

President's Message

Carolyn McManus, MSPT, MA

Once again, CSM offered exciting opportunities for physical therapists and physical therapist assistants to connect, share ideas, and learn the latest research, education practices, and treatment strategies for pain. CSM 2018 also brought changes to the PMSIG Board. I want to especially thank outgoing Vice President/Education Chair, Nancy Durban, DPT, MS, for her time, energy, and leadership for the past 3 years. Our new board members are Vice President/Education Chair, Mark Shepherd, DPT, OCS; Public Relations, Chair Derrick Sueki, DPT, PhD, OCS; and Nominating Committee members, Colleen Louw, MSPT, Med; and Brett Neilsen, DPT, OCS. I am continuing to serve as are Research Chair, Dana Dailey, PT, PhD; Practice Chair, Craig Wassinger PT, PhD; Social Media Chair, Tasha Parman, DPT, OCS; and Nominating Committee Chair, Jacob Thorpe, PT, DHS, OCS. In addition, outgoing Nominating Committee Chair, Michelle Finnegan, DPT, OCS, is our Membership Committee Chair, a newly appointed position. We are committed to promoting pain education, treatment, and research by physical therapy professionals and look forward to serving you in the year ahead.

CSM 2018 got off to a tremendous start with a well-attended 2-day preconference course, Keep Calm and Treat Pain: From Research to Clinical Practice, sponsored by the PMSIG, the Orthopaedic Section, and the APTA. Outgoing Vice President/Education Chair, Nancy Durban brought her pioneering vision to a successful outcome. Her tireless efforts to bring together leaders from a wide range of pain-related specialties made for a dynamic, engaging, and informative course. See the photo below for the presenters who shared their expertise on the Science of Pain, Pain Pharmacology, Pain Psychology, Motivational Interviewing, Pain Inventories and Objective Measurement, Mindfulness and Pain Treatment, Mindful Movement, Activity and Exercise, Sleep and Pain, Nutrition and Pain, Clinical Decision Making, and Telerehabilitation. I want to give a big thank you to Nancy Durban for the time and energy she put into this program. Attendees are better-educated and skilled, and countless patients will no-doubt benefit because of her efforts. Thank you, Nancy!

CSM 2018 educational session programming included a wide range of courses addressing pain-related topics. These included the PMSIG session, The Chronic Pain Epidemic: National Research, Education, and Practice Initiatives. This outstanding program brought together Linda Porter, PT, PhD; Kathleen Sluka, PT, PhD, FAPTA; and Kara Gainer, JD, to discuss national initiatives and the key role of physical therapy in addressing the pain/opioid epidemic. Dr. Porter, Director of the Office of Pain Policy at the National Institute of Neurological Disorders and Stroke, discussed the National Pain Strategy and a range of federal initiatives related to pain policy and physical therapy. Dr. Sluka discussed the National Pain Strategy objective to develop a pain education portal that contains a comprehensive array of standardized materials to enhance available curricular and competency tools. In addition, she presented her own pioneering work developing pain education materials for health professionals at the University

of Iowa's Center for Excellence in Pain Education. Kara Gainer, JD, Director of Regulatory Affairs at American Physical Therapy Association, discussed specific efforts by the APTA to prevent a new generation of opioid abusers, make nonpharmacological treatments easier to access than opioids and address leading causes of addiction, chronic, and acute pain. Ms. Gainer detailed the steps the APTA is taking to promote public awareness, improve patient access, and increase the understanding of the role of physical therapy in reducing opioid addiction. A lively discussion followed the formal presentation. It was a well-attended, great program! Thank you, Kathleen Sluka for creating this inspiring, thought-provoking session.

I want to thank those members who attended our CSM 2018 membership meeting. The meeting PowerPoint is posted on the PMSIG website. Accomplishments from the past year were highlighted and our strategic plan reviewed. I am delighted to report our membership increased from 482 to 605 since CSM 2017. Craig Wassinger presented on progress by the Education and Orthopaedic Sections to develop clinical practice guidelines for the management and prevention of chronic musculoskeletal pain with education and counseling interventions. PMSIG Board members, Craig Wassinger and Derrick Sueki, along with Joel Bialosky, Scott Euype, and David Morrisette are coordinating and leading this effort. The guidelines will answer the following 4 questions regarding the use of education and counseling in the management of chronic pain:

1. For adults with acute musculoskeletal pain, does patient education and/or counseling reduce the future risk of chronic pain compared with no patient education?
2. In adults with acute musculoskeletal pain what is the effect of patient education and/or counseling on activities of daily living/quality of life compared with no patient education?
3. In adults with chronic musculoskeletal pain, what is the effect of patient education and/or counseling on levels of pain compared with no patient education?
4. In adults with chronic musculoskeletal pain, what is the effect of patient education and/or counseling on the level of function compared with no patient education?

The group is currently completing title and abstract screening of over 10,000 articles and plan full text reviews in spring and manuscript data extraction in the summer. Their timeline includes the writing of the guidelines in late 2018 for potential presentation at CSM, the Orthopaedic Annual Meeting, and the Educational Leadership Conference in 2019. A discussion followed that included topics of how do we best leverage technology to provide online continuing education to our members, the need to define entry level vs advanced practice and develop a Definition of Advanced Specialty Practice for pain.

In addition, PMSIG Board members Craig Wassinger, Mark Shepherd, outgoing VP, Nancy Durban, Orthopaedic Section Liaison, Scott Davis, and I met with Kathleen Sluka, Steve George, Carol Courtney, and Orthopaedic Section President, Steve McDavitt at CSM. We discussed the possibility of alternative models that might allow the PMSIG to have a greater impact across the APTA, including the possibility of collaboration with other Sections who

also have an interest in pain. Steve McDavitt will initiate a discussion with other Section Presidents and APTA leadership to explore possible ways to enhance collaboration across Sections on pain-related issues.

We also discussed the need to review and revise the PMSIG Strategic Plan to broaden the mission and expand the objectives to include an outward or external reach of the PMSIG. The Board will undertake the latter with the goal of completing the Strategic Plan revision at the Orthopaedic Annual Meeting.

The preconference and educational session proposal submission deadline for CSM 2019 has passed; however, the abstract submissions (poster and platform) deadline is June 15, 2018. Visit www.apta.org/CSM/Submissions to submit your abstract for poster or platform presentation. CSM programming offers you a great opportunity to share your expertise with your colleagues, so, if you have ideas and experience that can help us improve our treatment of pain, I hope you will submit a proposal.

In January the PMSIG sent a survey to members requesting their vote on a possible name change of our SIG from Pain Management SIG to Pain SIG. The results were 95.37% in favor, 3.70% opposed and 0.93% had no opinion. The PMSIG Board will develop a motion and a support statement to justify to the Section Board why the Pain Management SIG should be renamed to the Pain SIG. Scott Davis (Board Liaison) will then bring the motion to the Orthopaedic Section Board for a vote.

The Orthopaedic Section has nominated PMSIG Public Relations Chair, Derrick Sueki, to serve on the Joint Commission Technical Advisory Panel developing standards related to pain management in non-hospital settings. The objective of this project is to examine evidence, expert guidelines, and opinions on chronic pain and opioid management and treatment in order to develop requirements for chronic non-cancer pain management in non-hospital organizations. A big thanks to Derrick for contributing his time and expertise and representing the physical therapy profession on this Joint Commission Technical Advisory Panel.

I would like to congratulate PMSIG members Kathleen Sluka, PT, PhD, FAPTA, and Adriaan Louw, PT, PhD, on their upcoming roles as speakers at the International Association for the Study of Pain World Congress on Pain to be held in Boston, MA from September 12 – 16, 2018. Kathleen Sluka will present a plenary lecture at the World Congress on the topic “Does Exercise Increase or Decrease Pain? Underlying Mechanisms and Clinical Implications.” Adriaan Louw will present a keynote lecture at a preconference satellite, Pain Mind and Movement: Applying Science to the Clinic, to be held on September 11, 2018. Adriaan’s topic is “Pain Neuroscience Education in Clinical Practice: State of the Art and Future Avenues.” It is exciting to see PMSIG members sharing their expertise on the international stage. The full programming for the World Congress and Satellite has not been determined at this writing and I am aware of additional PMSIG members who have submitted proposals for presentations and poster abstracts. If you are among those who have submissions and should you be selected, please let me know so I can inform our members in a future President’s Message.

If you are interested in additional continuing education opportunities in pain evaluation and treatment, visit the Orthopaedic Section’s Read2Learn program at <https://www.orthopt.org/content/education/independent-study-courses/read2learn>. The Orthopaedic Section compiled Read2Learn CEU exams based on Dr Kathleen Sluka’s popular text, *Mechanism and Management of*

Pain for the Physical Therapist, 2nd ed (2016). You can read the book or book sections and select the online exam option you would like to take. Disclosure: Dana Dailey is a co-author for one of the chapters.

The PMSIG Board is always open to your ideas on how can we improve the PMSIG to better meet your needs. We welcome your participation in our activities. If you have suggestions, would like to write an article for the PMSIG newsletter in *OPTP*, help with Strategic Plan activities, or contribute a clinical pearl or research topic to our monthly emails, please contact us. Be assured we will take your interest and recommendations into our discussions and activities as we move forward to identify and promote best practice, evidence-based pain treatment. I can be reached at carolyn@carolynmcmamus.com.



From left to right.

Front row: Michelle Finnegan, DPT; Catherine Siengasukon, PT, PhD; Carolyn McManus, MSPT, MA; Kristin Archer, DPT, PhD; Megan Pribyl, MSPT; Janet Bezner, DPT, PHD
Back row: Dana Daily, PT, PhD, Stephanie Carter Kelly, PT, PhD; Alexandra Szabova, MD; Nancy Robnett Durban, DPT; Kathleen Sluka, PT, PhD

Pain Management Special Interest Group Strategic Plan

Mission

The Mission of the Pain Management Special Interest Group is to promote excellence in pain education, treatment, and research by physical therapy professionals.

Vision

The Pain Management SIG will be a leading authority in the role of physical therapy in promoting healing, well-being, and movement by people with pain conditions.

1. Standards of Practice

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

Activity

1. Provide monthly emails to members and website posts on pain-related research and clinical pearl topics.
Time Line: Ongoing
2. Solicit manuscripts on pain-related topics for *OPTP*.
Time Line: Ongoing
3. Involve members in the Orthopaedic Section ICF-based Clinical Practice Guidelines process for pain diagnosis and treatment.
Time Line: Ongoing
4. Add an Education link on the PMSIG web home page linking to a web page that includes recommendations for pain curriculum for DPT programs.
Time Line: Complete by 2/2018
5. Evaluate need for more detailed description of pain curriculum for DPT programs.
Time Line: Complete by 2/2018

2. Educational/Professional Development

Objective: *Provide high quality educational content for continuing competence in pain diagnosis and treatment by physical therapy professionals.*

Activity

1. Provide education sessions at CSM.
Time Line: Annual activity
2. Develop online pain education programming.
Time Line: Complete by 2/2020
3. Contribute speakers and topics to the AOM programming.
Time Line: When requested
4. Develop online resource database of publically available tools, articles, and book recommendations on pain diagnosis and treatment for physical therapists.
Time Line: Completed by 2/2019

3. Physician and Additional Health Care Provider Awareness

Objective: *Increase awareness of physical therapists as experts in the care of people with pain conditions among physician and additional health care provider audiences.*

Activity

1. Develop a PowerPoint on the role of physical therapists in the care of patients with pain conditions for health care provider audiences.
Time Line: Completed by 2/2018
2. Have volunteer PMSIG members trained and available to present at physician, other provider, and pain conferences on the role of physical therapy in the treatment of pain.
Time Line: Complete by 9/2018

4. Public Awareness and Resources

Objective: *Increase awareness of physical therapists as experts in the care of people with pain conditions.*

Activity

1. Serve as a resource to the APTA and Orthopaedic Section on communicating the role of physical therapy in the treatment of pain to the general public.
Time Line: Ongoing

Objective: *Provide pain care resources for the public.*

Activity

1. Create a video of a physical therapist explaining pain to be made available at the PMSIG website for viewing by patients and the public.
Time Line: Complete by 2/2019
2. Add a For the Public link on the PMSIG web homepage linking to a web page that will include online and print resources on pain-related topics such as pain science education and how physical therapists treat pain.
Time Line: Complete by 2/2020

5. Member Engagement

Objective: *Promote membership and active engagement by members in PMSIG projects and activities.*

Activity

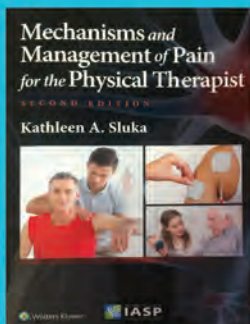
1. Include an announcement about the PMSIG in introductory remarks at all Orthopaedic Section CSM and AOM programming that involve the topic of pain.
Time Line: Annual activity
2. Invite members to participate in PMSIG ongoing activities and special projects.
Time Line: Ongoing
3. Establish Facebook and Twitter accounts.
Time Line: Complete by 10/2017
4. Promote PMSIG activities on social media.
Time Line: Ongoing

6. Expand Access to PMSIG

Objective: *Broaden access to PMSIG to reach other SIG and Section members*

Activity

1. Engage other SIGs and Sections in a discussion and development of a model to (1) access the expertise and interests of members of other SIGs and Sections who share a pain interest and (2) make available our expertise and resources to other SIGs and Sections with members who share a pain interest. This is to include exploring an organizational structure that would enable members of other Sections to be members of the PMSIG.
Time Line: Complete by 2/2020



GOT PAIN?
Learn From One of the Best Resources
Mechanism and Management of Pain for the Physical Therapist, 2nd ed
(2016), by Dr. Kathleen Sluka

Read the Book, Take the Quiz, Get Credit
<http://www.orthopt.org/content/education/independent-study-courses/read2learn>