

AMERICAN PAIN SOCIETY

2013

ANNUAL REPORT

Together, we're
transforming research
into relief.

At a time of both unparalleled opportunity and considerable challenge in the pain community, the American Pain Society (APS) has made significant progress on programs that help increase the knowledge of pain and transform public policy and clinical practice to reduce pain-related suffering. This annual report highlights many accomplishments APS has achieved throughout this exciting year.

Society



Insights from APS President Roger B. Fillingim, PhD

1. What have you learned about the society that you did not know before?

The most important thing I have learned is that we have a large number of incredibly committed and talented people who generously volunteer their time and expertise to carry out the important work of APS. Indeed, it has been extremely inspiring for me to see how much our members contribute to the work of APS. From the board of directors, to committee members, to special interest group (SIG) officers, APS members are doing great things that ultimately will help people suffering from pain. A related fact that I have really come to appreciate is that the APS staff are an incredibly competent, creative, and engaged group of people who are passionate about APS's mission. Knowing that we have such a great staff working behind the scenes gives me great confidence in our ability to get things done.

2. What do you consider your greatest accomplishment as APS president?

I have been extremely pleased with the focus and commitment of the APS Board of Directors and staff, and their effectiveness in working together to move our agenda forward. APS's greatest strength, and often our biggest challenge, is that we are multidisciplinary, coming from different backgrounds and different perspectives. Our board meetings are highly interactive, fun, and productive, and the board is a great group of people with whom to work. One of our focuses has been to communicate more effectively with our members so that they know what we are doing on their behalf, and I believe we have been successful in this regard.

3. What are you looking forward to for the remainder of your term?

With the help of APS Public Relations Director Chuck Weber, we are currently engaged in a public awareness campaign to inform the general public about the magnitude of chronic pain as a public health problem and the inadequate funding for pain research. I am very much looking forward to continuing this effort because it has the potential to produce significant impact. Also, I have had the opportunity to represent APS in many venues over the past year. This has been both a privilege and a pleasure for me, and I look forward to more of these opportunities during the remainder of my term.

Communications

Pain Research Funding Public Awareness Campaign

APS has been at the forefront of advocacy for increased funding for pain research by federal agencies, such as the National Institutes of Health (NIH). Pain is the most common and costly health problem in the United States, but allocations of public and private research dollars for pain studies lag far behind funding levels for several other diseases that affect significantly fewer people and have far less economic impact. Only 1% of NIH research funding is dedicated to pain research, even though 100 million Americans have chronic pain, as the Institute of Medicine (IOM) has reported.

APS embarked on developing and executing a proactive public awareness and media relations campaign to help educate the public and policymakers about the benefits of an increased investment in pain research. The program is designed to energize the pain-care community and chronic pain patients to contact their representatives in Congress and urge support for increasing pain research funding.

"Given the funding cutbacks in Washington, it is time to shift biomedical research funding priorities to more closely align with the most serious unmet medical needs in our society, and improving treatment for chronic pain is at the top of the list," said APS President Roger B. Fillingim, PhD.

Education

2013 Annual Scientific Meeting

APS enjoyed a successful 32nd Annual Scientific Meeting in New Orleans, LA, May 8–11. The Scientific Program Committee (SPC), under the leadership of Robert Edwards, PhD (chair), and Charles Argoff, MD (cochair), organized a well-rounded program of basic science, translational, and clinical sessions that appealed to APS's interdisciplinary pain professionals. Dr. Edwards reflected on the planning process and said, "From my point of view, the 2013 Annual Meeting in New Orleans was tremendously successful. From the initial SPC meeting to the conclusion of the special REMS session, the excellent working relationship between APS staff and members of the program committee was evident and resulted in a smooth planning process for the annual meeting. Collectively, I was deeply impressed by the dedication of staff and the committees whose members volunteer their time. I believe this resulted in an outstanding scientific program, and I had at least a dozen attendees comment that 'I'm having trouble deciding what symposium to go to—they

all look great.' I should also mention specifically that the work of the Education Advisory Committee (EAC) in identifying gaps

and areas of need was quite helpful in the program planning process, and EAC input is incredibly valuable in tailoring the program

"This is the first APS meeting I've attended—it was fantastic. The entire meeting focused on my area of expertise and provided incredible networking opportunities. I especially valued the fact that educational sessions covered topics across several disciplines."

content to the needs of the membership."

Attendees heard from Story Landis, PhD, director of the National Institute of Neurological Disorders and Stroke (NINDS) at the NIH, during the keynote address "The Future of Pain Research: Challenges and Opportunities." Dr. Landis highlighted recent scientific findings and significant

advances in pain research and explored how these might inform future research needs and goals. In addition, Irene Tracey, DPhil FRCA, delivered the lecture "Why Image Pain?" Dr. Tracey's lecture addressed what pain imaging does and does not tell us and its potential for providing a fuller understanding of pain perception in health and disease. Attendees also discussed providers' ability to recognize,

measure, and consistently monitor the presence, severity, and impact of pain as part of the "Pain and Aging: Translating Assessment Knowledge into Practice" lecture given by Keela Herr, PhD RN. Dr. Herr acknowledged that recognizing and evaluating pain in the older adult population, which may include those unable to self-report, is challenging and

critical questions remain about best practice in pain assessment for older adults. Martin Koltzenburg, MD FRCP, informed attendees

on "Mechanisms Controlling Nociceptor Excitability and How They Can Be Targeted for Pain Relief." Dr. Koltzenburg's lecture centered on the molecular and cellular mechanisms of transduction and included discussion about how basic science advances might be harnessed for clinical practice.

In addition to stellar keynote and plenary lectures, attendees were able to choose from more than 30 symposia sessions, 30 workshops, and a variety of SIG meetings; more than 400 posters; and the Kerr and Fordyce Award lectures to round out their educational experiences at the 2013 Annual Scientific Meeting. The Clinical and Basic Science Data Blitz provided a forum for younger investigators to present their work and receive feedback from more senior researchers and clinicians, and the author-attended poster sessions were an opportunity for attendees to explore new trends in research as well as a chance for networking and social interaction. The 2013 APS Annual Achievement Awards and the Clinical Centers of Excellence in Pain Management awards were presented at the President's Reception. Meeting attendees and exhibitors totaled more than 1,200 this year.

"As a young investigator entering the field of pain management, this meeting allowed me to meet other professionals doing the same work that I'm about to begin. I was able to network with more senior researchers and clinicians, and I will use the information presented at this meeting to further my clinical skills."

APS Continues to Advance ER/LA Opioid REMS Education

Pursuant to the U.S. Food & Drug Administration's 2011 requirement that those prescribing extended release/long acting (ER/LA) opioids participate in a designated continuing education course and having been a significant contributor to the curriculum, APS now continues its efforts with member expertise in the delivery of this programming. This effort is accomplished in collaboration with 10 other professional organizations that make up the Collaborative on REMS Education (CO*RE). CO*RE is the largest provider of REMS education today, has reached more than 13,000 learners through its activities, and is regularly sought

for assistance, advice, and programming.

Following a successful grant application in 2012, CO*RE has submitted a second grant this year to continue its work into 2014. This past year, APS used its portion of the grant to conduct ER/LA opioid courses at its Annual Scientific Meeting, PAINWeek, and the Midwest Pain Society Annual Meeting, and collaborated with another CO*RE member and APS faculty to host the course at the American Society of Pain Management Nursing Annual Meeting.

In 2014, APS plans to hold the course at each of its four regional societies, return to PAINWeek, and help create a marketing

plan to draw more attention to the problems with and associated need for educating ER/LA opioid prescribers, particularly those in primary care, about the importance of this training.



Collaborative for REMS Education

Clinical

New Guidelines Add to Distinguished Series

The APS clinical practice guidelines series is consistently ranked among the top three most valued member benefits. Continuing in its practice of producing rigorous evidence-based pain treatment recommendations, APS will publish two new guidelines in the coming months. Both guidelines have been produced under the direction of APS Project Director Roger Chou, MD.

The *Methadone Safety Clinical Guidelines* is a joint project of APS and the College on Problems of Drug Dependence in collaboration with the Heart Rhythm Society. APS commissioned an interdisciplinary panel of 16 members with expertise in pain, addiction medicine, cardiology, primary care, nursing, palliative care, pharmacology, adolescent medicine, obstetrics and gynecology, epidemiology, and social work to develop the practice recommendations on safe prescrib-

ing of methadone for the treatment of opioid addiction and chronic pain. The panel was cochaired by Ricardo Cruciani, MD, representing APS, and David A. Fiellin, MD, of the College on Problems of Drug Dependence.

- Recommendations address
- patient assessment and selection
 - patient education
 - baseline electrocardiograms
 - initiation of methadone
 - follow-up electrocardiograms
 - monitoring for and management of adverse events
 - urine drug testing
 - medication interactions
 - methadone use in pregnancy.

The guideline has been submitted for publication to *The Journal of Pain*.

A second guideline, *Management of Postoperative Pain: Clinical Guidelines*, is in

final revision, and publication in *The Journal of Pain* is anticipated early in 2014. This guideline is a collaborative project with the Veterans Administration/Department of Defense (VA/DOD) and the American Society of Anesthesiology (ASA). Cochairs include Debra Gordon, DNP MS RN-BC ACNS-BC FAAN (APS); Oscar de Leon-Casasola, MD (ASA); and Jack Rosenberg, MD (VA/DOD). The target audience for the guideline is clinicians who manage perioperative pain.

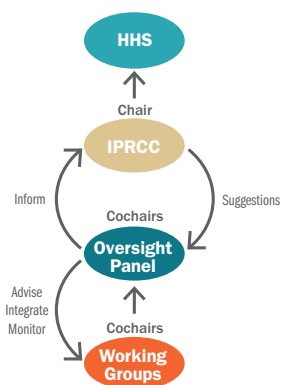
The guidelines series is overseen by the Clinical Practice Guidelines Committee and includes *Principles of Analgesic Use in the Treatment of Acute Pain and Cancer Pain and Pain Control in the Primary Care Setting* in its portfolio of publications and programs. The guidelines committee is chaired by Keela Herr, PhD RN.

Advocacy

APS Leaders Appointed to National Pain Strategy Work Groups

A core recommendation of the 2011 IOM report *Relieving Pain in America*, Recommendation 2-2, 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 responsibility for implementing this charge was given to the Interagency Pain Research Coordinating Committee (IPRCC), chaired by Storey Landis, MD, director of NINDS at the NIH. Dr. Landis and her committee created a structure of working groups to address the various aspects of the strategy (see figure) to bring it to fruition.

There are five working groups, including Professional Education and Training; Public Education and Communication; Public Health: Service Delivery and Reimbursement; Public Health: Prevention, Care and Disparities; and Population Research. A member of the oversight panel will act as liaison in each of the working groups. Although the rosters of each of the working groups have not been finalized as of this printing, APS members Dan Carr, MD; Mac Gallagher, MD; Carmen Green, MD; Bob Kerns, PhD; Sean Mackey, MD; Judy Paice, PhD RN; Greg Terman, MD MPH PhD; and Mark Wallace, MD, have been asked to participate, as well as APS Chief Executive Officer Catherine Underwood, MBA CAE.



Finance Update

2012 Income Statement

Revenue	\$3,091,824
Expenses	- \$3,185,831
Net Income from Operations	\$9,781

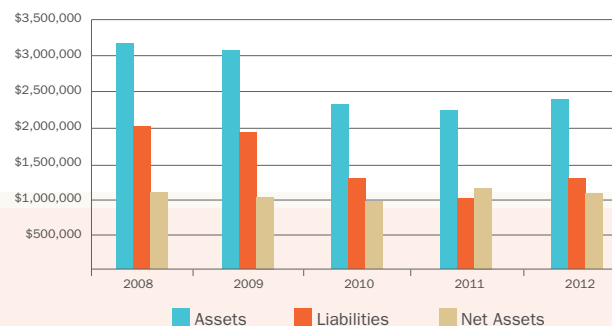
Statement of Financial Position—December 31, 2012

Assets	
Cash	\$498,649
Accounts receivable	\$131,690
Investments	\$1,526,496
Other	+ \$303,988
Total Assets	\$2,460,823

Liabilities	
Accounts payable/accrued expenses	\$178,207
Deferred dues	\$261,010
Deferred revenues	+ \$872,365
Total Liabilities	\$1,311,582

Net Assets/Reserves	
Unrestricted	\$926,427
Temporarily Restricted	\$26,453
Permanently restricted	+ \$196,361
Total Net Assets	\$1,149,241

Total Liabilities & Net Assets **\$2,460,823**



Membership

New Early-Career Forum and Mentoring



Supporting APS members early in their careers is an important role of APS. With that in mind, APS has formed an Early-Career Forum, open to students of all levels and those early in their career trajectory in the area of pain research and treatment. Those interested in the forum will have the opportunity to attend and participate in organized mentoring activities at the 2014 Annual Scientific Meeting. “The goal for the forum and mentoring

activities is for early-career professionals to have access to three to four new mentors and provide relationship building and personal connections with mentors and colleagues that continue well past the Annual Scientific Meeting,” said the Early-Career Task Force Chair Jennifer A. Haythornthwaite, PhD. “We want to provide resources, connections, and value for our members and continue to attract and keep the best and brightest in the field of pain research and treatment.”

Research

New Journal of Pain App

As an APS member, you are entitled to a free iPad® edition of *The Journal of Pain*. Simply visit www.americanpainsociety.org/journalapp.

The Journal of Pain iPad® edition allows you to get the content you need where and when you need it—no more waiting until you're online, no more making sure you have your print copy handy.

With the app, you can

- bookmark your favorites
 - take notes and highlight within articles
 - quickly swipe through articles and issues
 - save to your favorite reader app
 - get up-to-the-minute alerts on new issues and featured articles by activating the App Alerts.
- Download this exciting new member benefit today.

White Paper Targets Gaps in Pain Research



In early 2013, select members of the Research Advisory Committee* began writing a research white paper to develop a strategic research agenda for APS and to provide input to policymakers on what APS views as gaps in pain research. The purpose of the white paper is to provide support to researchers applying for grants. The white paper will be peer reviewed, with a goal of publishing the paper as an open-access article in *The Journal of Pain*. Currently, all of the initial contributions from various authors have been received by Robert Gereau, PhD, who has compiled the full draft. This draft is currently being reviewed by members of the writing committee.

*The purpose of the Research Advisory Committee is to provide input to the APS Board and members at large regarding what APS is doing on behalf of member researchers.

Report on Outcome of Grants Programs

Future Leaders in Pain Research Grant Program

Since its inception in 2005, APS has funded more than 34 researchers who have written more than 300 publications and have been the principal investigators for 54 NIH grants, totaling a contribution of more than \$27 million. Two prior grant awardees have also received awards for the prestigious APS collaboration with the Rita Allen Foundation's Scholars in Pain Grant. Many of these men and women now participate in or lead APS committees.

In 2012, APS awarded four grants in the amount of \$20,000 each. The following recipients demonstrated the greatest merit and potential for success.

Burel R. Goodin, PhD

University of Alabama–Birmingham, Birmingham, AL

“The Effects of Intranasal Oxytocin Pain Sensitivity, Endogenous Pain Processing, and Mood: A Randomized, Placebo-Controlled, Crossover Study”

Adam T. Hirsh, PhD

Indiana University–Purdue University Indianapolis, Indianapolis, IN

“The Influence of Patient Race, Provider Bias, and Contextual Ambiguity on Opioid Treatment Decision”

Ohannes K. Melemedjian, PhD

University of Arizona, Tucson, AZ

“Mechanisms of Dysfunctional Mitochondria Evoked Pain”

David A. Seminowicz, PhD

University of Maryland School of Dentistry, Baltimore, MD

“Brain Networks in a Rodent Model of Neuropathic Pain”

Sharon S. Keller Chronic Pain Research Program

APS is pleased to announce the inaugural recipients of the Sharon S. Keller Chronic Pain Research Grants. The Sharon S. Keller Grant was established in late 2012 by private investor David Keller in memory of his wife, who died in 2011 after 25 years of battling cancer, rheumatoid arthritis, chronic musculoskeletal pain, and the side effects of pain medications. The purpose of this grant program is to fund research projects that investigate the effectiveness of novel nonpharmacologic treatments for pain and mechanisms underlying these treatment effects. Applications testing novel treatments or innovative applications of existing treatments are encouraged.

APS and Mr. Keller are pleased to announce the 2013 grant recipients:

Benedict Kolber, PhD

Duquesne University

“Cyanobacterial Natural Products to Treat Comorbid Pain and Depression”

Laura E. Simons, PhD

Boston Children's Hospital

“Exposure Treatment of Pain-Related Fear for Children with Chronic Pain”

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www.americanpainsociety.org



1 Keynote



4 Plenary
speakers



2 Award
lectures



More than
400
scientific posters

Highlights of the 2013 Annual Scientific Meeting

More than
1,000 attendees
from **17** countries



30
Symposia



3 Workshops



14



Special
Interest
Group
Meetings