



ACPA

The American Chronic Pain Association

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Resources for Pain Conditions. Education for Pain Management.

The ACPA is a non-profit, 501(c) (3) organization. Our Mission is to facilitate peer support, education, hope, and motivation for individuals living with pain and those treating pain conditions. We strive to raise awareness among the health care community, policymakers, and the public at large about issues of living with physical and emotional pain. Our vision is to motivate those with pain conditions to seek quality care, to optimize healthcare office visits, and

BECOME A MEMBER OF THE ACPA**YALE RESEARCH OPPORTUNITY**

We are looking for people over age 18 who have chronic pain and at least 6 months of prior opioid use (prescription or non-prescription) who are interested in completing an online survey about their experiences with seeking care for their chronic pain.



Dr. Lyric Jorgenson



Dr. Suzanne Bakken



Ms. Christin Veasley

Learn more about the promise and opportunity of the NIH ENGAGE initiative in the latest Under the Poliscopes blog co-authored with ENGAGE Working Group co-chairs, Dr. Suzanne Bakken and Ms. Christin Veasley.

LEARN MORE

Your experience with pain is important. It can help make pain research better.

In 2021, the Initiative on Methods, Measurement, and Pain Assessment in Clinical Trials (IMMPACT) held a consensus meeting to develop recommendations to include people like you in all aspects of pain research, not just as research participants. This collaboration between global experts and individuals living with pain showed that, when people with lived experience are involved, they can help create research that more effectively improves how pain is managed and cared for. Recommendations from the meeting were published in a report in 2023.

KEY RECOMMENDATIONS



PARTNER WITH RESEARCHERS

Your involvement can help guide future research to be more patient-focused.



YOUR VOICE MATTERS

Influence what aspects of pain management and care are studied.



SPREAD THE WORD

Share valuable research findings with your community.



GET INVOLVED

By helping with research, you can **learn new skills** and share yours, help others, and **be part of a group** that's working to make things better for people in pain. Start by talking to groups that work with people in pain, meeting researchers, or joining community groups.

[Click Here to Participate in a Research Study](#)

Enhancing Pain Research through Patient Collaboration:

Insights from the Initiative on Methods, Measurement, and Pain Assessment in Clinical Trials (IMMPACT)



MEETING OVERVIEW

In October 2021 IMMPACT hosted a consensus meeting bringing together international experts to infuse patient perspectives into the pain research cycle, leading to actionable guidelines aimed at enhancing research relevance and inclusivity.



CONSENSUS TO ACTION

Insights from the consensus meeting were analyzed to develop and publish a report outlining actionable recommendations. This report serves as a guide for researchers, emphasizing patient-centered research methodologies that address diverse patient needs and improve study effectiveness.



BENEFITS

Engaging patients in all aspects of the research process leads to studies that are not only more inclusive but also directly relevant to patient needs. This approach enhances the applicability of research findings and fosters studies that can have a real-world impact.

KEY RECOMMENDATIONS



AUTHENTIC PARTNERSHIPS

Forge lasting relationships with patient communities from the outset of research projects.



DIVERSE VOICES

Ensure the inclusion of a broad spectrum of patient experiences, particularly from underserved communities, to inform study designs and outcomes.



IMPACTFUL MEASURES

Develop and implement robust metrics to evaluate the effectiveness of patient engagement. These metrics should help researchers understand how patient contributions influence research relevance and applicability.

CALL TO ACTION



Pain researchers are called to embrace these recommendations and integrate them into research frameworks. Scan the QR code to access the full paper on implementing these guidelines. **Connect with the Chronic Pain Network for resources and collaboration opportunities.**

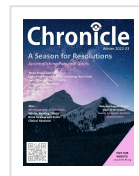
Chronic Pain is Like a Car With Four Flat Tires

It's hard to know how to move forward once chronic pain has entered your life. It helps to think of a person with chronic pain as like a car with four flat tires.



The ACPA Chronicle

The Chronicle is published internally four times a year by the ACPA. Opinions in the Chronicle are those of the Authors and do not necessarily reflect the opinions or viewpoints of the ACPA. Although some topics may seem controversial, it is important for the Chronicle to cover a variety of topics regarding pain. And as always, consult a healthcare professional on all healthcare decisions.



[Donate](#)

Family Matters: The Impact of Pain



Chronic pain may happen to one person but the whole family is affected. Our three-part video series Family Matters discusses the issues loved ones face and offers suggestions for keeping the whole family happier and more functional when chronic pain is an unwelcome guest in the home. Scroll down for videos 2 and 3.

LIVE ACPA Educational Conferences

The ACPA announces a live conferences series to educate and motivate those with pain conditions to seek quality care, to optimize healthcare office visits, and to prevent chronic disease. The series includes a Continuing Medical Education conference for Healthcare Professionals.

PATIENT CONFERENCE

2023 CME CONFERENCE

Family Matters: Coping Within the Family



Chronic pain may happen to one person but the whole family is affected. Our three-part video series Family Matters discusses the issues loved ones face and offers suggestions for keeping the whole family happier and more functional when chronic pain is an unwelcome guest in the home. This video was a Telly Award winner.

Featured ACPA Resources

The ACPA features resources to educate and motivate those with pain conditions. We strive to create resources like these for every pain condition. Please consider supporting resource creation by becoming a corporate member. Corporate members can be any company or individual who helps fund education.

**DIABETIC NEUROPATHY
(PDPN)**

MIGRAINE PRO SERIES

SUPPORT A RESOURCE

Family Matters: Healing the Whole Family



Chronic pain may happen to one person but the whole family is affected. Our three-part video series Family Matters discusses the issues loved ones face and offers suggestions for keeping the whole family happier and more functional when chronic pain is an unwelcome guest in the home.

Involving Patients as Equal Partners in Research

Involving Patients as Equal Partners in Research | Kaiser Permanente



Abuse Deterrent Formulations (ADFs): What You Need to Know

If you or someone in your family use an opioid to help manage pain, you know how important it is to treat these medications with the greatest care. The abuse, addiction, and loss of life that are tragically associated with opioids have become a serious crisis. Pharmaceutical companies that make opioid medications now offer versions of these drugs that are more difficult to misuse. They're called abuse-deterrent formulations or ADFs.

ACPA ADF Video with Captions 2



Taking Care and Working With Your Pharmacist

81% of Pharmacists said they would like to speak more with people with pain about their pain and treatment options.



The Power of Exercise

Please obtain your healthcare professional's approval for all exercises before you begin!

Video: The Power of Exercise



Relaxation Session and Practice

Relaxation Guide



Using NSAIDs Safely & Effectively

Odds are that throughout the years you have used many types of medicine to fight pain and inflammation.

NSAIDs are one type of pain reliever that most consumers are comfortable and familiar with. But the majority of people have no idea what an NSAID is. So what is an NSAID?



Opioid Public Safety Announcement

A public safety announcement about opioid safety from The American Chronic Pain Association.

Opioid safety announcement



Prepare for an Opioid Emergency

opioid. The faster you can act, the better the opportunity to save a life.

Opioid Overdose - Awareness and Prepared with Naloxone



This is Pain at Oculus World Trade Center NYC

Acclaimed body painter and visual artist, Trina Merry, listened to the stories of eight chronic pain sufferers, asking them to describe how their pain “feels” with visual descriptors like color, metaphor and shape. She then translated this into a visual narrative using body paint and photography; aiding them in bringing their hidden symptoms to the surface of their skin so that they can share their stories with you.

CAUTION: Artistic Nudity



For Technical Support [Click Here](#)

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