

Leading the Field

Center for Pain Medicine Newsletter ■ Vol. 1, No. 1 ■ Summer 2010

A Message from the chief, Scott Fishman, M.D.

CENTER FOR PAIN MEDICINE NAMED NATIONAL CENTER OF EXCELLENCE

It was a rare honor to recently receive notice of our designation by the American Pain Society as a National Center of Excellence in Pain Medicine. This award recognizes quality pain-care programs that offer outstanding treatments and therapies for patients suffering from chronic pain disorders and acute pain after surgery or trauma, as well as for people in palliative care settings who face pain from cancer and other terminal conditions. We are proud of our service to UC Davis, the Sacramento region and beyond.

Being designated as a center of excellence is the highest recognition that a pain center can receive nationally, and it is a particularly special

achievement because our program was one of the earliest academic centers to incorporate clinicians from all disciplines and clinical services to fully address the pain-care needs of patients. We've been able to achieve successful outcomes for our patients because our clinical pain-relief team approaches each case from a diverse and experienced perspective. It is our view that the most effective pain management is treatment and care that increases function, decreases pain and ultimately enables our patients to regain control of their lives. This is our definition of success and our goal for every one of our patients.



Unbelievably, 10 years have passed and, since the Center's creation in 2000, we have strived to enhance the recognition of the UC Davis Health System as a national leader through our leadership in pain medicine. The UC Davis Health System created the Center for Pain Medicine as a result of the vision and leadership of our

Anesthesiology Department Chair Peter Moore. Dr. Moore was one of the first to identify national trends and the need to serve patients suffering from pain in an integrated and comprehensive way that would utilize the multidisciplinary clinical and academic structure that exists at the UC Davis Health System.

Today, we have succeeded by recruiting clinically focused, academically minded and diversely trained faculty members who offer broad clinical services for our patients. We have successfully developed a remarkable program composed of clinicians from many different disciplines and areas of medicine that rarely work together. These individuals work side-by-side as a team in the overall interests of our patients and institution.

It is tremendously gratifying that we are able to share this news with you through our first newsletter. In response to requests from our patients and friends, we will continue to provide updates about the field of pain medicine and what we are doing to improve the care of pain patients across the nation.

Our achievements are a direct reflection of the support and guidance we receive from you, and we are deeply grateful. On behalf of our entire team, thank you!

Sincerely,



Drs. Mahajan (left) and Fishman accept the 2010 Center of Excellence Award from American Pain Society President Charles Inturrisi (center).

Treating Pain The Right Way

George Mironenko suffered progressively worsening back pain for 20 years after he fell while moving a large tree. Following two unsuccessful back surgeries in the past 10 years, the self-employed engineer was forced to retire.

Today, thanks to UC Davis pain medicine expert Scott Fishman, Mironenko's pain is under control, and he is back at work. Fishman first treated him with medication injected during office visits, then with daily pain medication delivered through a patch worn on the skin.

"The results have been very good," says Mironenko's wife, Rimma. "He can walk. He can sit. He can drive ... he is able to live life again."

According to Fishman, undertreated pain like that suffered by Mironenko is a growing health crisis in America. "Patients in chronic pain outnumber those with cancer, diabetes and heart disease combined and, despite the fact that pain is the most common reason a patient goes to a doctor, physicians aren't often well trained to manage it," says Fishman.

Fishman is past-president of the American Academy of Pain Medicine, a researcher and author of several books. His most recent book, *Responsible Opioid Prescribing: A Physician's Guide*, was published last year. The Federation of State Medical Boards commissioned the book, and state medical boards are distributing it to their licensed physicians. "The boards are letting physicians know what they expect in terms of the safe use of controlled substances," Fishman says.



George and Rimma Mironenko

SCOTT FISHMAN RECEIVES DISTINGUISHED SERVICE AWARD

Scott Fishman, professor and chief of the UC Davis Center for Pain Medicine, has received the Distinguished Service Award from the American Academy of Pain Medicine.

Bestowed during the AAPM's annual meeting in San Antonio in February, the award recognizes Fishman's "outstanding commitment and invaluable contributions" to the academy.

A past president of AAPM, Fishman is a member of the AAPM Program Committee, serves as director-at-large on the AAPM Board of Directors, and is the current



president and chair of the American Pain Foundation. He is an active member of 16 professional societies and also serves on the Pain Committee Council of Scientific Affairs for the California Medical Association, and UC Davis Medical Center's

Bioethics Committee, Communications Committee and Legislative and Regulatory Affairs Committee.

Fishman serves as section editor and reviewer for nine journals and medical-education publications. He has presented more than 300 lectures to regional and national audiences, and has published nine books, 33 book chapters and 82 original articles.

His books include, *The War on Pain*, *Listening to Pain*, *The Massachusetts General Hospital Handbook of Pain Medicine and Essentials of Pain Medicine and Regional Anesthesia*. He is senior editor of *Pain Medicine*, the official journal of the American Academy of Pain Medicine.

For the past two years, Fishman has been listed in the annual *America's Top Doctors* guide. He recently received the Josephina Magno Award for Excellence in Education and Leadership from Capital Hospice.

Fishman is a frequent advocate on the topic of pain medicine in the public-policy arena at both the state and national levels. He has given expert legislative and government testimony before the Food and Drug Administration, U.S. Congress and the California Senate.

STOPPING DOCTOR SHOPPING

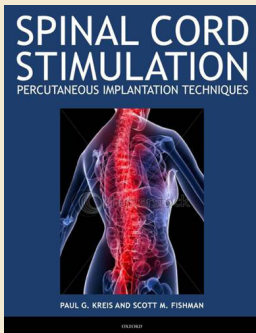
While America tries to confront the problem of undertreated pain, it also has to deal with the growing problem of prescription-drug abuse.

“Our challenge is to improve access to pain care while reducing prescription-drug abuse,” Fishman says.

Fishman and Barth Wilsey, a UC Davis clinical professor of anesthesiology, are targeting “doctor shopping,” a practice by drug abusers to obtain multiple prescriptions for controlled substances from different physicians. The two conducted the largest study ever on prescription monitoring. Funded by the Robert Wood Johnson Foundation, the study identified substantial doctor-shopping, making the case for a state database to inform physicians and pharmacists of previous prescriptions for controlled substances.

Fishman recently joined California Attorney General Edmund G. Brown Jr. to announce a Web-based, prescription-drug database that tracks all controlled substances prescribed in the state. The database gives physicians and law enforcement a powerful tool to combat prescription-drug abuse. “There is a clear need for averting prescription drug abuse and for physicians to know where their patients are getting medications,” Fishman says.

Recent Publication



Drs. Paul Kreis and Scott Fishman recently published *Spinal Cord Stimulation: Percutaneous Implantation Techniques*, which is the only book of its kind available for clinicians, from any primary training, to learn how to surgically implant and manage neuromodulation devices.



Dr. Fishman

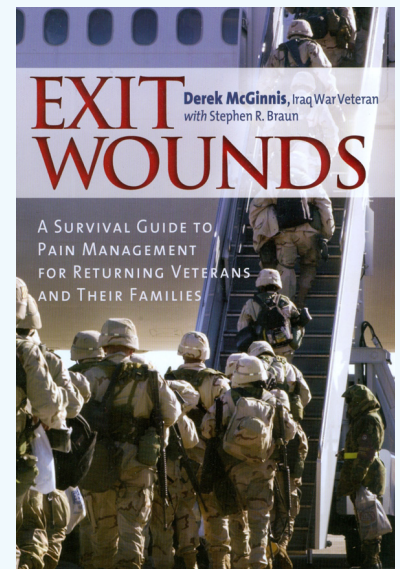


Dr. Kreis

Author Derek McGinnis provides practical advice on pain management

On Tuesday, Jan. 26, the UC Davis Center for Pain Medicine hosted Derek McGinnis, author of *Exit Wounds: A Survival Guide to Pain Management for Returning Veterans and Their Families*. McGinnis was wounded while serving in the Iraq war and is an advocate of the American Pain Foundation’s Military/Veterans Amputee Program.

McGinnis addressed faculty from the UC Davis Health System in the morning and spoke with UC Davis Pain Medicine Fellows and Advisory Board members during an afternoon seminar.



In addition to providing practical advice on pain management, the author shared his own inspiring story of how one man, with the support of his family and fellow vets, “locked on” to a mission to survive and thrive despite near-death and a painful path to recovery.

One of the most salient points the author made was that it is unrealistic to expect to live a pain-free life after a traumatic injury. Instead, the goal should be to live with a manageable amount of pain, using a variety of techniques McGinnis describes in his book.

Exit Wounds: A Survival Guide to Pain Management for Returning Veterans and Their Families is now available at Amazon.com or the American Pain Foundation, (888) 615-7246, or visit the Web site www.painfoundation.org.

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Boston Scientific Grant *supports pain medicine fellowships*

The UC Davis Center for Pain Medicine has received a \$50,000 grant from Boston Scientific to support the center's fellowship program. UC Davis offers six of the most competitive training fellowships for pain medicine and is recognized as one of the most didactically rigorous and comprehensive pain medicine training programs in



Gagan Mahajan

the United States. The UC Davis Pain Fellowship was one of the first in the country to accept trainees from all medical disciplines.

Gagan Mahajan, associate professor of anesthesiology and pain medicine and director of the center's fellowship program, said UC Davis "was chosen in recog-

niton of its faculty's extraordinary commitment to the education of future pain specialists. The goal of improving quality of life is infused throughout the fellowship's culture and is achieved through clinical care, teaching, research and advocacy."

The pain medicine faculty trains and educates future leaders in pain medicine to use the most comprehensive and innovative approaches to the evaluation and management of acute, cancer-related and chronic non-cancer pain. "Our fellows are taught that a comprehensive approach to patient care works best in achieving tangible results," said Mahajan. "As a result, they learn how to optimize patient outcomes for both physical and emotional well-being by understanding how to integrate pharmacological, interventional, psychological modalities."

The Boston Scientific Foundation's funds will be used to fund equipment and supplies that will enhance the fellows' education during the 2009-10 academic year.