

Media backgrounder
April 10, 2008

Contact: Chuck Weber
(847) 705-1802, cpweber@weberpr.com

American Pain Society's Clinical Centers of Excellence Awards Honor Outstanding Achievement in Multidisciplinary Pain Management

Six U.S. Pain Centers Recognized

Immediate Patient Feedback Fosters Treatment

**Dartmouth Hitchcock Medical Center (DHMC)
Richard Barrett Pain Management Center**

When pain patients come for treatment at DMHC, they are requested to arrive at least 30 minutes before their scheduled appointments. Why? It provides the necessary time to complete a hand-held touch screen with some 150 questions designed to inform physicians about all aspects of their pain. "The data is immediately given to physicians for assessment of pain and mood scores," said Gil Fanciullo, MD, medical director of the Barrett Pain Management Center. "This private and confidential tool helps quantify the multifaceted impact of chronic pain and how much it is limiting overall functionality at home, work and in social relationships," he added.

There are 8,000 patients in the database, and Fanciullo notes that DHMC is a national leader in applying innovative technology to improve patient care. "This technology allows us to follow individual patients or groups and has been a fantastic research tool," he said. The Pain Outcomes Evaluation Tool (POET) generated from the patient/clinical generated database was instrumental in acquiring \$10 million in philanthropic support to establish a palliative medicine service.

Fanciullo added that basic science researchers at DHMC obtained a \$1.2 million grant to study pain mechanisms, and the clinical faculty has been involved in projects that have received \$1.7 million in federal funding. The team also generates 10-15 peer-reviewed publications a year.

Pain Care To Help Kids Who Hurt Function Better

**Pediatric Pain Management Center
Oregon Health & Science University, Portland**

Pain in childhood can be detrimental to physical, emotional and academic development. At the Oregon Health & Science University (OHSU) Pediatric Pain Management Center, the multidisciplinary team works side by side serving inpatients with acute pain and outpatients with chronic pain. Chronic pain management involves medical and psychological care and rehabilitation services designed to help children achieve the functional improvements required to go back to school and lead more normal lives.

“We focus on the behavioral impact and take a strong rehab approach to help our patients become functional physically and mentally,” said Jeffrey Koh, MD, professor of anesthesiology and pediatrics and director of pediatric pain management. “Children with chronic pain receive interdisciplinary care by team members who discuss each case and provide evaluation and treatment.”

Unique services at OHSU include web-based treatment for children in rural locations and strong community outreach to share information on pediatric pain. The staff regularly participates in grand rounds, visiting professorships, nursing educational initiatives and phone consultations with community pediatricians. “Our dedication to clinical care, research, education and advocacy will ensure that children everywhere benefit from optimal pain management,” said Koh.

Pain Care for Occupational Health

Productive Rehabilitation Institute of Dallas for Ergonomics (PRIDE)

PRIDE is the originator and most well known provider of functional-restoration services in occupational health. “We have arguably the largest research database of successfully treated program completers with about 4,000 cases,” said Tom Mayer, MD, PRIDE’s medical director. “Our program is much more intense physically than most pain management programs and is based on quantitatively directed exercise progression.”

PRIDE is dedicated primarily to occupational health and its patients are treated for chronic pain associated with musculoskeletal disorders. In its 25-year history, PRIDE has been known to “buck the trend” of traditional pain techniques, according to Mayer. “Most of our patients have tried and failed traditional pain management and exhausted their medical options,” he said. Mayer also noted PRIDE receives referrals nationwide.

page 3

With a patient population of 90 percent Workman's Compensation cases, the goals of the program are increased function, return to work, improved quality of life and reduced dependence on pain medication. "Our unique approach to pain management provides a cost-effective solution for the most difficult patients and our success rates of 85 to 90 percent for return to work is unrivaled," said Mayer.

PRIDE team members regularly speak at community and association meetings and Mayer is a former president of the North American Spine Society. The team publishes extensively and has some 150 publications to its credit in various medical journals.

Taking on the Most Challenging Patients

Stanford Pain Center, Palo Alto

When asked about the success of the Stanford Pain Center in treating the most challenging pain patients, Sean Mackey, MD, chief of the Stanford Pain Division, enthusiastically states: "It's all about the people." Mackey's team of pain-care providers provides comprehensive, interdisciplinary diagnosis and management of acute, chronic and cancer pain. Pain-management services include novel medications provided through clinical trials, psychological and behavioral therapies, interventional treatments ranging from trigger-point injections to spinal-cord stimulation, and physical and occupational therapy.

According to Mackey, all patients are evaluated with extensive validated outcomes measures that assess pain severity (physical and emotional); functioning, mood, coping strategies and other factors related to pain and disability. Stanford has one of the few academic inpatient comprehensive pain management programs in the U.S., called Stanford Comprehensive Interdisciplinary Pain Program (SCIPP). Faculty and trainees hold multiple NIH awards, foundation grants and a dedicated pain research endowment.

Outcomes for treating the most challenging pain patients are closely monitored and help the faculty advance scientific knowledge about pain in their publications. Stanford Pain Center research ranges from basic science to clinical studies to translate what is learned in the laboratory to the bedside. Research findings are broadly communicated through medical journals, the news media and on the Center's website.

- more -

Treat the Entire Spectrum of Pain

University of Minnesota

Fairview Pain and Palliative Care Center, Minneapolis

“We cover the whole universe of pain,” said Miles Belgrade, MD, director of the Fairview Pain and Palliative Care Center. “Every patient is evaluated both medically and behaviorally to address myriad and complex causes of chronic pain.”

At Fairview, the University of Minnesota’s pain service, patients from neonates to great grandparents are treated for acute and chronic pain conditions, ranging from headache to terminal cancer pain. “Treatments are not one-size fits all,” said Belgrade,” but tailored to each patient following extensive medical and psychological evaluations.” He added that Fairview is devoted to pursuing translational research in collaboration with the university’s neuroscience, analgesic studies and dentistry departments. “Our goal is to achieve a truly integrative, biopsychosocial model of care,” he said. “We address multiple functionality concerns at the same time.”

Medication management is a hallmark program at Fairview. “Our opioid management processes are emulated throughout the state, and we developed the DIRE Score to help primary care physicians select candidates for opioid management,” Belgrade said. He added that psychologists at Fairview help patients reduce their anxiety when doses of opioids are being reduced or discontinued. “Sometimes high doses of opioids are hard to manage, and we have developed an innovative, interdisciplinary approach to the rapid management of opioid-induced hyperalgesia,” said Belgrade.

Education and Continuous Improvement in Pain Care

UW Health Pain Care Services, Madison, Wis.

“The University of Wisconsin has been in the forefront of pain care for many years, and continuous quality improvement helps us remain adaptable and permits rapid problem solving and reassessment,” said Nathan J. Rubin, MD, medical director, UW Pain Treatment and Research Center. “We provide the highest quality care we can based on science and a lot of compassion.”

Rubin said the multidisciplinary pain care team closely monitors its treatments for quality and outcomes assessments. Key measures used are patient satisfaction, hospital and clinic safety and adherence to evidence-based best practice. “We distribute evidence-based summaries of important pain topics throughout the institution and also provide foreign

page 5

language and culture-specific pain assessment and teaching materials for ethnic populations,” added Rubin.

The group uses quality measurements to drive change. “We identify areas for improvement, develop new policies, educate caregivers and monitor outcomes for a variety of quality indicators, including JCAHO standards,” said Rubin. He reported that in the past year UW Pain Care Services achieved improvements in pain documentation compliance, reassessment, use of nondrug strategies and pre-discharge education throughout the hospital. Also, in response to patient feedback, the pain clinic redesigned its process to optimize traffic flow and improve patient knowledge and expectations.

Noting how the focus on continuous improvement has optimized quality and favorable outcomes, Rubin concluded: “I have no hesitation enrolling my mother in this program.”

###