

PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

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

Inside this issue:

In the News.....	Page 1
Journal Watch.....	Page 1
CIH.....	Page 2

Pain Resources on the Web.....	Page 2
Pain Education Opportunities.....	Page 2
MGH Pain Calendar & Resources.....	Page 2

In the News

- Obama announced federal, state, local and private sector [collaborative efforts to cut prescription drug & heroin abuse](#).
- [Governors outline priorities for addressing the opioid crisis](#) at a National Governors Association annual winter meeting in Washington, DC.
- Senator [Warren urges swift passage of CDC's Opioid prescribing guidelines](#) to stem the tide of opioid overdose deaths in Massachusetts.
- FDA seizes supply of a dietary supplement that contains [Kratom, a natural non-poppy opiate](#), linked to fatal drug interactions.
- Novel system delivers [intranasal sumatriptan powder](#) during exhalation, for acute migraine (with or without aura), once daily as needed.
- Pediatricians calls for good assessment & [effective pain prevention / treatment so newborns](#) aren't exposed to the harmful effects of pain.
- Massachusetts Gov. Baker detailed an agreement with deans to [integrate safe opioid prescribing into medical & dental school curricula](#).
- Citizens petition FDA demanding blackbox warning revisions warning of potentially [fatal concurrent misuse of benzodiazepines & opioids](#).
- Actavis [fentanyl patches are not adhering](#) properly. Investigations are underway to distinguish manufacturing from patient root causes.

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

- Archer KR, Heins SE, Abraham CM, et al. Clinical significance of pain at hospital discharge following traumatic orthopaedic injury: general health, depression, and PTSD outcomes at 1 Year. *Clin J Pain*. 2016 Mar;32(3):196-202. After orthopedic trauma, early intervention needs to control pain while an inpatient, as [severe post trauma pain at discharge](#) predicts who will develop PTSD & depression one year later.
- Bean DJ, Johnson MH, Heiss-Dunlop W, et al. Factors associated with disability and sick leave in early Complex Regional Pain Syndrome (CRPS) Type-1. *Clin J Pain*. 2016 Feb;32(2):130-8. Intervene early to prevent [CRPS-related pain, disability, depression](#) and absenteeism
- Saroyan JM, Evans EA, Segoshi A, et al. Interviewing and Urine Drug Toxicology (UDT) screening in a pediatric pain management center: An analysis of analgesic non-adherence and [aberrant behaviors in adolescents](#) and young adults. *Clin J Pain*. 2016 Jan;32(1):1-6. Both UDT & interview needed to detect problematic analgesia use in young patients. Each method identifies about 50% of aberrant drug use patterns.
- Andrews NE, Strong J, Meredith PJ, et al. The relationship between [overactivity and opioid use](#) in chronic pain: a five day observational study. *Pain*. 2016 Feb;157(2):466-74. Associations are found between doing more pain-provoking activities & higher than suggested opioid dosing.
- Guay J, Kopp S. [Epidural pain relief](#) versus systemic opioid-based pain relief for abdominal aortic surgery. *Cochrane Database Syst Rev*. 2016 Jan 5;1:CD005059. Epidural analgesia provides better pain control with fewer MI's, GI bleeds & respiratory failure than opioids after AAA surgery. Epidurals reduce time to tracheal extubation, respiratory failure, gastrointestinal bleeding & intensive care unit length of stay.
- Del Portal DA, Healy ME, Satz WA, et al. Impact of an opioid prescribing guideline in the acute care setting. *J Emerg Med*. 2016 Jan;50(1): 21-7. A [voluntary ED opioid prescribing guideline](#) cut opioid prescriptions for dental, neck, back or chronic pain by more than 30% over a year.

MGH Cares About Pain Relief
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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)

- Ventzel L, Jensen AB, Jensen AR, et al. Chemotherapy-induced pain and neuropathy: A prospective study in patients treated with adjuvant oxaliplatin or docetaxel. *Pain* 2016 Mar;157(3):560-8. Although half of treated patients develop [oxaliplatin or docetaxel induced neuropathy](#) within a year, the patterns and risks vary by drug with more oxaliplatin (64%) than docetaxel (45%) patients having neuropathy at 1 year.
- Hu J, Bortsov AV, Ballina L, et al. Chronic widespread [pain after motor vehicle collision](#) (MVC) typically occurs through immediate development & nonrecovery: results of an emergency department-based cohort study. *Pain*. 2016 Feb;157(2):438-44. Patients with localized pain have it subside over time whereas those who report widespread pain soon after the MVC are at higher risk for developing chronic pain.
- Ting S, Schug S. The pharmacogenomics of pain management: prospects for personalized medicine. *J Pain Res*. 2016;9 49–56. Review explains the [genetic factors that account for variability in desired & undesired analgesic effects](#) by varying metabolism & end organ responses.
- Bhatia A, Flamer D, Shah PS, et al. Transforaminal epidural steroid injections for treating lumbosacral radicular pain from herniated intervertebral discs: A systematic review and meta-analysis. *Anesth Analg*. 2016;122:857-870. Transforaminal [epidural steroids cut pain by 1/10 points](#) on the pain scale for patients with lumbosacral pain from a herniated disc. No impact on disability or surgery rate was noted.

Pain Resources on the Web:

- The [American Chronic Pain Association](#) (ACPA) posted their annual [Pain Resource Guide](#) & new [pain-related videos](#).
- Good reasons we should [monitor patients with chronic pain for alcohol use](#) due to concerning drug interactions.
- Poignant story and lessons a wife learned from [her husband's pain](#) about looking past poor science to treat the person.
- Patient education on [over the counter pain relievers](#); including safely taking and storing pain medications.
- The AMA has compiled a list of State & Medical Society [Opioid Abuse Prevention Resources](#) many provide free CME
- The Society of Hospital Medicine published a toolkit & implementation guide on [reducing opioid-related adverse events](#) (free log-in required)
- ASPMN position paper warns [prescribing & administering opioid doses based solely on pain intensity](#) may be unsafe and ineffective.
- Professional organizations unite to disseminate [Tools For Safe Opioid Prescribing in Chronic Pain Management](#) loaded with resources.

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

- [Maple syrup](#) & inflammation-blocking foods reveal a scientific [link between diet, chronic pain](#) & inflammation (see Table 2 & 3 for summary).
- Nice review of physical, psychosocial & complementary [nondrug approaches to managing pain in children](#) after assessing pediatric pain.
- [Transcranial magnetic stimulation](#) cuts lumbosacral radiculopathy pain better than transcranial direct current stimulation or placebo.

Pain-Related Education Opportunities

- Wednesday, April 13, 2016, 8 AM – 12 PM [The National Pain Strategy: What It Means to You](#). MassPI, Holiday Inn Marlboro, MA
- 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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