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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]


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.


**Pain Resources on the Web:**

- The [American Chronic Pain Association](http://www.americanchronicpain.org) (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](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain) 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](http://www.mghpcs.org/painrelief) loaded with resources.

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

- [Maple syrup](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain) & 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 – 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](http://www.massgeneral.org/palliativecare).

- 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.

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**MGH Pain Resources**

*The Patient Education Television: Dial 4-5212 from patient’s phone then order: (see handbook 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](http://www.mghpcs.org/eed_portal/EED_pain.asp)

*The MGH Center for Translational Pain Research:* [http://www.massgeneral.org/painresearch](http://www.massgeneral.org/painresearch)


*MGH Palliative Care:* [http://www.massgeneral.org/palliativecare](http://www.massgeneral.org/palliativecare)


*Intranet site for MGH use to locate pain assessment tools and policies:* [http://intranet.massgeneral.org/pcs/Pain/index.asp](http://intranet.massgeneral.org/pcs/Pain/index.asp)

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**MGH Cares About Pain Relief**

Massachusetts General Hospital

PainRelief@partners.org • [http://www.mghpcs.org/painrelief](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