

# 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

- DEA will sponsor another [National Rx Drug Take-Back Day Oct. 22, 2016](#) to disposing unwanted Rx drugs, while educating the public.
- Health & Human Services awards [\\$53 million to help address opioid epidemic](#) by improving access to treatment for overdose and addiction.
- US Surgeon General asks professions to pledge to [Turn The Tide](#) ending the opioid overdose epidemic by learning safe, effective pain control.
- Massachusetts sends prescribers a [list of over 100 non-opioid medications](#), however, many are either for specific pains and/or for off-label use
- FDA approves a [new radio frequency device for chronic low back pain](#) that destroy basivertebral pain nerves within vertebrae that cause pain.
- The effect of [opioid policy changes may have hurt pain patients](#), as prescriptions since 2012 dropped 15%, while overdose deaths climb.
- [Virtual Reality to help cope with pain](#) is increasingly being used at hospitals as the costs of hardware is down and patient acceptance is high.
- Many overdose deaths result from the [combination of opioids and benzodiazepines](#), that FDA will highlight these risks in boxed warnings.
- Since 2012, [a 15% cut in opioid prescriptions has paralleled a rise in opioid death rates](#), suggesting new laws may miss the mark.
- A fundraiser is focusing on [pain research & opioid abuse as a Women's Health issue](#). Your donation could help them win a million!
- In Massachusetts, [85% of opioid overdoses are from illicit](#) heroin illicit fentanyl, with only 8% from a recent legitimate opioid prescription.
- Massachusetts Board of Nursing revised its [Advisory Ruling on Pain Management](#) to require APRN training related to opioid abuse & Narcan

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

- Sun EC, Darnall B, Baker LC, et al. Incidence of and risk factors for chronic opioid use among opioid-naive patients in the postoperative period. *JAMA Intern Med.* 2016 Sep 1;176(9):1286-93. On average [<1% of surgical patients progress to chronic opioid use](#), with men, older age, and preoperative drug or alcohol abuse, and those with preoperative depression, benzodiazepine or antidepressant use at increased risk
- Oppermann J, Bredow J, Spies CK, et al. [Effect of prolonged-released oxycodone / naloxone](#) in postoperative pain management after total knee replacement: a nonrandomized prospective trial. *J Clin Anesth.* 2016 Sep;33:491-7. Post-operative oxycodone/naloxone reduces pain and side effects while improving participation in Physical Therapy, and reducing constipation after surgery.
- Chambers J, Gleason RM, Kirsh KL, et al. An online survey of patients' experiences since the [rescheduling of hydrocodone](#): The first 100 days. *Pain Med.* 2016 Sep;17(9):1686-93. Regulations that reassigned hydrocodone to a Schedule II drug to curb abuse has resulted in less effective treatments, higher costs, missed work days, suicidal ideation and strained professional-patient relationships.
- Booth JL, Harris LC, Eisenach JC, et al. A randomized controlled trial comparing two multimodal analgesic techniques in patients predicted to have severe pain after cesarean delivery. *Anesth Analg.* 2016 Apr;122(4):1114-9. Higher dose of spinal morphine plus scheduled acetaminophen cut [post c-section pain](#) with movement the next day by 1.5/10 points without an impact on long-term outcomes.
- Sil S, Cohen LL, Dampier C. Psychosocial and functional outcomes in youth with chronic sickle cell pain. *Clin J Pain.* 2016 Jun;32(6):527-33. [Children with chronic sickle pain are disabled, depressed, & hospitalized](#) more than those with intermittent pain of comparable intensity.

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)

- Calcaterra SL, Drabkin AD, Leslie SE, et al. The hospitalist perspective on [opioid prescribing](#): A qualitative analysis. *J Hosp Med*. 2016; 2016 Aug;11(8):536-42. Hospitalists can confidently prescribe opioids for acute pain, but not for those with acute flares of chronic pain.
- Noel M, Beals-Erickson SE, Law EF, et al. Characterizing the pain narratives of parents of youth with chronic pain. *Clin J Pain*. 2016 Oct;32(10):849-58. Parental descriptions of their child's pain were categorized as [distress narratives versus resilience narratives](#) that would benefit from different approaches to education & counseling that address coping with affective responses, catastrophizing & helplessness.
- Coppieters I, Meeus M, Kregel J, et al. [Relations between brain alterations & clinical pain measures](#) in chronic musculoskeletal pain (MSK): A systematic review. *J Pain*. 2016 Sep;17(9):949-62. Brain imaging shows a links between structural & functional changes in the brain's somatosensory, affective & cognitive pain processing centers and clinically reported pain intensity, distribution, duration of chronic MSKP.
- PDQ. Cancer Pain Information Summary 2016 Aug. [Evidence-based review of cancer pain](#) overview & treatment.
- Tobias JD, Green TP, Coté CJ. [Codeine: Time To Say "No."](#) *Pediatrics*. 2016 Sep (Epub). Despite lack of efficacy and safety concerns expressed by the AAP, FDA & WHO; codeine is still given to children, a practice that should be stopped through education & restrictions.
- Eland J. A World-Wide Awareness of Pediatric Pain. *Pain Manag Nurs*. 2016 Aug;17(4):235-8. [Jo Eland, a pioneer](#) in the field of pediatric pain, who died this month, describes her journey of a career dedicated to world-wide control of pediatric pain and palliative care.

## Pain Resources on the Web:

- Are your genes "[primed](#)" for chronic pain? Description of how genes and pain exposure transitions to chronic pain.
- A new film, [Narcotica - Breaking Free](#) fights the stigmatization & marginalization of people with pain with info about pain care problem.
- [Build your Opioid IQ](#), that balances science, guidelines and clinical practice concerns about the appropriate place of opioids in pain therapy.
- The American Chronic Pain Association brief video on how [life with chronic pain is like a car with 4 flat tires](#).
- The science is inconclusive, but points to [small fiber and brain pathology in fibromyalgia](#) as the underlying explanation of this disease.
- Animated TED Talk that describes [how the brain responds to pain](#), and how knowledge of these mechanisms can be used to control pain.
- FDA issues a [Medication Safety for Older Adults](#) information sheet for you to print and distribute to older adults and their caretakers.

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

- [Mindfulness-Based Cognitive Therapy](#) lowers pain intensity in women experiencing chronic post-breast cancer treatment pain.
- Research (50 years) on [complementary approaches](#) show [acupuncture, yoga, massage & relaxation](#) works for some pain types.
- Preliminary study shows a transient positive effect of [Transcranial Magnetic Stimulation for Phantom Limb Pain](#)
- A systematic review & meta-analysis of research on surgical patients shows [massage alleviates pain & improves mood](#).

## Pain-Related Education Opportunities

- 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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