

Advocacy Opportunity through #PainCareNow

#PainCareNow is an advocacy campaign by the US Pain Foundation (US Pain) to increase awareness of the Pain Management Task Force (PMTF) Report. The PMTF Report is a report that summarizes current gaps in knowledge and provides evidence-based multidisciplinary treatment recommendations from the Department of Health and Human Services. US Pain is encouraging the community to reach out to their state representatives to disseminate the important points in the PMTF Report to 1. increase clinician education of a both pharmacologic and non-pharmacologic therapies for pain and 2. improve insurance coverage of these modalities in pain management.

The PMTF Report provides clinical best practices for five treatment categories: pharmacologic therapy, restorative therapy, interventional procedures, behavioral health approaches, and complementary and integrative therapies, with mention of unique considerations for various populations including pediatric patients. The Pain Management Task Force, which included 29 members of federal and non-federal agencies, reviewed available scientific literature, patient testimonials, public meeting comments, and information provided from experts in various disciplines including the 2016 CDC Guidelines for Prescribing Opioids. It addresses the importance of education of patients, caregivers, clinicians, policymakers, and legislators about pain conditions and their treatment options. Barriers to access to pain care are identified, including the need for broader insurance coverage of treatment modalities and expansion of available workforce in all disciplines involved in pain management.

The PMTF Report emphasizes the importance a therapeutic alliance between patient and clinician. A pain treatment plan should be developed after a proper evaluation and diagnosis is established. Outcomes should be measured by improvement of quality of life, functionality, and ADLs. The report also notes that effective chronic pain management should be multidisciplinary. Acute pain should be a multimodal approach with consideration of medications, nerve blocks, PT, and other modalities.

Additional information about this US Pain Foundation advocacy opportunity is available on their action center website at <https://www.votervoice.net/USPF/campaigns/89175/respond> . Details of the PMTFR can be found at <https://www.hhs.gov/sites/default/files/pmtf-final-report-2019-05-23.pdf>

Jamie Kitzman, MD, DABMA, FASA
Children's Healthcare of Atlanta
Emory University School of Medicine
Assistant Professor of Anesthesiology and Pediatrics
Division of Pediatric Anesthesiology