

**Academy of Orthopaedic Physical Therapy, APTA Inc.  
Pain SIG (PSIG) Report  
2019 Winter Board of Directors Meeting**

**Submitted by:  
Carolyn McManus, President**

**PSIG Board Members and Terms**

Carolyn McManus, President	2017 - 2020
Mark Shepherd, Vice President/Ed Chair	2018 - 2021
Dana Dailey, Research Chair	2017 - 2020
Craig Wassinger, Practice Chair	2018 - 2021
Derrick Sueki, Public Relations Chair	2018 - 2021
Michelle Layton, Membership Chair	2018 - 2021
Tasha Parman, Social Media Chair	2017 - 2020
Jacob Thorp, Nominating Committee Chair	2016 - 2019
Brett Nielsen, Nominating Committee	2018 - 2021
Colleen Louw, Nominating Committee	2018 – 2020

**Update on Activities Since October 2018**

**Strategic Plan Updates**

**Goal 1. Practice:** Identify and promote best practice standards for pain management by physical therapy professionals.

*Objective 1: Identify and disseminate information on evidence-based practice for pain diagnosis and treatment by physical therapy professionals* **Action Items:**

**1. Provide monthly emails to members and website posts on pain-related research and clinical pearl topics**

- Dana Dailey coordinated Research emails November Topic, submitted by Megan Prybil, MPT: Nutrition, Inflammation and Pain and January Topic, submitted by Sam Fischer, SPT: Blood Flow Restriction (BFR) training and analgesic effects.
- Volunteer Bill Rubine and I coordinated Clinical Pearl emails October Topic, submitted by PSIG member Nancy Durban, MPT: Talking about Pain Using Analogies and Metaphors and the December Topic submitted by me: Coaching the Worrywart.

**2. Solicit manuscripts on pain-related topics for OPTP**

- Carolyn wrote an article on Chronic Pain, Chronic Stress and the Corticolimbic System for the January issue of OPTP.
- Carolyn received a commitment from PSIG member Janet Carscadden, DPT, OCS to write an article for the July 2019 OPTP issue.

### **3. Involve members in the Academy of Orthopaedic PT ICF-based Clinical Practice Guidelines process for pain diagnosis and treatment**

- Pain SIG Practice Chair Craig Wassinger continues his active involvement in the development of CPG for pain diagnosis and treatment. The CPG team has been in the manuscript review process and will meet prior to CSM to begin writing the document.

### **4. Develop a pathway for clinical specialization in the diagnosis and management of pain**

- Pain SIG Public Relations Chair Derrick Sueki has taken steps to initiate this process. He contacted the director of the Specialization process, Derek Stepp and Board member, Marie Johansson, to discuss our interest and received the Specialization Application packet. Derek is now leading the effort to fulfill its requirements and is currently collecting letters from the public and healthcare professional supporting the need for a pain specialization tract. Next steps include creating a survey polling PTs regarding the need for a specialization tract and placing the results into the application document. Derek Stepp, the director of the Specialization process, has promised to assign a Board member to our group to help guide us through the process.

*Objective 2: Provide high quality pain management education to physical therapy professionals*

#### **Action Items:**

#### **1. Provide education sessions at CSM**

- Education Chair Mark Shepherd and Derrick Sueki have been preparing and will facilitate a panel at CSM 2019, Pain Talks: Conversations with Pain Science Leaders on the Future of the Field. At the time of this writing, a Facebook live session of this program is being discussed and planned.
- Mark Shepherd is leading the effort to develop a 2-day pre-conference course for CSM 2020 regarding the IASP physical therapy pain curriculum guidelines. Carol Courtney, Derrick Sueki, Craig Wassinger and Carolyn McManus have been included in this planning.

#### **2. Develop an online pain education webinar series**

- Mark Shepherd is coordinating this program and is planning a Winter 2019 webinar with Kathleen Sluka on the topic: A Mechanistic Based Approach to Physical Therapy Pain Management

**Goal 2. Pain Education:** Transform society's understanding of pain and the role of physical therapy professionals in the management of pain

*Objective 1: Promote inclusion of pain science education in entry-level PT education*

#### **Action Items:**

#### **4. Develop a continuing education course that "educates the educator" on inclusion of IASP guidelines into every DPT program in the US**

- The 2-day pre-conference course being developed for CSM2020 by Mark Shepherd and colleagues noted above is envisioned as a template for a continuing education course that "educates the educator" and could be offered throughout the country

**GOAL 3. Research:** Promote specific physical therapy research funding initiatives that align with the Federal Pain Research Strategy and reflect the national urgency to effectively address the burden of pain.

Nothing to report

**4. Advocacy:** Educate funding agencies, government officials and payors about the role and expertise of physical therapists in the non-pharmacological approach to pain management, prevention of opioid use, and treatment of opioid use disorder.

*Objective 1: Be a resource for the APTA or other agencies for pain outreach.*

#### **Action Items**

#### **2. Recommend liaison(s)/content expert(s) to APTA to help develop initiatives focused on the National Pain Strategy, Opioid Epidemic, and Federal Pain Research Strategy, e.g. #Choose PT**

- Craig Wassinger is serving as the PSIG representative on an APTA Pain Management Workgroup led by Hadiya Green Guerrero, PT, DPT, Senior Practice Specialist at the APTA.
- Kathleen Sluka is serving on an NIH workshop panel in animal models of pain
- Kathleen Sluka is serving on a National Academy of Science work group on temporomandibular disorder
- Steve George was on a panel in December for National Academy of Science workgroup on non-pharmacological treatments for pain
- Steve George has been nominated for consideration to serve on the Department of Health and Human Services Interagency Pain Research Coordinating Committee (IPRCC)
- Several PSIG Board members provided comments to Kara Gaynor in response to her request for comments to be provided to the White House National Science and Technology Council on its "Draft Report of the Fast Track Action Committee (FTAC) on Health Science and Technology Response to the Opioid Crisis."

**5. Engagement:** Increase APTA member engagement with PSIG and partner with other professional associations that have a goal of advancing pain education, research, practice and advocacy.

*Objective 1: Promote membership and active engagement by members in PSIG projects and activities*

#### **Action Items**

#### **1. Include an announcement about the PSIG in introductory remarks at all Academy of Orthopaedic PT CSM and Annual Orthopaedic Meeting programming that involve the topic of pain**

- Mark Shepherd will include identifying and describing the role of the PSIG in his opening remarks at CSM 2019 programming

#### **2. Invite members to participate in PSIG ongoing activities and special projects**

- PSIG members have been invited to contribute research and clinical pearl topics for monthly emails and articles for the PSIG section of OPTP.

*Objective 2: Broaden access to PSIG to reach other SIG and Academy members*

**Action Items**

**1. Collaborate with the Academy of Orthopaedic PT Leadership to expand access to the PMSIG by other Academy/Section members**

- AOPT President Steve McDavitt continues to lead these efforts

*Objective 3: Partner with other professional associations that have a goal of advancing pain education, research, practice and advocacy.*

**Action Items**

**1. Appoint and have available liaisons for key professional organizations involved in pain (nationally, internationally) that will represent the role of physical therapy in pain management (IASP, APS, AIPM)**

- Steve George and Kathleen Sluka met with IASP President, Secretary and Councilor at the IASP World Congress in September 2018 to begin a discussion of partnering opportunities. This discussion is being continued by APTA CEO Justin Moore.