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
● The DEA cut 2017 quotas of Schedule II opioids by 25% and hydrocodone by a third below last year’s level, as fewer opioids are prescribed.
● Pain-related disability has taken a toll on the American workforce, requiring a re-examination of how we help those with to pain function better.
● Petitions have the DEA reconsider their Schedule I designation that would hamper research to develop pain relievers from kratom derivatives.
● Illicit fentanyl is blamed for exponential growth in many drug overdose deaths across the country; including tainted prescription drugs & heroin.
● A 50% lower dose buprenorphine was approved by the FDA for treatment of opioid dependence & promote safety when lower doses are used.
● Pain patients rallied against pain in DC; invited CDC reps did not attend; lawmakers blamed for cutting access to treatment bothered to attend.
● NIH awarded $7.5 Million to study how peripheral inflammation affects the central nervous system to transform acute pain into chronic pain.
● The DEA hopes it retrieved a record number of unneeded, unwanted, or expired prescription drugs during Prescription Drug Take-Back Day.

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

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
Pain Resources on the Web:
- See footage of the Stanford Back Pain Education Day took place on Sunday, September 11, 2016
- Social media videos about breastfeeding infants to prevent vaccination-induced pain are widely viewed, but impact is unclear.
- Brief (5 minute) video about the pursuit of gratitude and compassion to overcome fear or self-doubt that makes pain worse.
- Virtual reality developer is looking for partners to make immersive technologies that reduce pain accessible for $10 or less.
- Get your free implementation guide for Reducing Adverse Drug Events Related to Opioids (RADEO) in your practice setting.

Complementary Integrative Health (formerly called Complementary Alternative Medicine [CAM])
- Tai Chi relieves persistent neck pain (at rest & with movement), functioning & quality of life at 3 months comparable to other exercise forms.
- Evidence mounts that low-level laser therapy promotes pain relief & reduces oral mucositis incidence & its severity.
- Brazilian women with endometriosis find yoga helpful to cut pain, improve mood & enhance psychosocial support.
- Interesting experience from a male skeptic with chronic pain: Nearly twice the rates of those without pain.
- CDC data shows 42% of adults use complementary approaches to help their musculoskeletal pain, nearly twice the rates of those without pain.

Pain-Related Education Opportunities
- Free CE Credits for nurses on programs addressing the opioid crisis, supported by 25 National Nursing organizations.

MGH Pain Calendar
- Tools and Techniques for Effective Pain Management – Tuesday, September 13th, 2016 Founders House 325 @ 8AM – 1PM Sign-up.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: Margaret Spinal for more information.
- Check for details & schedule of Chronic Pain Rounds or MGH Interprofessional Pain Rounds in the Ether Dome.

MGH Pain Resources
- The Patient Education Television: Dial 4-5212 from patient’s phone then order: (see handbook http://handbook_partners.org/papers/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 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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