

Pain Society of Oregon

2009 Annual Report



Our Mission

- To promote the highest standards of professional competence and ethics in the treatment of pain disorders.
- To provide for the continuing education of the members.
- To promote working relationships among pain treatment disciplines.
- To represent the interests of pain treatment within the larger health community.
- To advocate competent pain treatment for the public.
- To improve members knowledge of and use of community pain treatment resources and methods.



Education, Policy and Advocacy

Dear Friends,

We are pleased to report on the many accomplishments that the Pain Society of Oregon (PSO) has achieved to help improve the treatment of pain in Oregon. The year 2009 marked an important milestone for the PSO; we celebrated our 10th anniversary and renewed our longstanding dedication to multi-disciplinary education, patient advocacy and pain policy.

The PSO again led the way in providing exemplary pain education; between our Annual Clinical Meeting in April, our fall conference series “Pain Strategies for Practitioners”, and our monthly meetings in Eugene and Portland we educated over **1,600 people** on current pain topics this year alone!

On the policy front the PSO continues to collaborate with the Oregon Pain Management Commission on matters related to state pain policy. We are working hard to make sure pain management is on the local and state agendas.

The PSO also made strides to improve the public’s awareness of pain. Our Pain Patient Visual Arts Project was on display in the lobby of the State Capitol during September’s Pain Awareness Month. This project is a powerful and moving compilation of art work completed by pain patients. An informed public can advocate for improved funding for research, public policy that supports balance in the availability of medications, and appropriate reimbursement for comprehensive, multi-disciplinary care.

I am most proud though of our continued work in patient advocacy. Thanks to the tireless efforts of our Patient Advocacy Committee we sponsored our first Pain Patient Conference in conjunction with our Annual Clinical Meeting. We also participated with the generous support of the American Pain Foundation (APF) in a Military Veterans Pain Initiative.

While there is much to celebrate there is, of course, much work still to be done. This report highlights our accomplishments and outcomes in 2009. This work would not be possible if it weren’t for the dedicated efforts of the individuals serving on the PSO Board of Director’s, our members, staff, volunteers and funders.

Sincerely,

Jennifer M. Wagner, LPN, BS
Executive Director

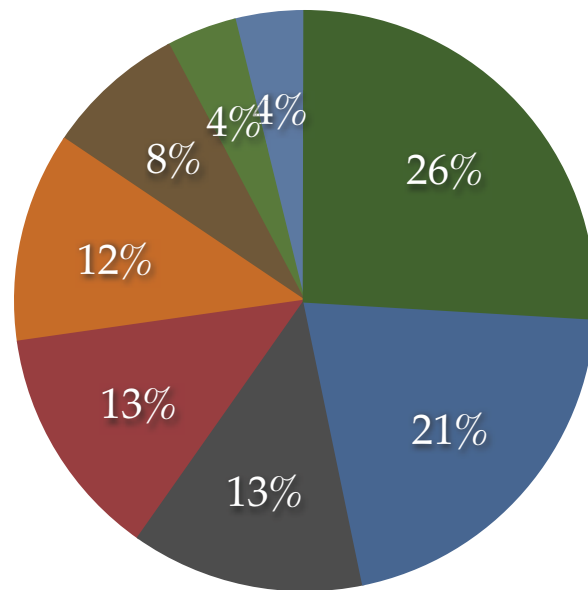
PSO MEMBERSHIP & RESOURCES

Membership

Membership is open to professionals who have a clinical license or certification with an interest in pain treatment and an ability to contribute to the Society's mission. Members include physicians, nurse practitioners, nurses, pharmacists, acupuncturists, licensed clinical social workers, chiropractic physicians, naturopathic physicians, physical therapists, psychologists, nutritionists, licensed massage therapists, exercise physiologists, and more!

Members by Discipline

- M.D.'s/D.O.'s
- Psychologists/Behavioral Health
- Chiropractic Physicians
- Nurse Practitioners/Nurses
- Acupuncturists
- Massage Therapists
- Pharmacists
- Naturopathic Physician



In 2009 we completed a comprehensive survey of our membership. We asked our members:

How does membership to the PSO benefit you?

- “Learning updates that improve my practice.”
- “Networking, encouraging multidisciplinary interactions and collaboration.”
- “Interesting topics: appreciate the provocative, cutting edge education.”

Membership Directory

The PSO Membership Directory is a comprehensive listing of all PSO members. The Directory includes contact information: photo, phone, address, professional affiliations, specialized training or awards and a 200-word description of the each members' practice. This valuable information can be found in both printed and online versions.

Website

The PSO also has an educational website: www.painsociety.com. Our website features an online version of our Membership Directory, pain management articles, Pain Bill of Rights, and links to other valuable websites for professionals and patients.

Healthcare Provider Education

The PSO has chapters in Eugene and Portland, Oregon. Each chapter meets nine times annually. The Portland Chapter meets on the 3rd Tuesday of each month. The Eugene chapter meets on the 3rd Wednesday of each month. Each meeting consists of an educational presentation by local practitioners representing a variety of modalities and perspectives. Emphasis is placed on creating a common language and providing a forum for discussion.

The PSO is approved to provide continuing education (CME/CEU's) for physicians, nurses, social workers, psychologists, naturopathic physicians, acupuncturists, chiropractic physicians, physical therapists, occupational therapists, and more! To learn more about the PSO's accreditation please contact the PSO main office or visit our website at www.painsociety.com/.

Eugene Chapter Meeting Topics
Cumulative Disorders in Working Populations
New Developments in Cannabinoid Research
Energy Medicine in the Treatment of Pain
Sleep and Pain
Move Beyond Pain: The Art & Science of Pain Free Movement
Monitoring Pain Prescriptions to Ensure Patient, Community & Practice Safety
Sports Medicine Applications in Chronic Pain Management
Nutrition and Medicine
Pain, Sleep Apnea and Oral Appliances
Portland Chapter Meeting Topics
Ethics and Pain Management at the End of Life
Managing and Treating Pain Patients with Co-Morbid Addiction
Pediatric Pain
Chronic Low Back Pain
New Techniques in Interventional Pain Management
Pain Management in a Rural Setting
New Developments in Cannabinoid Research
Gender Specific Treatment for Women with Chronic Pain
Foot Pain

Comments from our monthly meetings:

"Excellent high-level professional presentation."

"Good speaker! Research presented clearly."

"I learned new information and had previous knowledge reinforced."

"I feel enabled to be a much better advocate for my patients who are experiencing both chronic and acute pain."

"Great overview of current research."

"Interesting program with new information."



PSO Members at Monthly Meeting (Left to right) Malvin Finkelstein, L.Ac., Lynn Van Norman, LMT, Greg Koors, D.C. and Tom Peterson, M.D.

"Significant and lasting accomplishment will not come from extraordinary people but from extraordinary combinations of people who learn how to think and work together."

~Robert Hargrove

Annual Clinical Meeting & Conferences

The PSO holds an annual clinical meeting where the best and brightest in pain management gather to learn, network, and share information that advances the science of pain and positively affects patient outcomes. The meeting offers attendees an opportunity to learn from the most comprehensive mix of disciplines to achieve professional growth.

The 2009 Annual Clinical Meeting titled “**Terrain of Pain**” was held April 4, 2009 in Eugene, Oregon. The meeting offered three concurrent educational tracks and a keynote lecture by Michael Moskowitz, M.D. on “*Neuroplasticity and Pain: Moving Beyond the Gate Theory*”. For the first time, this year’s meeting also included a Pain Patient workshop held on April 5, 2009 (see page 6 for more details).

In addition to the annual clinical meeting the PSO sponsors a number of state-wide conferences annually. 2009 was the second year that we offered a fall conference series. This year’s series included conferences in Florence, Portland and Eugene, Oregon. The meetings were a resounding success with over 600 health care professionals attending and more than 18 hours of CME/CEU provided.

At the Pain Society of Oregon we believe our pain education is changing practice!
The proof is in the comments from our conference participants.

Quotes from 2009 conference participants

How will you use the information you learned during this conference?

“I will apply guidelines of nutrition, exercise, and patient motivation techniques immediately with my patients.”

“I will perform more complete pain assessments with my future patients.”

“I wear 3 hats (EMT in the field, Emergency Room Tech, and PT) I walked away with 5 facts that will help me and my patients in all of these work environments.”

“Assist patients in developing more functional goals and praise slow progress.”

“I am now much more excited to work in an interdisciplinary setting and will look for those opportunities for complex patients.”

“I have a better understanding of chronic pain and new/other treatment modalities available. I will be able to recommend them to patients when indicated.”

“I will share this information with our education coordinator, who can disseminate the information to all RN’s in our hospital.”

“I will use it to educate my patients about functional pain management and realistic outcomes.”

Patient Advocacy & Policy

Patient Education

The PSO's Patient Advocacy Committee sponsored a Pain Patient Workshop in conjunction with this year's Annual Clinical Meeting. This event featured lectures by PSO members on important patient education topics such as "Integrated Care Panel", "Hands on Pain Management" and "Medications and Supplements".

Raising Public Awareness

In late August, Governor Kulongoski joined 20 other Governors from around the country when he signed a Proclamation declaring September as Pain Awareness Month.

The Pain Society sponsored and collaborated on a number of events aimed at raising public awareness during the month of September:

- The **PSO Pain Patient Visual Arts Project** was on display in the lobby of the Capitol September 30-November 1. This display was visited by Oregon legislators and visitors to the State Capitol.
- PSO Patient Advocacy Committee member, Dan O'Neal met with Eugene Mayor Kitty Piercy to discuss pain management issues.



(Left to right) **Mayor Piercy and Dan O'Neal**

Military Veteran's Pain Initiative

The PSO chose to highlight pain management issues in Veterans during Pain Awareness Month in response to the growing number of communications we received from veterans returning from Iraq and Afghanistan who were living with persistent pain.

The PSO in collaboration with the Oregon Pain Management Commission and the American Pain Foundation welcomed Derek McGinnis, the author of *Exit Wounds: A Survival Guide to Pain Management for Returning Veterans and their Families* to Oregon in late September.

As a Navy corpsman, Derek was wounded during the intense fighting in Fallujah, Iraq, in November 2004. McGinnis suffered an above-the-knee amputation, traumatic brain injury, eye damage and multiple shrapnel wounds.

Derek wrote this book because when he was struggling with pain, "there was no guide, no map, no mentor to steer me through the minefield I was navigating."

Derek spoke about his pain management experiences at a ceremony held at the Iraqi-Afghanistan Freedom Memorial in Salem, Oregon. The event was attended by many veterans, legislators, Oregon Pain Management Commission members, Pain Society of Oregon members, staff from various state agencies and the media. Oregon became the first state to announce that any veteran who would like a copy of *Exit Wounds* may receive one for free.



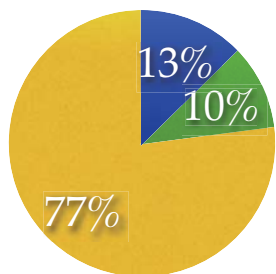
PSO Members with Derek McGinnis

(Left to right) Debra Blaker, FNP, Jennifer Wagner, Derek McGinnis, Anita Dekker, M.D. and Scott Pengelly, Ph.D.

Financial Information

2009 Income

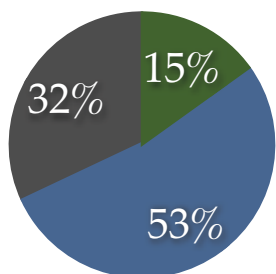
- Membership Dues
- Monthly Meeting Income
- Program Income



Membership Dues	\$21,070
Monthly Meetings	\$17,230
Program Income	\$129,100
Total Income	\$167,400.00

2009 Expenses

- Monthly Meeting Expense
- Program Expense
- Administrative Expense



Monthly Meetings	\$23,107
Program Expenses	\$81,300
Administrative Expenses	\$48,800
Total Expenses	\$153,207

The PSO is a 501 (c) 3 non-profit organization. PSO is proud to offer an array of programs and services to help those suffering with pain and their families, as well as the healthcare community serving them. Such efforts would not be possible without the generous support of our funders.

Special Thanks to Our Contributors

AIT Laboratories
 Ameritox
 Boston Scientific Neuromodulation
 Broadway Apothecary
 Calloway Labs
 Cephalon
 Cypress Bioscience
 DIRECTION Pain Program
 EliLilly and Company
 Endo Pharmaceuticals
 King Pharmaceuticals
 Medtronic
 Northwest Occupational Medical
 Pan American Laboratories
 PeaceHealth Laboratories
 Pfizer
 PriCara
 Progressive Rehabilitation Associates
 Purdue Pharma, L.P.
 Therapeutic Associates

Strategic Plan

One of the most important responsibilities of non-profit leadership is to decide how our success will be defined. For many years, the PSO has been a leader in pain management. We believe that we can and should build on that leadership position.

The PSO Board of Directors met in the summer of 2009 and adopted an ambitious Strategic Plan for 2009-2010. In addition to our core areas of healthcare provider education, policy and education, we will also be focusing on a number of areas in 2010 including making improvements in our organizational infrastructure, membership recruitment and services, insurance reimbursement for pain treatment, and community outreach.

Board of Directors

Presidents

Miriam Mazure-Mitchell, N.D.
 Scott Pengelly, Ph.D.

Secretary

Debra Blaker, RN, MSN, FNP

Board Members

Normund Akots, Ph.D.
 Anita Dekker, M.D., MPH
 Namita Gandhi, MS, MBA, MA
 Gregory Koors, D.C.
 Chris Osterlitz, D.C.
 Tammy Peterson, BS
 Heather Wilson, R.Ph.
 Lynn Van Norman, LMT

Staff & Contact Information

Executive Director

Jennifer M. Wagner, LPN, BS

Director of Operations

Kawa Kuller

Administrative Assistant

Kelly Shaw

Main Office:

360 South Garden Ave., Suite 101
 Eugene, OR 97401
 (541) 345-7300 phone
 1-800-763-6814 fax

Portland Office

610 SW Broadway Street, Suite 603
 Portland, OR. 97205
 (503)360-1171 phone
 1-800-763-6814 fax

www.painsociety.com