

PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

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In the News

- American Society for Pain Management Nursing issues a statement: the [Use of Opioids for Chronic Pain While Preventing Abuse](#) & Diversion
- [FDA Approves Narcan Nasal Spray](#) as a rescue for opioid overdose & expands indication for IV ibuprofen to include children with pain or fever.
- IASP Announces the 2016 [Global Year Against Pain in the Joints](#) with many multilingual research reviews and clinical decision support.
- Over 4000 [comments to the CDC draft guideline](#) were received in 1 month; enter CDC-2015-0112 then click view all. See [related commentary](#).
- An [over-the-counter ibuprofen patch](#) that delivers medicine right where it is needed for 12 hours could be available in the next 2 years.
- [Hydrocodone prescriptions down 22%](#) yielding 750 million fewer tablets dispensed since it became a more restricted schedule II drug.

Journal Watch [MGHers can obtain articles through the [Treadwell home page](#)]

- Russ RA, Aleshire N, Zibbell JE, et al. Increases in drug and opioid overdose deaths – United States, 2000-2014. *MMWR Morb Mortal Wkly Rep*. 64. Jan 1, 2016 / 64(50);1378-82. Increase in opioid [overdose deaths fueled by heroin, illicit Fentanyl](#) and other synthetic opioids.
- Wasan AD, Michna E, Edwards RR, et al. Psychiatric comorbidity is associated prospectively with diminished opioid analgesia and increased opioid misuse in patients with chronic low back pain. *Anesthesiology*. 2015 Oct;123(4):861-72. Those with chronic low back pain and [concurrent high anxiety/depression scores](#) report half the relief from opioid analgesics and have more side effects than those with low scores.
- Bellieni CV, Johnston CC. Analgesia, nil or placebo to babies, in trials that test new analgesic treatments for procedural pain. *Acta Paediatr*. 2016 Feb;105(2):129-136. Using placebos instead of pain control for [neonatal procedural pain](#) is unethical, because of pain's lingering effects
- Downie AS, Hancock MJ, Rzewuska M, et al. [Trajectories of acute low back pain](#): a latent class growth analysis. *Pain*. 2016 Jan;157(1):225-34. About 5% of those with acute low back pain have strong pain at 3 months, with more intense pain & workers' compensation predictors.
- Pillai Riddell RR, Racine NM, Gennis HG, et al. Non-pharmacological management of infant and young [child procedural pain](#). *Cochrane Database Syst Rev*. 2015 Dec 2;12:CD006275 Unrelieved pain in neonates has known long-term biopsychosocial problems linked, and can be prevented or relieved with non-nutritive sucking, swaddling/facilitated tucking, rocking/holding among other effective interventions.
- As-Sanie S, Kim J, Schmidt-Wilcke T, et al. Functional connectivity is associated with altered brain chemistry in women with [endometriosis-associated chronic pelvic pain](#). *J Pain*. 2016 Jan;17(1):1-13. Chronic pelvic pain may be perpetuated by CNS changes that are treatable.
- Archer KR, Devin CJ, Vanston SW, et al. Cognitive-behavioral-based physical therapy for patients with chronic pain undergoing lumbar spine surgery: A randomized controlled trial. *J Pain*. 2016 Jan;17(1):76-89. Compared with those who received [cognitive-behavioral physical therapy](#) (CBPT) versus education alone 6 weeks after laminectomy; CBPT patients had less pain and better functioning at 3 months.

MGH Cares About Pain Relief
Massachusetts General Hospital

PainRelief@partners.org • <http://www.mghpcs.org/painrelief>

To be added to or removed from the Pain Relief Connection mailing list, send an email to pmarnstein@partners.org

Journal Watch [MGHers can obtain articles through the [Treadwell home page](#)] (continued)

- Crawford CL, Boller J, Jadalla A, et al. An integrative review of Pain Resource Nurse programs. *Crit Care Nurs Q*. 2016 Jan-Mar;39(1):64-82. Leadership commitment that fosters active involvement and embeds a culture of effective pain management throughout the organization is integral to the [effectiveness of pain resource nurse programs](#). Collaborative multidisciplinary teamwork & communication is needed to address both staff and organizational barriers that need to be overcome in order to have the programs and systems needed for optimal pain control.
- Rolving N, Sogaard R, Nielsen CV, et al. [Preoperative cognitive-behavioral patient education](#) versus standard care for lumbar spinal fusion patients: Economic evaluation alongside a randomized controlled trial. *Spine (Phila Pa 1976)*. 2016 Jan;41(1):18-25. Compared to standard care, patients getting CBT before spinal fusion have less disability at 3 months and 6 months post-op, but were similar at 1 year post-op.
- Palermo TM, Law EF, Fales J, et al. [Internet-delivered cognitive-behavioral treatment for adolescents](#) with chronic pain and their parents: a randomized controlled multicenter trial. *Pain*. 2016 Jan;157(1):174-85. Internet based CBT is more effective than on-line education programs.
- Gudin JA, Nalamachu SR. An [overview of prodrug technology](#) and its application for developing abuse-deterrent opioids. *Postgrad Med*. 2016 Jan;128(1):97-105. Prodrugs require conversion in the GI tract to produce the active ingredient and is a promising form of abuse deterrence.
- Jungquist CR, Correll DJ, Fleisher LA, et al. [Avoiding adverse events](#) secondary to opioid-induced respiratory depression: Implications for nurse executives and patient safety. *J Nurs Adm*. 2016 Feb;46(2):87-94. Few PCA patients have recommended level of vigilant monitoring.

Pain Resources on the Web:

- Website and online community dedicated to facilitate peer support and education for [adolescents with chronic pain](#) & their families.
- Guidance on managing [pain in the older adult before, during, and after surgery](#) is disseminated by leading professional organizations.
- Failure to effectively monitor postoperative patients for [opioid-induced respiratory depression](#) is the #3 health technology hazards in 2016.
- [Can opioids be manufactured from sugar](#) by the actions of genetically modified yeast strains? Does this explain neonatal relief from sucrose?

CIH (Complementary Integrative Health approaches; formerly called Complementary Alternative Medicine [CAM])

- An upgraded [wearable electric stimulation technology](#) called “Quell” yields pain relief that will be soon be adjustable via a Smartphone app.
- [iTens](#) making its debut at trade show, the 1st FDA-cleared wireless TENS device that works via an iPhone or Android based app.
- Physical Therapy modality of [neural mobilization](#) produces an a pain-reducing effect through specific positioning & nerve-freeing movements.
- [High definition transcranial electrical](#) stimulation provides significant benefit to half of fibromyalgia patients.
- A systematic review shows [music reduces postoperative pain](#), anxiety & analgesic use, while improving satisfaction, even when anesthetized.

Pain-Related Education Opportunities

- Wednesday, April 13, 2016, 8 AM – 12 PM [The National Pain Strategy: What It Means to You](#). MassPI Marlboro Holiday Inn
- Wednesday – Saturday, May 11 – 14, 2016, the [American Pain Society 35th Annual Scientific Meeting](#) will be held in Austin, TX.

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* (Level II) – Tuesday, June 7, 2016 *Founders House 325 @ 8 AM – 1 PM* [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday mornings from 8 AM – 9 AM, Ether Dome. email: [Margaret Spinale](#) for more information
- *Chronic Pain Rounds* in MGH Ether Dome. Email [Tina Toland](#) for details.

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: (see handbook f <http://handbook.partners.org/pages/168> for listing: #120 Acute Pain #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications; Excellence Every Day Pain Portal Page: http://www.mghpcs.org/eed_portal/EED_pain.asp
The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>
MGH Pain Medicine: http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain
MGH Palliative Care: <http://www.massgeneral.org/palliativecare>
MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>
Intranet site for MGH use to locate pain assessment tools and policies: <http://intranet.massgeneral.org/pcs/Pain/index.asp>

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