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## **ASPMN Statement of Support: *A Call to Revolutionize Pain Care in America***

The National Health and Nutrition Examination Survey 2006 (DHHS Pub. No. 2006-1232; CDC.gov/nchs/data/hus/hus06.pdf;) reported that 26% of Americans aged 20 and over reported pain over the last thirty days and nearly **60% of adults aged sixty-five and over reported pain lasting for one year or more**. These epidemic proportioned statistics drive our health care community and in particular our pain management community to seek opportunities to improve the under-treatment of pain. The overall prevalence of pain drove a cadre of nurses to establish the American Society for Pain Management Nursing (ASPMN) in 1991 to advance and promote optimal nursing care for people affected by pain by promoting best nursing practice (Mission Statement revised 2007).

Nurses are involved in every aspect of disease treatment and prevention, including treatment of pain.

“We are on the front lines. It is our job to identify people across the lifespan with pain, to assess pain in terms of function and quality of life, and to promote the prevention of chronic pain through public and professional education,” states Theresa Grimes, President for ASPMN.

ASPMN believes that a fair, balanced, multimodality approach to pain management is critical to correcting the under-treatment of pain in today’s society.

In 2009, ASPMN developed **Key Messages** that align precisely with the key points of this report:

- Everyone, regardless of income, race, gender, age, status or geographic location, should have access to effective pain management;
- Pain Management should be delivered with an individualized, balanced approach, utilizing interdisciplinary methods – pain management is not one size fits all and it is often a combination of therapies that achieves best results;
- Appropriate education and training on pain management issues and treatment is vital for nurses who are often the most effective patient advocates;
- Patients, families, employers, colleagues and the public at large need education regarding the dramatic impact pain can have on a person’s ability to have a

productive life and that there are a variety of effective ways to help manage pain;  
and,

- Elected officials share a responsibility to make sure that the workforce for the US health care system is adequately educated and that funding is made available to address the nursing shortage.

ASPMN fully endorses The Mayday Fund's *A Call to Revolutionize Chronic Pain Care in America: An Opportunity in Health Care*. ASPMN's Immediate Past President, Nancy Eksterowicz, participated in the Mayday Fund Special Committee on Pain and the Practice of Medicine, representing the mission and goals of our organization.

The Mayday Fund is a New York City-based private philanthropy dedicated to alleviating the incidence, degree and consequences of human physical pain.

If you need more information about ASPMN or would like to view the full report, please visit [www.aspmn.org](http://www.aspmn.org)

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