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# The WindowPain

The newsletter of the American Society  
for Pain Management Nursing -  
Long Island Chapter

AMERICAN SOCIETY FOR  
Pain Management  
Nursing



ASPMN Long Island Chapter

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## New FDA Warning - Kratom

The FDA has issued a warning regarding kratom, an herbal supplement that is made from the leaves of a plant (*Mitragyna speciosa*) that grows in Thailand, Malaysia, Indonesia and Papua New Guinea. FDA Commissioner, Scott Gottlieb, MD, has issued a statement addressing the concerns about the increased use of this herbal supplement and potential health risks. In the

statement, kratom is being used to treat pain, anxiety and depression. Some people believe they can use kratom to treat opioid withdrawal symptoms. FDA has concerns the public is using kratom to treat these medical conditions instead of diagnosis and treatment by a licensed health care provider, who could inform the user about side effects and drug interactions. The FDA reports this supplement is being marketed as a "safe" alternative since it is a plant based product. Kratom has similar effects as opioids such as euphoria, abuse, addiction and may result in death. The FDA stated there has been a tenfold increase in calls to the poison control centers regarding kratom from 2010 to 2015 and 36 associated deaths. The FDA warning states: "there are currently no FDA-approved therapeutic uses of kratom. Moreover the FDA has evidence to show that there are significant safety issues associated with its use" (Prozialeck, et al, 2012). The FDA is actively preventing shipments from entering the US. Kratom is a controlled substance in 16 countries and is banned in the following states: Alabama, Arkansas, Indiana, Tennessee and Wisconsin. Other states have legislature pending to ban kratom.

Patients may ask about this herbal supplement or be admitted to the hospital after ingesting one of the various forms. Kratom is available as raw leaves, capsules, tablets, and concentrated extracts which may be made into a tea. The supplement may be purchased from the

Internet or specialty store such as smoke shop, bodegas, coffee shops.

Submitted by  
Sandra Kuefner, ANP

## Local Member Accomplishments

The Chapters of New York City and Long Island have many accomplished members. At the National level 4 Past Presidents were members of these chapters.

The New York City Chapter is proud of Maureen Cooney, DNP, FNP-BC and Kathleen Broglio, DNP, ANP-BC for their article in *The Journal for Nurse Practitioners* titled "Acute Pain Management in Opioid-tolerant Individuals" (volume 13, issue 6, 394-399). This article is available for continuing education contact hours, including 1.0 pharmacology credit, approved by AANP. The article is a comprehensive overview of multimodal pain management and is one of the must read articles given to the medical students during Pain Management Rotation.

The Long Island Chapter is proud of Past President for chapter and nationally, Terry Grimes. Terry received a citation from

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American Society for Pain  
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New York State Assemblyman Steve Englebright, to recognize “her lifelong compassion and dedication to the treatment of patients suffering with pain” on the occasion of her retirement from John T. Mather Hospital. Congratulations to Terry on this honor.

Submitted by  
Donna Sipos Cox, FNP-C, AP-PMN,  
MSN

## **Upcoming Chapter Educational Offerings**

The Long Island Chapter will have their Seventeenth Annual Pain Conference on June 1st at the DeMatteis Center. The program this year is “Pain Management: From Then Until Now”. Some of the topics for this conference include Joint Commission Readiness, ERAS, Buprenorphine, Essential Oils, the Opioid Crisis, and Medicinal Cannabis.

The New York City Chapter/Hospital for Special Surgery jointly sponsored Twelfth Annual Pain Program at HSS will be October 5th. This year’s program will feature presentations on trauma related topics. This will include Post Traumatic Stress Disorder (PTSD), management of trauma pain in the Emergency Department, etc. If you cannot attend in person, live web streaming will be offered again.

Please come and support these programs. They are great learning and networking opportunities.