

Having trouble viewing this email? [Click here](#)



In This Issue

[Funding Opportunities](#)

Quick Links

[More About Us](#)

News from TRIPLL

May 2012

News

Chair Yoga as a Possible Pain Management Tool for Community-Dwelling Older Adults

A recent pilot study published in the Journal of Gerontological Nursing evaluated the effect of chair yoga in relieving pain, and improving physical well-being among community-dwelling older adults with osteoarthritis. The authors assessed the effectiveness of an 8-week chair yoga program at the midpoint of the intervention and after individuals completed the program (8 weeks). The authors found that "although chair yoga was effective in improving physical function and reducing stiffness in older adults with osteoarthritis, it was not effective in reducing pain level or improving depressive symptoms." These observations led the authors to conclude that chair yoga as a pain management tool for community-dwelling older adults requires more evaluation.

[Full Story](#)

The Effect of Fear Avoidance Beliefs on Gait Speed Among Older Adults

A recent study in Physical Medicine and Rehabilitation (PM&R) recently sought to determine if fear avoidance beliefs among older adults with lower back pain were capable of influencing gait speed. The authors note that gait speed is an effective predictor of morbidity "ours is the first study to

examine the relationship between fear avoidance beliefs and gait speed, a powerful predictor of morbidity and mortality." The study enrolled 200 individuals aged 65 and older with moderate-to-severe lower back pain. The authors found that "fear avoidance beliefs related to physical activity in older adults with chronic lower back pain were significantly associated with both self-reported and performance-based disability after controlling for known confounders."

[Full Story](#)

Guidelines for Pharmacologic Pain Management for Older Adults

A recent literature review published in Pain Medicine sought to identify safe and effective pharmacological treatment methods for pain conditions among older adults. The authors state "this review article describes and summarizes key evidence-based recommendations that were derived by a committee convened by the American Geriatrics Society in order to provide guidance to optimize pharmacotherapy in the management of persistent pain in older individuals." The committee consisted of leading members within the medical community that have extensive knowledge regarding pain management in older adults. The committee identified "recent treatment guidelines that could guide decision making to optimize pain-related treatment outcomes in older individuals." The authors maintain that educating clinicians on proper pharmacological treatments will help to improve pain management among older adults. "It is postulated that ongoing education of clinicians who treat older patients with persistent moderate to severe pain will lead to improved outcomes in this vulnerable population."

[Full Story](#)

Increased Activity Among Older Adults May Lower Alzheimer's Risk

A recent study published in Neurology found that increased physical activity may decrease Alzheimer's risk among older adults. The study consisted of 716 individuals, aged 65 and older, who were cognitively intact at baseline. Each study participant wore an actigraph (an instrument that measures movement) on their wrist for 10 days in order to determine their normal level of daily activity. The authors found that "those in the lowest 10 percent for physical activity were more than twice as likely to develop the disease as those in the highest 10 percent." The authors also found that "even very old people who can't participate in formal exercise may be

able to derive the benefit."

[Full Story](#)

Pain Education for Older Adults

Pain Medicine featured a study that addressed the growing need for pain education among older adults and clinicians. The study had two specific objectives: "1) to determine the level of education around the world and to identify strong evidence upon which future educational initiatives could be established; and 2) to establish a collaboration who could lead the way in terms of recommendations and educational developments for the care of older adults around the world." The first phase of the study involved a survey that was conducted by the International Association for the Study of Pain (IASP) to "determine the variations and availability of pain education for older adults from around the world." The second phase involved an expert panel to review current pain management guidelines and identify gaps in the current pain management curriculum.

[Full Story](#)

Upcoming Events

The following list includes upcoming seminars, meetings, and conferences that focus on aging, pain, or general research methods

May Work-in-Progress Seminar

May 16, 2012

12:00 pm - 1:30 pm

To attend please contact Marcus Warmington at maw2054@med.cornell.edu or (212) 746-1801.

TRIPLL Webinar Series

Issues in the Design and Analysis of Pilot Studies

May 30, 2012, 4:00 - 5:00 pm

Presenter: Kenneth E. Freedland, PhD., Professor of Psychiatry,

Washington University School of Medicine

Strategies for Conducting a Successful Survey

June 13, 2012, 12:00 - 1:00 pm

Presenter: Karl Pillemer, PhD, Professor of Human Ecology, Cornell University

Social Isolation, Living Alone, and Loneliness: A Risk for Aging People?

June 27, 2012, 1:00 - 2:00 pm

Presenter: Elaine Wethington, PhD, Professor of Human Ecology,
Cornell University

Movement & Meditation to Ease Chronic Pain

When living with pain, it is easy to find yourself avoiding daily activities, opting to stay still and avoiding unnecessary movement. Unfortunately, not moving your muscles and joints often leads to more pain. Let's get moving! Join us for this gentle class that will utilize the movements of yoga and stretching in addition to breathing awareness and meditation to help ease stiffness, aches and pains.

For more information: www.hss.edu/pped or (212) 606-1613.

Spring 2012 Community Education Programs

Hospital for Special Surgery offers a wide range of educational lectures and workshops for the community. Lectures range from managing osteoarthritis pain and falls prevention, to movement classes including dance and Tai Chi. See our Event Calendar for course descriptions and to register online. To request copies of brochures please email pped@hss.edu.

GMHA 6th ANNUAL CONFERENCE: Building Integrated Physical and Behavioral Health Care for Older Adults

May 14, 2012 | Albany, NY

In 2007, the NYS Office of Mental Health funded a handful of trailblazing organizations that designed integrated service programs specifically for elders. Five years later, select organizations will share what they've learned about providing cutting-edge integrated services--and organizations receiving a new round of grants will describe their plans to create the next generation of sustainable, innovative programs.

[To Register](#)

The 7th Annual Pain Consortium Symposium on Advances in Pain Research Advancing Pain Therapies

May 29 and 30, 2012

NIH campus, Bethesda, MD

[For More Info](#)

Assessment of Analgesic Treatment of Chronic Pain: A Scientific Workshop

The Food and Drug Administration (FDA), Center for Drug Evaluation and Research (CDER), is announcing a public workshop to hear a discussion of the available data on the efficacy of analgesics in the treatment of chronic non-cancer

pain (CNCP). The focus of the presentations and discussions by scientific experts and other stakeholder groups will be on the available clinical data from both randomized clinical trials and other studies of the efficacy of opioid analgesics, and comparison of that data to the data from studies of non-opioid analgesics used in the treatment of CNCP.

May 30, 2012 from 1:00 p.m. to 5:30 p.m.

May 31, 2011 from 8:30 a.m. to 5:00 p.m.

Natcher Auditorium

Natcher Conference Center

NIH Campus

45 Center Drive

Bethesda, Maryland 20892

Registration: If you wish to attend the workshop or provide oral comments during the open session of the meeting, please email your registration to

CDER_ChronicPain_Workshop@fda.hhs.gov by May 15, 2012

Funding Opportunities

Pain Related Funding

Pilot and Feasibility Clinical Research Grants in Arthritis and Musculoskeletal and Skin Diseases (R21)

"Program Announcement (PA) Number: PAR-10-282

This FOA, issued by National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) of the National Institutes of Health, encourages exploratory/developmental clinical research related to the prevention or treatment of arthritis and musculoskeletal and skin diseases, conditions, and/or injuries. The Pilot and Feasibility Clinical Research Grants Program is designed to allow initiation of exploratory, short-term clinical studies, so that new ideas may be investigated without stringent requirements for preliminary data. The short-term studies should focus on research questions that are likely to gather critical preliminary data in support of a future, planned clinical trial. They can include testing new or prevention strategies, a new intervention, or unique combinations of therapies. A high priority is the use of such studies to help stimulate the translation of promising research developments from the laboratory into clinical practice."

[To Register](#)

Mechanistic Studies of Pain and Alcohol Dependence

(R01)

"Program Announcement (PA) Number: PA-11-267

This Funding Opportunity Announcement (FOA) encourages applications that propose to conduct mechanistic studies on the relationship between alcohol drinking, alcohol dependence and pain. An association between chronic pain conditions and alcohol dependence has been revealed in numerous studies with episodes of alcohol abuse antedating chronic pain in some people and alcohol dependence emerging after the onset of chronic pain in others. Pain transmission and alcohol's reinforcing effects share overlapping neural substrates giving rise to the possibility that chronic pain states significantly affect alcohol use patterns and promote the development of dependence and addiction. In addition, long term alcohol intoxication and alcohol dependence induce pain symptoms and may exacerbate chronic pain arising from other sources. The objective of this FOA is to understand genetic, pharmacological and learning mechanisms underlying the association between the propensity to drink alcohol and pain responses."

[To Register](#)

Mayday Fund of New York

"The Mayday Fund is dedicated to alleviating the incidence, degree, and consequence of human physical pain.

The Mayday Fund's current grant-making targets are projects that result in clinical interventions to reduce the toll of physical pain, pediatric pain, pain in non-verbal populations, and pain in the context of emergency medicine. Mayday will also continue to be proactive in its commitment to promote networking between veterinary and human medicine, especially in an effort to inform measurements of pain in non-verbal populations. Finally, the trustees of the Mayday Fund wish to be nimble enough to respond as special opportunities present themselves. Grants are made only to public charities and educational institutions officially recognized as such by the IRS. The Mayday Fund concentrates its activities in the United States. On occasion, grants have been made to Canadian organizations when the project has an effect that reaches beyond Canada. Grants cannot be made to individuals."

Applications are continuous and no specified due date is applied.

Age Related Funding

Mechanism Mediating Osteoarthritis in Aging

Program Announcement (PA) Number: PA-12-018

"This Funding Opportunity Announcement (FOA) issued by the National Institute on Aging (NIA) and the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) invites applications on research employing genetically defined and modified mouse models, other animal models such as dogs and monkeys or archived human joint tissues to explore the biological mechanisms underlying osteoarthritis. Osteoarthritis is a significant problem in the elderly population, and a major contributor to mobility limitations that are endemic in this population and, therefore, is an important element in the research missions of NIA and NIAMS. Inflammatory processes are evident in advanced stages of osteoarthritis, and are likely to be major contributors to the chronic pain that is the most common symptom of the condition. However, for the purpose of this announcement, osteoarthritis is distinguished from other joint diseases, such as rheumatoid arthritis, in which inflammation arising from autoimmunity is the primary cause of tissue damage. The root causes of joint degeneration in osteoarthritis remain unclear. Research efforts in the past have focused primarily on the more advanced stages of osteoarthritis, but relatively little is understood about the initial changes triggering disease etiology and early progression. This FOA is intended to encourage and accelerate the characterization of new or underutilized models and the testing of hypotheses that will lead to an improved understanding of the mechanisms mediating osteoarthritic progression."

[To Register](#)

Notice of Intent to Publish a Funding Opportunity Announcement (FOA) on Multidisciplinary Studies in HIV/AIDS and Aging (R03)

Notice Number: NOT-AG-12-004

"The National Institute on Aging (NIA) announces a trans-NIH Funding Opportunity Announcement (FOA) on Multidisciplinary Studies in HIV/AIDS and Aging. This FOA will encourage applications proposing to study HIV infection, HIV-associated conditions, HIV treatment, or biobehavioral or social factors associated with HIV/AIDS in the context of aging and/or in older adults. The research areas encouraged in this FOA are based, in part, on the recommendations of the Working Group on HIV and Aging convened by the NIH Office of AIDS Research. These areas include, but are not limited, to the following:

- * Cellular and molecular mechanisms of HIV in aging
- * Biomarkers or clinical indices of HIV-associated pathology

- * HIV-Associated Non-AIDS (HANA) conditions / Co-morbidities
- * HIV-Associated Neurocognitive Disorders (HAND)
- * Intervention studies (prevention or treatment)
- * Frailty/Vulnerability
- * Social, behavioral, and mental health studies

The FOA is expected to be published in Spring 2012 with non-standard receipt dates beginning in Summer 2012. Multiple other NIH Institutes and Centers are expected to participate."

Please direct all inquiries to:

Basil Eldadah, MD, PhD
Division of Geriatrics and Clinical Gerontology
National Institute on Aging
7201 Wisconsin Ave, Suite 3C307
Bethesda, MD 20892
Phone: 301-496-6761
Email:eldadahb@nia.nih.gov

Network and Infrastructure Support for Development of Interdisciplinary Aging Research (R24)

Program Announcement (PA) Number: PA-12-064

"The purpose of this FOA is to provide network and infrastructure support to foster development of novel interdisciplinary research approaches on important topics in aging research. This FOA will use the NIH Resource-Related Research Project (R24) mechanism to facilitate research networks that will advance specific scientific goals through activities such as meetings, conferences, small scale pilots, short term training opportunities, and visiting scholar programs, and dissemination activities to encourage growth and development in these interdisciplinary areas."

To Register

National Science Foundation funding grant "General & Age-Related Disabilities Engineering (GARDE)"

"The General & Age Related Disabilities Engineering (GARDE) program supports research that will lead to the development of new technologies, devices, or software for persons with disabilities. Research may be supported that is directed to the characterization, restoration, and/or substitution of human functional ability or cognition, or to the interaction of persons with disabilities and their environment. Areas of particular recent interest are disability-related research in neuroscience/neuroengineering and rehabilitation robotics. Emphasis is placed on significant advancement of fundamental engineering and scientific knowledge and not on incremental improvements. Proposals should advance

discovery or innovation beyond the frontiers of current knowledge in disability-related research. Applicants are encouraged to contact the Program Director Ted Conway at tconway@nsf.gov, or call (703) 292-7091, prior to submitting a proposal."

[To Register](#)

The New Investigator Awards in Alzheimer's Disease

"Funded by The Rosalinde and Arthur Gilbert Foundation and The Diane and Guilford Glazer Foundation, the major goal of this partnership program is to support important research in areas in which more scientific investigation is needed to improve the prevention, diagnosis, and treatment of Alzheimer's disease. The program will also serve to encourage junior investigators in the United States and Israel to pursue research and academic careers in the neurosciences, and Alzheimer's disease in particular. Projects in basic and translational research related to Alzheimer's disease (AD) that are clinically relevant, will be considered. Projects that focus on healthy brain aging are also considered. For one of the awards, priority may be given to an investigator with a research interest related to healthy brain aging. Areas of research could for example include learning and memory, nutrition, exercise, cardiovascular risk factors, as they relate to the brain and the aging process. The applicant must be an independent investigator with assigned independent space as assigned by the departmental chair or equivalent official, and must be within the first ten years of receiving a doctoral degree by July 1, 2011. Exceptions to the ten year rule may be requested for unusual circumstances by emailing an NIH-style bio-sketch to AFAR at grants@afar.org. The proposed research must be conducted at any type of not-for-profit setting in the United States or Israel."

[To Register](#)

Join Our Mailing List!

The **Translational Research Institute on Pain in Later Life (TRIPLL)** is an **NIA funded Edward R. Roybal center** with a focus on persistent pain due to both cancer and non-cancer related causes. TRIPLL is a collaboration between investigators at Weill Cornell Medical College, Cornell-Ithaca, Columbia University's Mailman School of Public Health, Hospital for Special

Surgery, Memorial Sloan Kettering Cancer Center, Visiting Nurse Service of
New York and Council of Senior Centers & Service of NYC, Inc.

For more information on TRIPLL please contact Marcus Warmington at
maw2054@med.cornell.edu.



This email was sent to maw2054@med.cornell.edu by maw2054@med.cornell.edu |
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).
TRIPLL | 525 E. 68th Street | New York | NY | 10065

