



Research Update, March 2021

International Association for the Study of Pain 2021 Virtual World Congress on Pain

Late Breaking Poster Abstract Deadline: March 24, 2021 at 16:59 EDT

The International Association for the Study of Pain (IASP) has opened an invitation for late breaking abstract submissions for their upcoming 2021 Virtual World Congress on Pain (June 9-11, 16-18). Consider sharing contributions at one of the premier forums for pain research in a virtual, global forum. More information on poster topics, meeting themes, and submission guidelines is available at <https://www.iaspworldcongress.org/home/poster-abstracts/call-for-poster-abstracts>.

Stepped Exercise Program for Patients with Knee Osteoarthritis: A Randomized Controlled Trial

KD Allen, et al. *Annals of Internal Medicine* (2020)



Kelli Allen, PhD, (Durham Center of Innovation to Accelerate Discovery and Practice Transformation (ADAPT), Durham, NC; University of North Carolina) and her team recently published findings from an RCT studying the use of a stepped exercise program for patients with knee osteoarthritis (STEP-KOA) at two VA sites in *Annals of Internal Medicine*. They found the STEP-KOA strategy may be an efficient method for delivering exercise therapy for knee osteoarthritis, with modest improvement in symptoms in the intervention group compared to an arthritis education control group.

The Resurrection of Interdisciplinary Pain Rehabilitation: Outcomes Across a Veterans Affairs Collaborative

JL Murphy, et al. *Pain Medicine* (2021)



Recently published in *Pain Medicine*, Jennifer Murphy, PhD, (Director of Behavioral Pain Medicine; Pain Management, Opioid Safety and Prescription Drug Monitoring Programs) led a team that conducted a collaborative observational evaluation of patient outcomes from six VA interdisciplinary pain rehabilitation programs across five VA sites. They found significant improvements in most patient-reported outcomes across programs despite program differences.