

# 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

- 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](#)]

- Saragiotto BT, Machado GC, Ferreira ML, et. al. Paracetamol for low back pain. *Cochrane Database Syst Rev*. 2016 Jun 7;(6):CD012230. [Acetaminophen is no better than placebo](#) for acute low back pain and has not demonstrated effectiveness for chronic low back pain.
- Boyette-Davis JA, Walters ET, Dougherty PM. Mechanisms involved in the development of [chemotherapy-induced neuropathy](#). *Pain Manag*. 2015;5(4):285-96. Genetic vulnerability to cellular structure/function changes when exposed to certain chemotherapies are described, including glial activation, cytokine release, voltage-gated ion channel changes, nerve component / fiber death & altered neurotransmission.
- Paice JA, Lacchetti C, Bruera E. Management of chronic pain in survivors of adult cancers: ASCO Clinical Practice Guideline Summary. *J Oncol Pract*. 2016 Aug;12(8):757-62. Summary of guideline for [managing chronic pain in cancer survivors](#), addressing pharmacologic and non-drug methods along with risk assessment and mitigation strategies if opioids are used. Full guidelines are [available online ahead of print](#).
- 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.
- Nikulina V, Guarino H, Acosta MC, et al. Patient versus provider reports of [aberrant medication-taking](#) behavior among opioid-treated chronic pain patients who report misusing opioid medication. *Pain*. 2016 Aug;157(8):1791-8. Much aberrant behavior goes undetected by healthcare professionals. Additional training can help these professionals better detect aberrant opioid medication-taking behaviors.
- Viscusi ER, Webster L, Kuss M, et al. A randomized, phase 2 study investigating TRV130, a biased ligand of the mu-opioid receptor, for the intravenous treatment of acute pain. *Pain*. 2016;157:264-72. Activating mu receptor G-protein may be [better than morphine for post-op pain](#).
- Letzen JE, Boissoneault J, Sevel LS, et al. Test-retest reliability of pain-related functional brain connectivity compared to pain self-report. *Pain*. 2016 Mar;157(3):546-51. [Functional MRI measures of pain are less reliable than self report](#). Links observed in some brain regions.
- Krauss BS, Calligaris L, Green SM, et al. Current concepts in management of pain in children in the emergency department. *Lancet*. 2016 Jan 2;387(10013):83-92. Nice broad review of communicating with, [assessing and managing pain in children](#) by developmental stage.

MGH Cares About Pain Relief

Massachusetts General Hospital

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To be added to or removed from the Pain Relief Connection mailing list, send an email to [pmarnstein@partners.org](mailto:pmarnstein@partners.org)

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

- Gold LS, Strassels SA, Hansen RN. Health care costs and utilization in patients receiving prescriptions for long-acting opioids for acute postsurgical pain. *Clin J Pain*. 2016 Sep;32(9):747-54. [Post-operative long-acting opioids](#) appear to increase costs & healthcare utilization.
- 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.
- Hirsch JK, Sirois FM, Molnar D, et al. Pain and depressive symptoms in primary care: Moderating role of positive and negative affect. *Clin J Pain*. 2016 Jul;32(7):562-7. [Therapeutic bolstering of positive affect](#) can protect patients with pain against the emergence of depression.
- George JA, Park PS, Hunsberger J, et al. An analysis of 34,218 pediatric outpatient controlled substance prescriptions. *Anesth Analg*. 2016 Mar;122(3):807-13. [Computerized controlled substance prescriptions for children](#) eliminate almost all errors (except weight), and identify trends that can improve the safety of prescribing opioids to children. Follow-up information on disposal of unused opioids is also needed.

## **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 – 10<sup>th</sup> [National Pain Management Nursing Conference](#) (ASPMN) will be held in Louisville, Kentucky
- Wed – Sun, Sept 21 – 25<sup>th</sup> [American Academy of Pain Management's 27<sup>th</sup> Annual Meeting](#) in San Antonio, TX
- Sat, Oct 8<sup>th</sup> Eastern Pain Society Annual Meeting in New York, NY [Conference Agenda](#)
- Wed, Oct 26<sup>th</sup> 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 13<sup>th</sup>, 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 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](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](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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