



SPS NEWS

The Official Publication of The Southern Pain Society

December 2004

Mid South Pain Survey

Eric Pearson, MD

The American Cancer Society and other organizations conducting surveys on the incidence of cancer suggest that approximately 800,000 or more persons are diagnosed with cancer each year in the United States. Nearly 6 million or more persons are diagnosed with cancer worldwide. Pain is reported to be a common symptom. Approximately two-thirds of cancer patients will have pain that requires treatment. Associated pain may be caused by the disease itself or by cancer treatments such as chemotherapy and radiation.

Surveys conducted over the past ten years show that approximately 50 to 80% of cancer patients do not receive adequate pain relief. These studies served as an impetus to the establishment of JCAHO standards on pain. However, there still is much that needs to be done. The lack of medical education and patient and family pain education continue to stand as major barriers to effective pain relief. Additionally, over the last several years nationwide efforts aimed at adequate prescribing of pain relieving medications, have been negatively affected by the issue of diversion and questions regarding the addictive potential of such drugs. Legal challenges, along with closer scrutiny by medical licensing boards and enforcement agencies, are once again creating barriers to effective pain treatment that will certainly contribute to the ongoing problem of under treatment.

The Mid-South Survey was conducted as part of a cancer pain project to further assess cancer pain treatment in five states, Alabama, Arkansas, Kentucky, Louisiana, Mississippi, and Tennessee. The survey is being done to measure public and physician perceptions of pain management in their areas. There are two parts of the survey, a public survey and a yet to be conducted physician survey. The idea grew out of a kick-off meeting of the Mississippi Cancer Pain Initiative. The goal of the proposed survey was to measure how well we are accomplishing pain management for cancer patients and to use the information to promote public, medical, and legislative change. Over time the survey grew to include chronic pain as well as cancer pain. With a generous grant from Purdue Pharma we have been able to expand the survey to include the five states of the South Central Region, all part of the SPS territory.

The survey is being conducted by the Research Center of Mississippi State University (headed up by Dr. Arthur Cosby). It is also being backed by the Southern Pain Society, American Cancer Society, American Alliance for Cancer Pain Initiatives, and the American Pain Foundation. The public portion of the survey is a phone survey of 5,000 randomly chosen individuals in each of the states. The physician portion of the survey will utilize a unique computerized system that MSU Research Center has to evaluate physician views on pain management.

The information gained from these surveys will be used in several ways. The initial results were utilized as part of the public awareness campaign entitled *Pain Changes Everything* that took place in September during Pain Awareness Month. This was organized by the American Cancer Society. The results can also be used to promote change among physicians in their treatment of pain, and to educate the public in regard to treatment options available for chronic and cancer pain. It is hoped that several publications will be generated from the information gleaned from the surveys. Already, the early data has demonstrated some interesting correlations between smoking and pain.

Mission Statement

The Southern Pain Society is a regional section of the American Pain Society and endorses and supports the mission and goals of the American Pain Society. The Southern Pain Society's missions are to serve people with pain by advancing research and treatment and to increase the knowledge and skill of the regional professional community.

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SPS News is the official publication of the SPS, provided quarterly to its members. SPS may publish material dealing with controversial issues. The views expressed are those of the authors and may not reflect those of the SPS. No endorsement of those views should be inferred unless specifically identified as the official policy of the SPS. Submissions are welcomed. Publication is based on editorial judgment as to quality of material, timeliness, and potential interest to members.

Editor's Desk

Jonathan D. Cole, Ph.D.

The Southern Pain Society Annual meeting in Biloxi, MS was fantastic. I enjoyed the speakers, the food and the coast. These meetings are always good for seeing old friends and making new ones. My thanks to the Mississippi Pain Society for co-sponsoring the event.

Next year the annual meeting will be in my hometown of Lexington, KY and will be co-sponsored by the Kentucky Pain Society. It will be the second weekend in October, so the leaves will be changing and the horses will be running. We even have a day out at the races (Keeneland race track) so please make plans to attend.

If you do not have a local district of the Southern Pain Society, please think of forming one. It does not take much and SPS will mail you an information packet to get you started. Leadership and education starts locally.

Newsletter Submissions

All submissions to SPS News should be typewritten and double spaced with title and name of author(s). The article should be copy-ready. Please include biographical information.

Submission Deadlines

Winter edition-November 1; Spring edition-February 1; Summer edition-May 1; Fall edition-August 1.

President's Column

Angela J. Koestler, Ph.D.



“Tis the Season to be Jolly....” The holiday season is rich with traditions, bringing reflections of a year’s passing and the hope and joy of the year to come. So it is with SPS. At the annual leadership retreat held in Atlanta the end of November, board members and committee chairs reviewed the 2004 strategic plan and worked together to develop goals and objectives for the coming year. And, as tradition holds, the passing of the gavel was completed, which promises the continuity of purpose and the possibility of new directions and ideas. Ben Johnson will begin his two-year term as President of the Society in January of 2005. Congratulations!

In looking at 2004, one of the most successful accomplishments for the year was the 2004 Annual Scientific Meeting held in Biloxi, Mississippi, in July. The meeting was highly attended by health-care professionals from Mississippi and surrounding states, and members of the Mississippi Pain Society were wonderful and gracious hosts. Presentations were outstanding and provided attendees a wealth of information on approaches to pain treatment and insights into the latest research. Most importantly, the meeting provided an opportunity to meet and talk with pain professionals from other disciplines and states. Many thanks to Bert Ray, who co-chaired the meeting, and the Program Committee which included members of the Southern and Mississippi Pain Societies.

Other important accomplishments for 2004 included the establishment of the SPS website which offers information on the organization and links to other sites. The Electronic Communications Committee, chaired by Stan Chapman, and the Executive Director, Lori Postal, did a great job in getting the site up and running. The Newsletter is another important tool used to communicate with the membership.

Thanks to Jonathan Cole, who served as Newsletter Editor, and his committee for their hard work this past year. An organization’s success depends on the willingness of its members to share their ideas and work together toward common goals. This undoubtedly is SPS’s greatest strength, highlighted by the many 2004 accomplishments made possible by its dedicated board and committees.

Mindful of the organizations mission, “... to serve people with pain by advancing research and treatment and to increase the knowledge and skill of the regional professional community,” pain education was at the center of discussions during the leadership retreat. The 2005 Annual Scientific Meeting will be held in Lexington, Kentucky, in October of 2005, and the 2006 meeting is scheduled for Birmingham, Alabama. New Orleans will host the 2007 meeting. SPS will also work toward offering several regional educational meetings during 2005. The Program, Professional Education, and Membership Committees will work together to coordinate efforts. Additionally, emphasis will continue to be placed on developing relationships with Districts and establishing new district organizations. District leadership will be encouraged to participate in program planning efforts and District Presidents will be asked to participate in board meetings as nonvoting members. The 2005 strategic plan clearly reflects the mission of the Society as its goals emphasize education, membership, communication, networking, and fiscal responsibility.

Serving as President of SPS the past two years has been both enriching and rewarding. It has been an honor to serve with individuals whom I consider the best of the best; compassionate advocates for those who suffer from pain. It is through the work of such dedicated professionals and others alike that will help open new frontiers in pain research and treatment, and bring pain education to health-care practitioners on the frontlines. Many thanks to Mary Alice Yoham, John Satterwaite, Dan Doleys, Todd Sitzman, Ben Johnson, Charlie MacNeill, Sunil Dogra, Bill Baker, Richard Morse, Stan Chapman, Jonathan Cole, Eric Pearson, David Collipp, Bert Ray, Peter Staats and Lori Postal for your leadership, inspiration, ideas, hard work, and friendship.

District News

Benjamin Johnson, M.D.

Kentucky Pain Society Jonathan D. Cole, Ph.D.

The Kentucky Pain Society had its second annual meeting on November 15 in Lexington, KY. It was a multidisciplinary speaker's faculty and audience. We had approximately 100 participants. Topics included malingering, narcotic addiction/diversion, and multidisciplinary treatment of cancer pain. The key note speaker, Dr. Richard Boortz-Mark, focused on implantable devices with cancer pain. Thanks to all the participants, speakers and exhibitors for making this year's meeting a success. We look forward to co-sponsoring the Southern Pain Society meeting in 2005.

Mississippi Pain Society Joe Chen, M.D.

This year's meeting of the Southern Pain Society and Mississippi Pain Society was a great success. The location in Biloxi, Mississippi at the Beau Rivage Hotel and Casino allowed the Mississippi Gulf Coast to be showcased. The presentations by over thirty faculty members from all disciplines allowed us a diverse exposure in the treatment of pain. We were able to bring together 166 attendees from Alabama, California, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, and Texas. The mixture included physicians, physical therapists, occupational therapists, pharmacists, psychologists, nurses, chiropractors, physician assistants, and case managers. Appreciation goes out to the support of close to thirty exhibitors.



SPS Elections

Two At Large Board positions were up for election in 2004. New Board members are: Ike Eriator, M.D., MPH & Jonathan Cole, Ph.D.

The new 2005 Board composition will be:
Benjamin Johnson, M.D., MBA, President
Dan Doleys, Ph.D. President Elect
Angela J. Koestler, Ph.D. Immediate Past President

Mary Alice Yoham, ARNP, MSN, Secretary
John Satterthwaite, M.D., Treasurer

Directors:

B. Todd Sitzman, M.D. , MPH

Sunil Dogra, M.D.

Ike Eriator, M.D., MPH

Jonathan Cole, Ph.D.

2005 Committees are currently being formed. If you would like to work on By-Laws, Membership, Program, Professional Education, Awards, Public Affairs, Newsletter or e-communication, please let us know at:
lpostal@southernpainsociety.org

Pain Awareness Month In Tennessee

Governor Phil Bredesen of Tennessee proclaimed September 2004 as Pain Awareness Month in the State.

Photographed left to right is our own Benjamin Johnson, M.D., MBA, President- Elect of the Southern Pain Society; Gov. Bredesen; Carolyn Osborne, MSPH, Co-Chair, Health Task Force, TBCSL Annual Legislative Retreat; and, John Arradondo, M.D., MPH, President, Volunteer State Medical Association.



WHEREAS, pain is one of our nation's most serious health problems, with African Americans being affected more often and treated less effectively and less often; and

WHEREAS, more than 75 million Americans live with chronic pain caused by various diseases or disorders, with nearly 25 million Americans suffering with acute pain during the course of each year; and

WHEREAS, existing medical knowledge and technology can relieve pain, most pain is untreated or improperly treated, leaving most pain sufferers with little or no relief; and

WHEREAS, chronic pain sufferers are often stigmatized, marginalized, or not informed about their right to effective pain assessment and management; and

WHEREAS, more and more physicians, nurses, pain sufferers, social workers, pharmacists, volunteer health organizations, hospitals, civic leaders, health care businesses and others are increasingly collaborating to improve the quality of life for people experiencing pain; and

WHEREAS, the common goals of this movement are to provide practical information to people with pain, assist health care professionals in learning and using the most modern and effective modalities of pain management, and serve as advocates for people experiencing pain;

NOW, THEREFORE, I, Phil Bredesen, Governor of the State of Tennessee, do hereby proclaim the month of September, 2004, as

PAIN AWARENESS MONTH

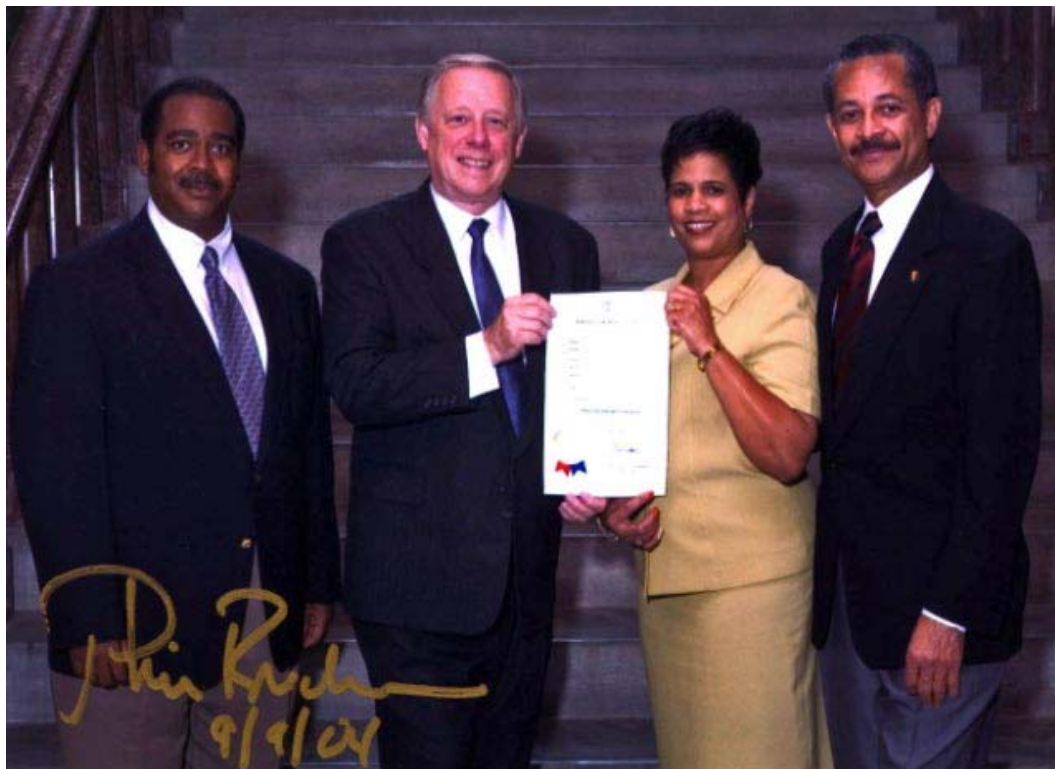
in Tennessee and encourage all citizens to join me in this worthy observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on the 6th day of August, 2004.

Phil Bredesen
Governor

Riley C. Garwell
Secretary of State





Southern Pain Society

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