

News release

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Oregon Pain Management Commission hosts education workshop

According to a recent report from the Institute of Medicine, chronic pain affects at least 116 million American adults and costs up to \$635 billion annually. To help pain sufferers, their families and caregivers, the Oregon Pain Management Commission is hosting a Pain Management Awareness Event Thursday, Sept. 1, 2011 in Salem.

Designed for both healthcare professionals and individuals dealing with chronic pain issues, three interactive panels will cover such topics as the importance of provider-patient communications in creating a treatment plan and managing pain through medication, exercise and alternative therapies. Each panel will be followed by question and answer periods. Panelists are members of the commission representing both healthcare professionals and community members who deal with their own chronic pain issues.

"I was still in my twenties when the medical community gave up on treating my chronic pain issues," Commissioner Namita Gandhi said. "I joined the Oregon Pain Management Commission so I can be part of the inner workings of a group designed to educate healthcare professionals and break down the barriers that prevent patients from receiving effective treatment for their pain."

Attendees at this event will have the opportunity to hear Gandhi and other commission members speak about eliminating barriers to effectively treating and managing chronic pain. They will discuss the roles and responsibilities of all parties in managing pain and address practical topics such as how to accurately describe pain to health care providers and how to make the most out of resources like the community pharmacist.

The Pain Awareness Education Event will be held from 12:30 to 4:30 p.m. Sept. 1, in the Dye House at Willamette Heritage Center at Mission Mill. The event is free but space is limited, so registration is requested. No continuing education credits will be offered. To reserve space, contact Kathy Kirk, RN, coordinator of the OPMC at kathy.m.kirk@state.or.us or visit the website <http://www.oregon.gov/OHA/OHPR/PMC/>.

The mission of the Oregon Pain Management Commission is to improve pain management in Oregon through education and the development of a recommended pain management education program curriculum for health professionals. The OPMC performs research and policy analysis, works on model projects, and represents concerns of Oregon patients on issues of pain management to the Governor and the Legislative Assembly.

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