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1. "[Moving HEAL Research into Action](#)" has 3 new ideas and 7 new comments

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Moving HEAL Research into Action

[Nurses have Pivotal Roles in Moving HEAL Research into Action!](#)

Share and Review Ideas

Submitted by [mcooneyaspmn](#) 30/May/21 7:02 PM

I have been an RN for 35 years and a Pain Management Nurse Practitioner (NP) for the past two decades. I am currently the President of the American Society for Pain Management Nursing (ASPMN). I am keenly aware of the key roles that nurses play in caring for patients with pain and teaching them about the use of pharmacological and non-pharmacological therapies to optimize pain relief. As a pain management nurse, I am closely connected to the opioid crisis as I care for patients with pain who suffer from opioid use disorder, and care for patients who are afraid to use opioids, even when pain is very severe, out of fear of OUD. Effective pain management is an important aspect of quality healthcare and it is widely accepted internationally that patients have a right to professional pain assessment and appropriate treatment. Health care practitioners must, therefore, continually balance the legitimate need for opioid analgesics with the serious problems of abuse, diversion, and potential overdoses.

Nurses, as a general rule, spend more time with patients, learn more about all aspects of patients' lives, and are clearly in a better position of knowing the current status of any patient's pain, medication use, and barriers to safe and effective pain management than many other health care practitioners. All members of the health care team have a responsibility to prevent and treat pain and opioid use disorder, but nurses, because of their close and intimate contacts with patients and their families in many settings, are able to educate about the use of multimodal analgesia, including non-pharmacological therapies, and teach about effective and safe use, storage and disposal of opioids. They are also in positions to assess patients for signs of opioid misuse and opioid use disorder, and initiate appropriate interventions.

Nurses are key stakeholders in initiatives aimed at treating and preventing pain and opioid use disorder. ASPMN has actively supported these initiatives as it promotes comprehensive, individualized patient assessments, including assessments of pain as well as risk for opioid-related adverse effects, opioid misuse and opioid use disorder. ASPMN has a history of using research findings to recommend evidence-based practices in its multiple position statements and educational programs. These resources are provided to its members and are communicated to the larger nursing community through publications, conferences, and educational programs. ASPMN is an organization that networks with other nursing organizations throughout the

country, and is in an ideal position to communicate the results of the Heal Research to the larger nursing community.

mcooneyaspmn

04/Jun/21 2:32 AM

[mstanton](#)

I completely agree! ASPMN is well positioned to support the HEAL initiative. Members of the research committee have been very engaged in these issues and have the support of the association leadership and general membership.

elaine.miller

04/Jun/21 12:54 PM

I am the editor of Pain Management Nursing Journal, the official journal of the American Society of Pain Management Nursing. As such we are committed to disseminating the most relevant information pertaining to best practices that support people in pain while considering the ramifications of an opioid use disorder and opioid misuse.

Several articles recently published in the journal demonstrate this commitment and add to this Heal Initiative.

- Van Cleave, J. H., Booker, S. Q., Powell-Roach, K., Liang, E., & Kawi, J. (2021). A Scoping Review of Nursing's Contribution to the Management of Patients with Pain and Opioid Misuse. *Pain management nursing : official journal of the American Society of Pain Management Nurses*, 22(1), 58–68. <https://doi.org/10.1016/j.pmn.2020.11.007>
- St Marie, B., & Broglio, K. (2020). Managing Pain in the Setting of Opioid Use Disorder. *Pain management nursing : official journal of the American Society of Pain Management Nurses*, 21(1), 26–34. <https://doi.org/10.1016/j.pmn.2019.08.003>
- Umberger, W., & Gaddis, L. (2020). The Science of Addiction Through the Lens of Opioid Treatment for Chronic Noncancer Pain. *Pain management nursing : official journal of the American Society of Pain Management Nurses*, 21(1), 57–64. <https://doi.org/10.1016/j.pmn.2019.09.001>

Elaine Miller

Marsha Stanton

05/Jun/21 7:28 PM

The Pain Management Nursing journal has been identified for many years as a valuable asset for those who care for people with pain, the disease of addiction or substance use disorder. The quality of the various articles as well as the depth of knowledge of the authors provides an excellent resource for those who desire the nursing perspective in their knowledge searching.

Community Member

06/Jun/21 10:30 PM

As an Advanced Practice Registered Nurse (CNS), ASPMN has provided the backbone to my 30+ years of pain management nursing. As a clinician I have implemented pain policy & educated over 200 staff nurses on effective pain management care guided by ASPMN position papers & research. Every nurse is a pain management nurse & we are in a unique role to spread the NIH Heal initiatives broadly & at the bedside.

June E. Oliver

06/Jun/21 11:02 PM

I echo the perspective posted above by Maureen Cooney, Elaine Miller and Wade Delk. ASPMN is a vital voice for balanced pain care that is safe and effective. In this climate of anxiety re: opioid overdose risk, we need clear leadership, such as provided by ASPMN members and publications advocating for well-reasoned approaches that avoid reactive "pendulum swings" causing unintended harm to chronic pain patients. The complexity of the intersection of pain, substance use disorder and opioid overdoses requires critical evaluation of data, exploration of alternatives and clear understanding of risk evaluations leading to an individualized approach appropriate to the particular patient. ASPMN has and continues to lead the way in equipping nurses and other healthcare providers to accomplish such an approach to care.

[Comments \(7\) Moving HEAL Research into Action addiction stakeholders pain-management](#)