Inside this issue:

In the News..................................................Page 1
Journal Watch.............................................Page 1-2
CIH...............................................................Page 2
Pain Resources on the Web.......................Page 2
Pain Education Opportunities....................Page 2
MGH Pain Calendar & Resources..............Page 2

In the News

● Bipartisan group of Senators urge Secretary Burwell to provided details necessary for full implementation of the National Pain Strategy.

● At least 2/3 of opioid overdoses in Massachusetts involve Fentanyl with only 8% of decedents having a legitimate prescription.

● Montana’s pain refugees’ leave state to get pain treated, as restricting access to opioids deemed “the worst form of cruelty.”

● The FDA approved an implanted, rechargeable spinal cord stimulation system to treat chronic trunk and/or limb pain.

● DEA will sponsor another National Rx Drug Take-Back Day Oct. 22, 2016 to disposing unwanted Rx drugs, while educating the public.

● Between 1999 and 2013, cases of neonatal abstinence syndrome increased 4-fold from 1.5 to 6 cases per 1,000 live births.

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


● Ging P, Mikulich O, O'Reilly KM. Unexpected (acetaminophen) hepatotoxicity at standard dosage in two older patients: time to rethink 1Gm four times daily? Age Ageing. 2016 Jul;45(4):566-7. The dose of 1GM Acetaminophen 4 times daily may be too much for some older adults.


De Ruddere L, Craig KD. Understanding stigma and chronic pain; a state of the art review. *Pain*. 2016 Aug;157(8):1607-10. Health professionals often discredit reports of pain, feel less sympathy, and are less helpful when pain is chronic without a treatable etiology. Some professionals who stigmatize patients find convenient reasons to dismiss patients from practices, rather than providing different, helpful care.


---

**Pain Resources on the Web:**

- An easy-to-use app, Ouchie makes tracking your pain, treatments, challenges and accomplishments rewarding.
- Get a comprehensive September is Pain Awareness month toolkit to help you prepare everyday pain challenges.
- Leading Doctors of Pharmacy replace frightening misperceptions with the truth about safe analgesic selection.
- Check your assessment and diagnostic reasoning skills with this interactive case of a 19 year old woman with RUQ abdominal pain.
- The American Chronic Pain Association Chronicle has a new, improved look and navigation features for this helpful quarterly newsletter.
- An update on the biopsychosocial model of pain in research & clinical practice: complex interactions between people & their environment.

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

- Analgesics and herbal medicine, acupuncture & massage for cancer pain are commonly used by Chinese Americans
- Traditional Chinese Meds (blended herbs) have analgesic & anti-inflammatory effects for knee arthritis with fewer side effects than NSAIDs
- In an emergency room, acupuncture was shown to work quicker and faster than morphine with fewer side effects.
- New and improved Cefaly II is smaller with many updated features to prevent migraines with electrical stimulation.
- Cupping & Low Level Lasers for Olympians sparks media interest in their utility for common aches and pain.

**Pain-Related Education Opportunities**

- Wed – Sat, Sept 7 – 10th National Pain Management Nursing Conference (ASPMN) will be held in Louisville, Kentucky
- Sat, Oct 8th Eastern Pain Society Annual Meeting in New York, NY Conference Agenda
- Wed, Oct 26th 8am – 4pm Check Mass Pain Initiative presents “Unintended Consequences of the Opioid Epidemic” Marlboro, MA

**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 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) 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 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

---

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