

## Dues Are Due Now For 2016

The chapter's financial year is from January to December. Your dues pay for programs when we cannot secure sponsorship and these programs have contact hours associated with them

Please remit your dues to Denise Sullivan, Treasurer. Please see the Officer Directory for the address.

Thank you for your support

## Save the Date Upcoming Program

We are pleased to announce that we are jointly providing a full day educational opportunity for the fourth consecutive year with the Department of Anesthesiology at the Hospital for Special Surgery.

The Tenth Annual Pain Awareness Program: Issues, Challenges and Treatments will be held on Friday, October 14, 2016 at the Hospital for Special Surgery.

### Brief Description of Program

There are many complex issues inherent in treating pain, including biologic, physiologic and psychologic challenges that patients face. The aim of this year's program is to present a

few varied physical and emotional pain related problems, such as depression, substance abuse, concussions and autoimmune disease, that may be diagnosed early in life and perpetuate into chronic, lifelong struggles.

6.5 CEU credits will be awarded. As we did last year, live web streaming will be available.

Program announcements will be going out later this month.

Hope to see you there!

Submitted by  
Barbara Wukovits, RN, BSNC

## Sickle Cell Disease Pain Management: “Evidence” and “Anecdotes”

Is sickle cell pain real? That was the question posed and discussed at the April 7th, 2016 ASPMN New York City Chapter's Spring dinner meeting and educational presentation. Andrew Eisenberger, MD, Assistant Professor of Clinical Medicine at Columbia University Medical Center, conducted a lively and informative discussion of the challenges and successes experienced by providers, clinicians, and patients in managing both acute crisis pain and ongoing

chronic pain management.

A group of 25 RNs, NPs.. and MDs gathered at Montibello's Restaurant on East 56th Street in New York City to hear Dr. Eisenberger discuss some of his challenging cases, particularly those involving transitioning a patient from their preferred short-acting analgesic regimens to better pain management with long-acting opioids. He identified some of the barriers providers faced in getting patients admitted in crisis to accept a plan to switch from short-acting to long-acting pain control medications:

- Introduction to short-acting opiates in youth
- Rapid evidence of effect from short-acting opiates
- Innate need for pain self-management

Dr. Eisenberger emphasized that successful transition from outpatient analgesic regimens based solely on short-acting opiates only occurs in the context of a trust-based relationship. He shared some of his successes and ongoing challenges in combating the barriers to establishing a successful care management regimen that reduces/prevents admissions for vaso-occlusive crisis (VOC). He identified why some VOC admissions never end::

- Undertreatment
- Need for exchange transfusions
- Psychiatric illness

## 2 ASPMN NYC Chapter

- Malingering
- Addiction

Dr. Eisenberger's presentation style encouraged questions and lively discussion. Program evaluations were highly positive. Comments included:

"Great presentation. Learned a lot about sickle cell patients and their management."

"Really appreciate the passion he has for this field. It needs more people like him!"

"Excellent presentation. Great job in using stories to put emphasis on content."

Submitted by  
Marion Spector, MS, RN, ACNS, BC

## ASPMN National Conference 2015 Lecture

At the National Conference, Marian Wilson, PhD, MPH, RN-BC and Ron Weaver, BA, CCAR presented on "Goodbye Opioids, Hello Self-Management! Supporting Non-Drug Alternatives for Persistent Pain". Ron is a chronic pain patient who went through multiple tests to finally determine he had ankylosing spondylitis. He was placed on opioids but over time he lost control of his medications and the medications didn't decrease his pain. He stated he knew he was taking more than he was supposed to but "just wanted the pain to stop". After working with a physician who helped him to stop opioid therapy, he still needed to learn how to deal with his pain. Over time he developed a program called

"A way forward" which he now facilitates and helps others with chronic pain find a healthier solution to using chronic high dose opioids. His program includes 8 modules:

- 1 emotional labels
- 2 charting your pain triggers and soothers
- 3 Cognitive Behavioral Therapy (CBT) replacing negative thoughts and catastrophizing
- 4&5 address significant others - labels and triggers
- 6 complex opioid dependency
- 7 Treatments/self management
- 8 wellness plan and wrap up

The program involves learning new behaviors, coping skills, addressing thoughts, feelings and knowledge deficits which may prevent the patient from moving forward. Ron travels around the country to help set-up programs where they are needed. He can be reached through his email: [awayforwardnow@gmail.com](mailto:awayforwardnow@gmail.com)

For the patients in our area there may be other resources available that our patients can tap into. One resource I am aware of is Mark Marino, a Manual Physical Therapist in Lake Grove, who developed an internet based program called "Conquer Your Pain". When Mark first became a physical therapist he was in an accident which resulted in multiple broken bones and injuries then developed chronic pain. In his striving to become pain free and to understand chronic pain, he developed a program to help others who have chronic pain move forward toward a goal of becoming pain free. If you type "conquer your pain" in the internet browser, his website will be available.

July 2016

Submitted by  
Margaret Fischer, RNC, ANP

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