



what can I do, and how can I do it?

Utilize your own “backyard.” Set up and choose topics related to the assessment and treatment of pain at your worksite. Help to provide education to community practitioners (for example, at a health system, hospital, community or chain pharmacy). More specific information about this type of activity is included in the community relations section. Contact pharmaceutical company representatives who have information on the topic. They may know other professionals interested in networking and may help to provide education and materials.



Join a professional organization and attend its meetings. Local meetings provide good opportunities to network and become involved with professionals who are already active. They welcome people who are willing to volunteer on education committees, community outreach/education, and joining or starting a pain management group (a group of professionals within the organization who have common interests in a disease state). Nominate someone for an award at the association for work in advancing pain patients' care.

Know the latest data. Stay abreast of articles and editorials published in peer-reviewed journals. Make your voice heard by responding in either agreement or disagreement through letters to the editor.

Work to educate young professionals. Contact your alma mater or the local colleges and universities to provide training to professionals to ensure that their pain management curriculum is comprehensive, updated, and accurate. Offer to work with students, residents and trainees to help them understand the importance of proper pain management.