

IOWA PAIN MANAGEMENT INITIATIVE

FOR IMMEDIATE RELEASE

Contact: Your contact name
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You Don't Have to Live in Pain *September is National Pain Awareness Month*

September 1, 2006 (Your city, Iowa) -- Persistent pain is significantly under-treated and incredibly misunderstood — by many health care professionals, most of the decision makers in Washington, DC, and even by those closest to you — your family members and friends. In 2000, Congress declared 2000-2010 the Decade of Pain Control and Research to make pain a national health priority. Through this declaration, leading pain organizations who pushed for this declaration, including the American Academy of Pain Medicine, the American Headache Society, and the American Pain Society, hoped that public attention and funding for research would be focused on this serious public health issue that affects 75 million Americans.

Name of your organization is part of the Iowa Pain Management Initiative. Our purpose is to educate all Iowans about pain management and to encourage all those in pain to talk to their doctors about it.

Pain Management in Nursing Homes

In 1999, researchers at Brown University in Rhode Island discovered that nearly one sixth of all nursing home residents they studied across 11 states were in daily pain, as reported through the Minimum Data Set to the Center for Medicare and Medicaid Services (CMS). Of these, around one quarter received no pain medications—not even an aspirin. Among those residents who were observed to be in daily pain, two-thirds continued to be in daily pain when assessed 60 to 180 days later. Clearly, there was a significant issue with pain management for residents in nursing homes.

As a result of this well-publicized study, quality improvement efforts were initiated across the country. Iowa average rates of pain among nursing home residents were near the national average for long-term residents but were significantly higher for short-stay residents (see Exhibit 1). Much work has been done to reduce these rates during the past three years. By the period from July through December of 2005 (the most recent data available at the Medicare.gov website), the average percentage of residents with moderate to severe pain in Iowa had dropped to 5% and the average percentage of short-stay residents in moderate to severe pain had dropped to 26% statewide.

Pain in Nursing Homes		2002	2005
Moderate to severe pain among long-term residents	IA	9.9%	5.0%
	US	8.7%	5.0%
Moderate to severe pain among short-stay residents	IA	32.5%	26.0%
	US	24.7%	22.0%

Go to www.medicare.gov and find your local nursing home data under Compare Nursing Homes in Your Area.

Some of the factors that have caused this dramatic improvement in pain management for nursing home residents include the following:

- Use of appropriate pain assessments
- Use of pain intensity scales which help caregivers monitor and treat pain
- Use of non-drug pain treatments like heat packs, massage, or better bed positioning.

Add comments from local nursing home administrators about their specific pain management efforts here

Additional pain management resources may be found at:

Add local resources here

The National Pain Foundation

www.nationalpainfoundation.org

The Mayo Clinic

www.mayoclinic.com

The American Chronic Pain Association

www.theacpa.org

The American Academy of Pain Management

www.aapainmanage.org

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