

FALL '23

Pain & Aging Newsletter

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USASP-IASP Social Event at GSA Conference!

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University of Nebraska

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USASP

US Association for
the Study of Pain

Pain and Aging

Special Interest Group

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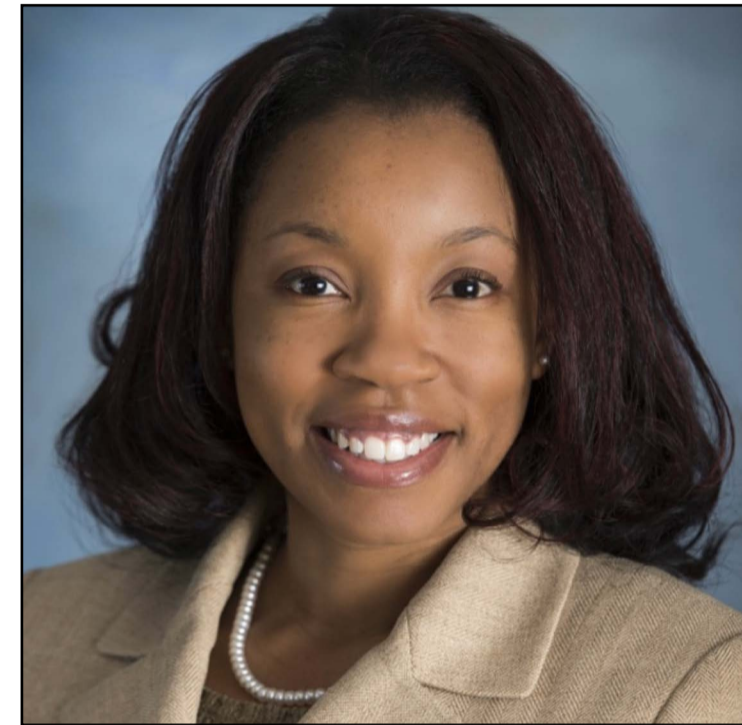
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Faculty Spotlight:
Marcia Shade, BS, PhD, RN

Dr. Shade (she/her) is an Assistant Professor in the College of Nursing at the University of Nebraska Medical Center (UNMC). Dr. Shade received her undergraduate degree in Biology from the University of Nebraska at Omaha; undergraduate and graduate nursing degrees from Nebraska Methodist College; and a doctoral degree from UNMC. Dr. Shade was the UNMC 2014-2016 Jonas Nurse Leader Scholar. In addition to research, she has over ten years of clinical practice experience, primarily in the care of older adults. See **Pages 15 and 16** for Dr. Shade's recent published works.

What research are you working on currently?

Currently, we are conducting studies using voice-based conversational assistants to deliver and engage older adults in non-pharmacologic interventions for pain. Technology is here to stay, and I always pose the fact that the Jetsons were right. It is an exciting time to harness technology and use it for good. Nurse scientists have been left out of the equation when it comes to this area of science and innovation.

What drew you to pain and aging research?

My grandmother lived in a small/rural town in Oklahoma where there was a lack of specialists (Geriatrics/Pain) and just overall poor access to personalized care. She had issues with pain, and it was poorly managed. The health care system failed her, she was given a variety of medications for pain without monitoring, and this escalated a cascade in the decline of her health. She lost her independence and quality of life was forever changed. Her experience impacted not just her, but the whole family. I am passionate about my work because it is personal.

Where do you see the subfield going in the next 10 years?

I see more technology, big data, machine learning being integrated into pain and aging research along with the identification of new biomarkers and smart pain management. I know we are constantly discovering new areas in regard to pharmacogenomics which will have a big impact on pain and pain management. We can make changes, but there is more transformation if we embrace innovation and non-traditional ways of thinking.

What are your hobbies outside of the research?

I am a health enthusiast. I am a runner. I have completed several half-marathons and long-distance relay races. I enjoy reading biographies and serving in my community.

Recap: SIG Members Meet at USASP Annual Meeting in Durham

In April of this year, USASP members descended upon Durham, NC for the 2023 Annual Meeting: *From Bench to Bedside to Population: Translational Pain Science Approaches for the Whole Person*. Over 30 members of the Pain and Aging SIG met on Thursday evening to celebrate and discuss future initiatives for networking and collaboration. Two specific ideas discussed were content writing groups and mentoring teams (**See Page 7**). In addition, three members received *Outstanding*



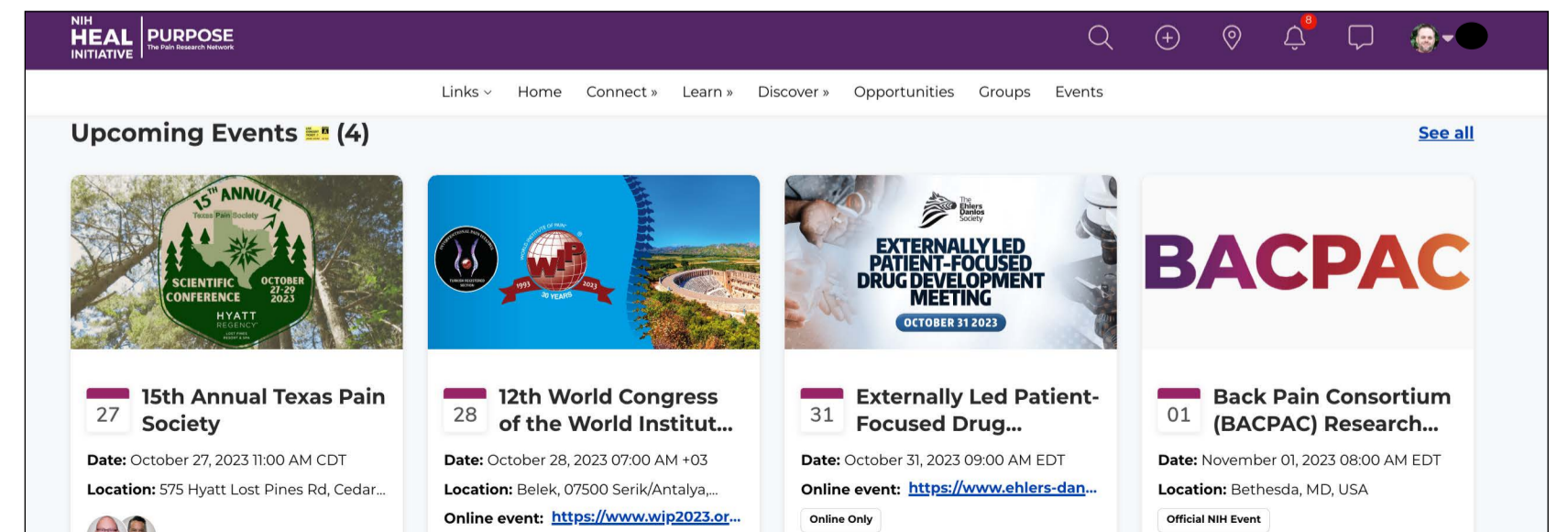
Research Presentation awards for their work advancing pain and aging science: **Dr. Lauren Donovan** from Stanford University (*"Nociceptor Senescence Following Painful Peripheral Nerve Injury in Young and Aged Mice"*); **Dr. Carina Staab** from the University of Washington (*"External Valiation of Prediction Models for Persistent Back Pain and Disability in Older Adults"*); and **Dr. Alisa Johnson** from the University of Florida (*"Psychological and Bio-behavioral Predictors of Pain Progression in Middle-aged and Older Adults with Chronic Knee Pain"*). Following the formal SIG meeting, members traveled to J Chou Lobby Bar at JB Duke Hotel for a fun social event.



Recap: Pain & Aging SIG Attends NIH HEAL Initiative PURPOSE Meeting



In May, the NIH (NINDS) and the NIH HEAL Initiative hosted the inaugural PURPOSE Meeting at the National Harbor in Maryland. PURPOSE stands for *"Positively Uniting Researchers of Pain to Opine, Synthesize, & Engage"*; which is a Network to connect pain researchers across the continuum of pain research - from all disciplines and at all career stages. Specific to the PURPOSE meeting, the goal was to provide learning experiences for early-stage pain researchers funded by the NIH, and connect them with NIH-funded mentors outside of their home institutions. Attending the meeting were multiple SIG members including Co-Chairs **Sidaf Milani** and **Corey Simon**. The 2nd Annual PURPOSE meeting is scheduled for May 3-5, 2024 at National Harbor. For more information, or to join the PURPOSE Network, visit painresearchers.com (image below).

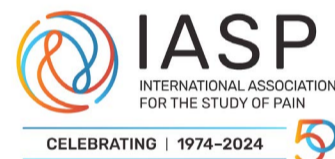


Upcoming: USASP-IASP Social Event at GSA Conference Next Week!

To kick off an exciting inter-association collaboration, the **USASP Pain and Aging SIG and IASP Pain in Older Persons SIG** will meet for a Social Event at the Gerontological Society of America (GSA) Annual Scientific Meeting in Tampa, FL. Come meet our friends from IASP and hear about upcoming collaborative opportunities. Details below - we hope to see you there!



GSA SOCIAL EVENT

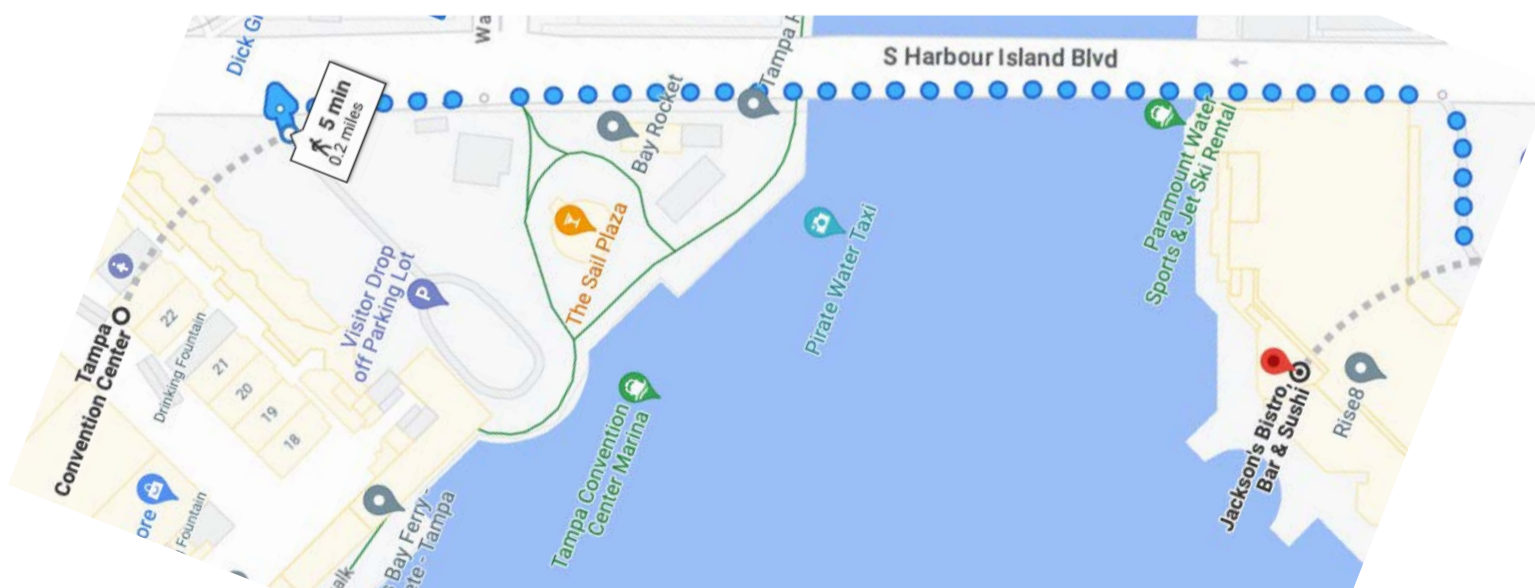


Thursday November 9th, 2023

5:00PM

Jackson's Bistro, Bar, & Sushi

601 S Harbour Island Blvd.
Tampa, FL 33602



HAPPENING NOW: SIG Collaboration & Mentoring

Do you like collaborating with people in your research area? Do you like to publish? If so, consider joining a USASP Pain and Aging SIG Content Writing Group! Content areas include: Multimorbidity and pain; Health disparities in association with pain outcomes/factors; Resilience across the lifespan; Pain and aging biomarkers; Or others (suggest another idea!). SIG leaders will comprise the data and email members in January. We will also provide guidance in advancing writing ideas towards publication.



[WRITING GROUP LINK](#)

Are you junior faculty in search of pain and aging mentors in your area? Are you a mid- or senior-career academician interested in shaping the next great minds of our subfield? If so, click the QR/Link to the right!

SIG leaders are interested in creating a platform to foster valuable mentoring opportunities. Our members possess a wealth of talent and expertise to champion and grow. Help us to build this exciting platform to strength pain and aging science!



[MENTORSHIP LINK](#)

ANNOUNCEMENTS



The [Advancing Research for Chronic Pain Act](#) is a bi-partisan bill that was introduced to the U.S. Senate in September. This bill would direct the Centers for Disease Control and Prevention (CDC) to utilize available research to clarify the prevalence and characteristics of chronic pain, identify gaps in available research data, and develop standardized definitions for research. Additionally, the legislation will create a centralized Chronic Pain Information Hub to aggregate and summarize data, maintain a summary of research, and translate findings to recommendations for clinicians and scientists.

Tyler Bell and his team [were recently highlighted by Health Day](#) for their recent study, which investigated associations between erectile dysfunction and long-term cognitive performance in over 800 middle-age men. The study found that decreases in erectile function and sexual satisfaction were related to declines in episodic memory later in life; and increases in erectile function were related to less decline in episodic memory.



In the April 14th Issue of CDC's Morbidity and Mortality Weekly Report (MMWR), Rikard and Colleagues published "[Chronic Pain Among Adults — United States, 2019–2021](#)." Importantly, the paper notes higher pain prevalences among older adults. Specifically, the rates of chronic pain and high-impact chronic pain are 30% and 10% in adults age 65-84; and 34% and 14% in adults 85 years and older.

This week, the [NIH Pragmatic Trials Collaboratory](#) announced five new large-scale pragmatic trials. Kushang Patel is MPI on one of these trials which is funded by NINR. [Adapting and Implementing a Nurse Care Management Model to Care for Rural Patients with Chronic Pain \(AIM-CP\)](#) seeks to address chronic pain outcomes for individuals living in rural communities by adapting, piloting, and implementing a nurse care management model to test its effectiveness as a nonpharmacologic treatment option.



Elisabeth Powelson was highlighted in the September Issue of The University of Washington Medicine publication, *Right as Rain*. In "[5 Things No One Told You About Fibromyalgia](#)," Powelson and colleagues explain the mechanisms of fibromyalgia and evidence-based interventions; including movement and mindfulness-based stress reduction (MBSR).

Announcement to Share? Use the QR Code:
Or, [click this link!](#)



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Life can only be understood backwards, but it must be lived forwards.

Soren Kierkegaard