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United States Association for the Study of Pain Monthly Newsletter

January 9, 2024
Volume 26

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BOARD OF DIRECTORS

VOTE

2024 ELECTION
1/10-1/24

President-Elect



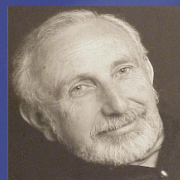
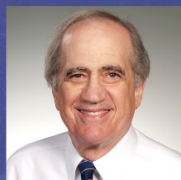
Secretary



Seat #1: Basic Research-Preclinical



Seat #2: Clinical Care and/or Patient Advocacy



Seat #3: Behavioral and Social Sciences or Population Health and Health Services



MEMBERS WILL RECEIVE AN
EMAIL ON JAN 10 WITH A
LINK TO CAST THEIR VOTES



Members will receive an email on January 10th with a link to complete the voting process. The last day to vote is Wednesday, January 24th.

[Click here to learn more about the candidates](#)

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Call for USASP Leadership Academy Applications

Opens January 15



We are pleased to announce the creation of the USASP Leadership Academy (LA), which aims to develop the next generation of leaders in the pain field. The program empowers pain scholars with high potential to accelerate the development of leaders in pain research, practice, policy, and education. LA Fellows attend monthly virtual and yearly in-person sessions to receive mentoring, develop leadership skills, and facilitate implementation of capstone projects. Through participating in this academy, fellows will develop skills and confidence in leadership, which will advance their careers, the mission of USASP, and the study of pain.

Eligibility:

- Career stage: 5-15 years of completing their terminal degree.
- Current member of USASP.

Commitment:

- Attend the pre-conference LA workshop and the annual USASP scientific meeting.
- Participate in the virtual mentorship and learning community.
- Attend monthly meetings throughout the duration of the program.

Timeline:

- Applications open January 14, 2024
- Application Deadline February 1, 2024

Join us for an informational Q/A session on January 22nd at 3:00 pm ET. [Register here](#)

[Click to view more information about the program](#)

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2024 USASP Meeting Updates



2024 Annual Scientific Meeting
April 14-17 | The Westin Seattle
Understanding the Complexity of Pain from Diverse Perspectives

**Early Registration
is now open!**

USASP
US Association for
the Study of Pain

usasp.org

This 2024 USASP Annual Scientific Meeting will occur from April 14-17 at The Westin Seattle. This year's conference theme is *Understanding the Complexity of Pain from Diverse Perspectives*. Information about the hotel room block will be available in January.

[Register Here](#)

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2024 USASP-MAYDAY Clinical/Translational Research Award

Overview

Since 1993, The MAYDAY Fund has supported innovative projects to close the gap between knowledge and practice in the treatment of pain, as well projects to build on the current knowledge base. Understanding that creating meaningful change with modest funding is a challenge, MAYDAY tends to provide significant support to a handful of projects annually. Starting in 2023, The MAYDAY Fund has awarded the United States Association for the Study of Pain funding for 3 years to support two meritorious early career investigators who propose innovative clinical/translational research in the field of pain.

Research Topics

Competitive research proposals address clinical/ translational research related to the management of pain. Applicants should describe the proposed research in pain and describe how it is innovative and cutting-edge. In addition, the applicant should describe their vision for a career in pain research and provide information or any examples of leadership in pain-related activities.

Key Dates and Deadlines

- The application portal will open on February 1, 2024
- The deadline for completed applications is 11:59 PM (eastern) on March 18, 2024
- Grant awards will begin July 1, 2024

Eligibility

To be eligible for the USASP-MAYDAY Clinical/Translational Research Award, the applicant:

- Must be a USASP member
- Early career Assistant Professors within four years of the appointment are eligible to apply, except those who have received tenure at the time of the application.
- Must conduct their research and be appointed at an institution in the United States or Canada.
- Should demonstrate a commitment to the field of pain research.

[Click here to learn more](#)

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January 2024 Volume 25 Issue 1



Featured Article

Prevalence and Risk Factors of De Novo Widespread Post-COVID Pain in Nonhospitalized COVID-19 Survivors: A Nationwide Exploratory Population-Based Survey

Brian D. Ebbesen^{*,†} Rocco Giordano^{*} Juan Antonio Valera-Calero^{*,‡,§} Jakob Nebeling Hedegaard,
¶ César Fernández-de-las-Peñas^{*,||} and Lars Arendt-Nielsen^{*,†,**}

^{*}Center for Neuroplasticity and Pain, Department of Health Science and Technology, School of Medicine, Aalborg University, Aalborg, Denmark, [†]Department of Gastroenterology & Hepatology, Mech-Sense, Clinical Institute, Aalborg University Hospital, Aalborg, Denmark, [‡]Department of Radiology, Rehabilitation and Physiotherapy, Faculty of Nursery, Physiotherapy and Podiatry, Complutense University of Madrid, Madrid, Spain, [§]Grupo InPhysio, Instituto de Investigación Sanitaria del Hospital Clínico San Carlos (IdISSC), Madrid, Spain, [¶]Danish Center for Health Services Research, Department of Clinical Medicine, Aalborg University, Aalborg, Denmark, ^{||}Department of Physical Therapy, Occupational Therapy, Physical Medicine and Rehabilitation, Universidad Rey Juan Carlos (URJC), Madrid, Spain, ^{**}Steno Diabetes Center North Denmark, Clinical Institute, Aalborg University Hospital, Aalborg, Denmark.

Abstract: This survey investigated the prevalence of de novo widespread musculoskeletal post-COVID pain and risk factors for its development in nonhospitalized COVID-19 survivors. A nationwide exploratory cross-sectional study was conducted, including a cohort of 593,741 Danish residents who had suffered from a severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection from March 2020 to December 2021. A questionnaire was distributed to the Danish population via the digital mail system (e-Boks). Self-reported demographic data, previous medical comorbidities (diagnosed), socioeconomic data, time of infection, prior chronic pain conditions (diagnosed), development of de novo widespread pain after infection, pain medication, and pain intensity information were collected. Responders consisted of 130,443 nonhospitalized participants (58.2% women; mean age: 50.2 years). At a mean of 14.4 (standard deviation 6.0) months after infection, 6,875 (5.3%) patients reported the presence of de novo widespread musculoskeletal post-COVID pain. Almost 75% of the patients reported a moderate to severe intensity of the pain. In conclusion, de novo widespread post-COVID pain was present in 5.3% of nonhospitalized COVID-19 survivors 1 year after infection (14.4 ± 6.0 months). Older age, female sex, higher BMI, and history of migraine, whiplash, stress, type-2 diabetes, neurological disorders, and lower socioeconomic status were risk factors associated with the development of de novo widespread post-COVID pain in nonhospitalized patients. As de novo widespread pain is considered a sign of sensitization, this group will require specialized pain management attention. **Perspective:** This article presents de novo widespread post-COVID pain prevalence in a cohort of 130,443 citizens infected with COVID-19. The study identifies potential risk factors associated with the development of these new pain symptoms. The results may increase focus on this patient group and potentially help identify predictors for postinfection pain development.

[Click to read more](#)

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Upcoming Education and Professional Development Events



Publishing in The Journal of Pain: A Brief Overview and Update

VIRTUAL SEMINAR

Guest Speaker

Tonya Palermo, PhD
Editor-in-Chief
Journal of Pain

24 January 2024
11 AM - 12 PM ET



Free to USASP Members \$10 Fee to non-members

During this event, Dr. Tonya Palermo, the Editor-in-Chief of the Journal of Pain, will provide an overview of the latest developments and answer questions about publishing in the journal. The presentation aims to empower researchers with insights and strategies to enhance the likelihood of acceptance of successful publication in the Journal of Pain.

[Click Here to Register](#)

Inquiry for March USASP Education Event

The Education and Professional Development Committee is planning a webinar for March 2024 to facilitate networking between pain research centers across the US with open/upcoming positions (webinar presenters) and people who are looking/planning to look for their next career position (webinar audience members). There will be a presentation portion followed by a virtual networking session. We are currently seeking presenters for this webinar. The positions can span all career stages, from the graduate student level to established investigator roles, like department chair.

Webinar description:

- The presenter should cover:
 - What is the position/program?
 - What about the position/program/university is a special feature that would be really appealing to potential candidates? Share a fun fact that makes the program stand out.

- What is the salary/benefits?
- What kind of candidates are a good fit?
- What is the city/area like?
- Will they attend USASP meeting / information on how to get in contact
- The virtual networking portion will allow for presenters to meet with interested audience members and get to know each other/answer interested candidates' specific questions.

Please email Dr. Edna Evington for more information or to sign-up as a presenter for this webinar (edna.evington@duke.edu).

Best,

The USASP Education and Professional Development Webinar Subcommittee

Past Event Recordings

Members can view recordings of past events on the USASP website by visiting: <https://usasp.memberclicks.net/past-events>. Or email the office directly at admin@usasp.org.

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2024 North American Pain School Application Deadline is January 15

"I wanted to thank you for this exceptional week that I spent both on a scientific and human level. The program was very enriching and allowed me to develop new knowledge. I firmly believe that NAPS helped me go above and beyond what I thought I was capable of. I will always remember this week as an unforgettable experience."

"This is truly a life-changing experience!"

"This was truly the best professional experience I've had with the pain community."

"I would tell future attendees to expect to have an incredible and exciting week making new connections and friends."

"This was an invaluable experience for the growth of myself as a pain scientist. The amount of knowledge, networking and of course fun was amazing. The best part of my PhD training,"

The North American Pain School (NAPS) is an international program open to graduate students, post-doctoral fellows, and clinician-scientists enrolled on a full-time basis in a pain research training program. Apply by January 15, 2024 <https://northamericanpainschool.com/registration/>

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Featured Jobs and Training Opportunities

Recently Added

Staff Scientist 1 for National Center for Complementary and Integrative Health (NCCIH) of the National Institutes of Health (NIH) and the U.S. Department of Health and Human Services (HHS).

[Read more here.](#)

Previously Posted

Assistant, Associate, Professor

The Stanford University School of Medicine (Department of Anesthesiology, Perioperative, and Pain Medicine) is seeking applications for an open rank faculty position with a focus on the development of emerging technologies and their clinical application. [Read more here.](#)

Post-doctoral training opportunity for Fall 2023 TRanslational Research on Aging and Mobility (TRAM). [Read more here.](#)

Johns Hopkins University Postdoctoral Fellowship in Interdisciplinary Pain Research (NIH/NINDS T32 supported). [Read more here.](#)

Members can sign into the USASP website to view additional job postings.

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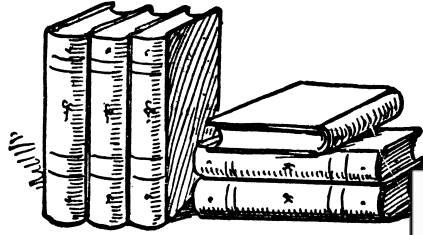
ACUTE TO (CHRONIC) PAIN SIG



Mollie Meffert, MD, PhD - Chair
Vice Director, Department of Biological Chemistry
Associate Professor, Department of Biological Chemistry and
Solomon H. Snyder Department of Neuroscience
Johns Hopkins School of Medicine

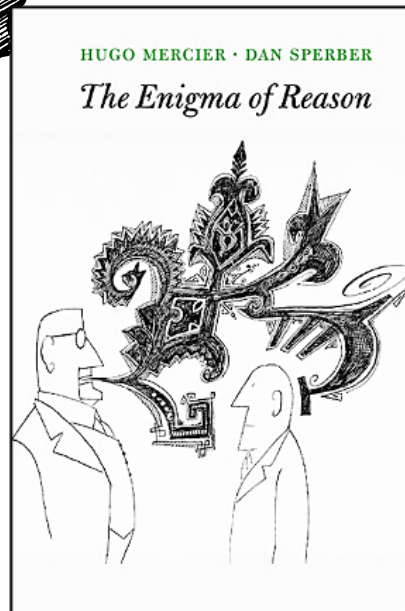


Paramita Basu, PhD, MS - Co-chair
Research Assistant Professor
Department of Anesthesiology and Perioperative Medicine
University of Pittsburgh



BOOK CORNER

EDITED BY JOHN LOESER &



Hugo Mercier & Dan Sperber
Harvard University Press, 2019
396 pages, \$22 (paperback)
ISBN 9780674237827

A Review of The Enigma of Reason

"Two clever and talented cognitive and behavioral scientists explain what, why and how we “reason,” making a compelling argument for us, our trainees and colleagues, and also our patients to use reason more effectively."

In 1979, Linus Pauling, a two-time Nobel laureate, vehemently contested a large, well-controlled study disproving his unscientific belief that vitamin C cures cancer. In 2009, nearly all US states, led in part by well-intentioned physicians despite scant evidence, endorsed the unproven value of opioids for refractory chronic pain. In 2020, millions of Americans were barraged with misinformation regarding vaccines and bogus claims of election fraud, prompting a violent assault on the US Capitol and persisting distrust of government and medical science. History reveals countless other examples of irrational beliefs, many more or less disastrous. Per *The Enigma of Reason*, the “wheels of reason are off balance.”

What role in our success as a species does reason serve? Why is reason “biased and lazy?” Despite so many astonishing human discoveries, why and how does reason so often fail? So, what can we do to better navigate the unbalanced enigma of reason? In their recent book, research professors Hugo Mercier and Dan Sperber, collaborating at the French Center of National Research, address these questions with clarity and propose suggestions.

Mercier and Sperber’s argument is simply stated: Reason serves as a means to “justify” and so convince both ourselves and others to “think and act as we suggest.” They argue that reason evolved as a means to reconsider our often-hasty intuitions. Human reasoning provides us with powerful survival advantages by enabling more effective collaboration, social cooperation, and our

unique intellectual and scientific achievements. We gain confidence and stature when we reason well. Others are mutually benefitted. The authors manage to interweave evolutionary adaptations (i.e., complex symbolic and spoken languages); experimental psychology and social anthropology (i.e., infant, child, adult, and group behavior); cognitive science (i.e., structure and function of second-order “inferential” brain modules); philosophy and logic (i.e., including puzzles, for those inclined). Written with engaging relevance and straightforward style, so that with a bit of patience and persistence, “*reason*” begins to make sense.

How might this be relevant to pain science research, education, and care for patients with pain? Reason is easily “biased” by confirmation of our own beliefs and “lazy” when we make little effort to invite others to challenge our notions. Hence, for researchers: schedule regular and frequent scientific sessions with colleagues and trainees, where disagreements are encouraged, welcomed and openly discussed. For clinicians: spend time and effort exploring our patients’ misperceptions and sharing our rationale for diagnoses and treatments. For educators: include a curriculum for small group discussions where students can comfortably justify their thinking about medical and behavioral health diagnoses and decision-making. The “wheels of reason” need to be better balanced by scientific validation, more PubMed, and less “Dr. Google.” And, be cautious about auto-piloting with artificial intelligence, the newest contender: ‘hands-free’ steering for the lazy reasoner.

Dr. Tauben is a Clinical Professor Emeritus in the Depts of Medicine and Anesthesia & Pain Medicine at the University of Washington

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If your SIG or committee has updates or events you would like shared with USASP membership please email them using the contact below.

Contact Info:

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