care would be coordinated by primary care practitioners, specialists would be involved in the care of patients who have increased comorbidities, complexity, or are at risk for dependence or addiction.

Clinicians would receive better education and training on biopsychosocial characteristics and safe and appropriate management of pain. Clinician’s knowledge would be broadened to encompass an understanding of individual variability in pain susceptibility and treatment response, the importance of shared (patient-providers) and informed decision-making, ways to encourage pain self-management, appropriate prescribing practices, how empathy and cultural sensitivity influence the effectiveness of care, and the role of complementary and integrative medicine.

Payment structures would support population-based care models of proven effectiveness in interdisciplinary settings and encourage multimodal care aimed at improving a full range of patient outcomes.

Electronic data on pain assessment and treatment would be standardized, and health systems would maintain pain data registries that include information on the psychosocial/functional impact of chronic pain and the costs and effectiveness of pain management interventions. These data resources would be used in an ongoing effort to evaluate, compare, and enhance health care systems, identify areas for further research, and assess therapies for quality and value.

The evolution toward a public health approach to pain prevention and care would be facilitated by epidemiologic, health services, social science, medical informatics, implementation, basic, translational, and clinical research, informed by clinician/scientist interactions.

Data on the health and economic burdens of chronic pain would guide federal and state governments and health care organizations in their efforts to work toward these objectives. Such data would lay the groundwork for enhancing the effectiveness and safety of pain care overall and for specific population groups and would enable monitoring of the effectiveness of policy initiatives, public education efforts, and changing treatment patterns.

A more robust and well trained behavioral health work force would be available to support the needs of patients who suffer from chronic pain, including those at risk who need mental health care and substance abuse prevention and recovery treatment.

The actions in this strategy would be undertaken in the context of the dual crises of pain and opioid dependence, overdose, and death in the United States. Actions to improve pain care and patient access to and appropriate use of opioid analgesics for pain management would be coordinated and balanced with the need to curb inappropriate prescribing and use practices. To achieve this balance a broad range of stakeholders including those engaged in pain care and pain care policies, as well as those working in substance use prevention, treatment, and recovery, would be engaged as the actions of the NPS are undertaken.