

PAIN MANAGEMENT

SPECIAL INTEREST GROUP

President's Letter

Carolyn McManus, MSPT, MA

Dear PMSIG Members,

Thank you for the honor and privilege to lead the PMSIG in the role of President. I want to specifically thank Dana Dailey, PT, PhD, for her time, energy and leadership for the past 3 years. We are fortunate to retain her experience in her new position as Research Chair. In addition, our SIG leadership includes Board Liaison, D. Scott Davis, PT, EdD, OCS; Vice President and Education Chair, Nancy Durban, DPT, MS; Nominating Chair, Michelle Finnegan, DPT; and Nominating Members, Craig Wassinger, PT, OCS, and Jacob Thorp PT, DHS, OCS. Special thanks to the service by outgoing board members Anita Davis, DPT, and Joel Bialosky, PT, PhD, OCS.

I am excited to put my passion and experience helping people in pain by serving in the role of PMSIG President. My goal is to help you be the best practitioner you can be. I hope to draw on your talent and experience to help me in this effort to offer our membership evidence-based resources and educational opportunities. CSM 2017 attendance was 11,504 and if programming was any indication of the interest in pain, we are, unquestionably, a hot topic SIG with a large need to meet. CSM 2017 programming included a wide range of courses addressing pain-related topics. These included the PMSIG presentation, co-sponsored with the OHSIG, on the Psychosocial Management of Debilitating Chronic Conditions with Michael Sullivan, PhD. In addition, there were courses offered by the Orthopaedic Section as well as other sections on fibromyalgia, motivational interviewing, pain psychosocial factors in sports, and chronic pain in military and veteran populations, just to name a few. It appears there is no end to the interest in pain!

I want to thank those members who attended our CSM 2017 membership meeting. The meeting minutes and Power-Point are posted on the PMSIG website. As many of you know, the Orthopaedic Section is actively engaged in developing Clinical Practice Guidelines (CPG) to enhance diagnosis, intervention, prognosis, and assessment of outcomes for a variety of musculoskeletal conditions. Nancy Durban, PMSIG Vice President and Education Chair, is a member of the CPG Developmental Group charged with developing these guidelines for chronic pain. At our membership meeting, Craig Wassinger, PT, OCS, provided an overview of the CPG process and invited those members interested in participating in critical appraisals of the literature to provide their name and contact information. Thank you to all those who signed up for this effort. We will reach out to you in the months ahead with additional information. The critical review process will examine the effect of pain education or counseling on the risk of developing chronic pain and, for those patients with chronic pain, examine the role of pain education or counseling on pain levels, function, and quality of life. The CPG Developmental Group previously discussed expanding this scope to include additional physical therapy interventions for chronic pain, including mind body

approaches, but ultimately decided to limit the focus to pain education and counseling. It was concluded that the expanded scope would be too large for a first-time experience of establishing a CPG. Other physical therapy interventions will be included in future CPG development processes. If you are interested in offering your time and expertise to this process but were unable to attend our membership meeting, please contact me. Several members of the chronic pain CPG Development Group will attend a critical appraisal workshop to be held in April at the 2017 Annual Orthopaedic Section Meeting in San Diego. Following that meeting, the next steps in the process include:

- a. Contact individuals to serve as reviewers and secure a sufficient number of qualified reviewers,
- b. Perform critical appraisals,
- c. Incorporate results of critical appraisals to develop recommendations,
- d. Write a manuscript and have it reviewed,
- e. Edit manuscript and final document,
- f. Submit for publication (JOSPT) and to national clearinghouses, and
- g. Develop plan for review and revision to be completed in 5 years.

The preconference and educational session proposal submission deadline has passed, however, the abstract submissions (poster and platform) deadline is June 16, 2017. Visit www.apta.org/CSM/Submissions to submit your abstract for poster or platform presentation. If you have questions or need help with developing your abstract submission, please contact Nancy at Nancy.Durban@cchmc.org. 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 an abstract.

If you are interested in additional continuing education opportunities in pain evaluation and treatment, visit the Orthopaedic Section's Read2Learn programming at <https://www.orthopt.org/content/education/independent-study-courses/read2learn>. In response to the National Campaign to Combat Opioid Abuse and to provide physical therapists with cutting edge information on pain, 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). All you need to do is read the book or book sections and select an online exam option you would like to take. Disclosure: Dana Dailey is a co-author for one of the chapters.

The PMSIG Board has already been brainstorming ideas for 2017. We have been instructed by the Orthopedic Section Board of Directors to complete a strategic plan by CSM 2018. We want to update our website and include a platform where members can contribute reviews of books and research articles. We are planning a newsletter to members that will include this and additional information on upcoming educational and research opportunities. We have set a goal to increase our mem-

bership from 528 to 550 members, so get the word out and invite your colleagues interested in pain to join us!

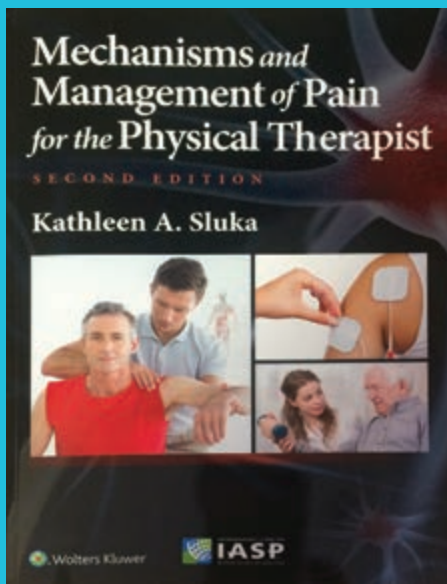
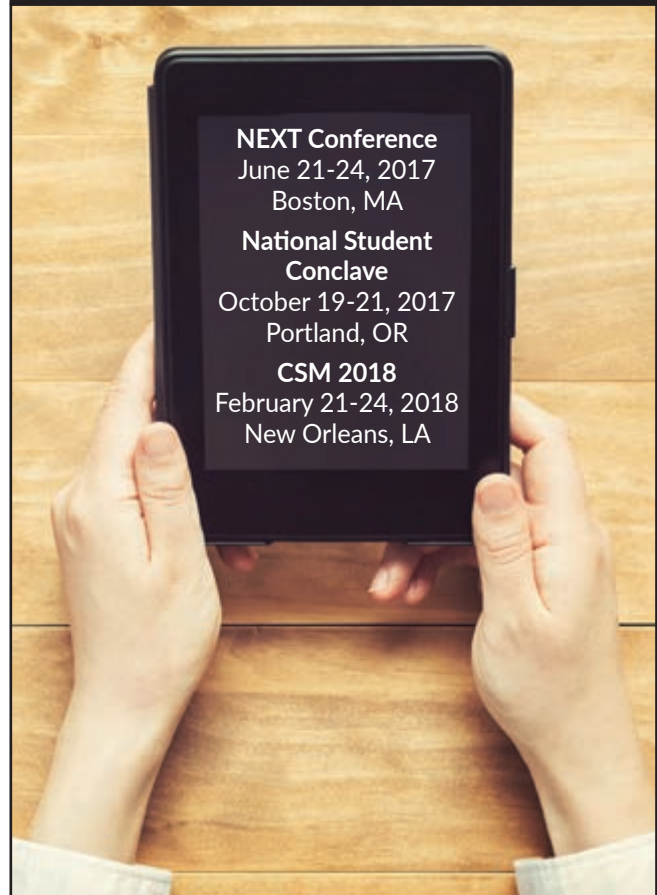
We would like to hear your ideas on how can we improve the PMSIG to better meet your needs. If you would like to write an OPTP article for the PMSIG section, help update our website, establish a Facebook page, or assist in other ways, please contact me. Be assured the Board will take your interest and recommendations into our discussions and planning as we move forward to identify and promote best practice, evidence-based pain treatment. I can be reached at carolyn@carolynmcmamus.com. Thank you again for this opportunity.



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UPCOMING MEETINGS



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>