**In the News**

- The National Association of Attorney Generals call for tamper-resistant generic opioids to fight the prescription drug abuse epidemic.
- Zorvolex, a new dose & form of oral diclofenac taken without food for mild-moderate acute pain that may lower prescription NSAID risks.
- The presence of chronic or neuropathic pain may measurable by ion channel density according to PET scans done on small animals.
- The Monitoring the Future study of high school seniors shows a continued downward trend in the prevalence of prescription opioid use.
- The American College of Physicians provides a sneak preview of its 2014 position paper on prescribing medications with abuse potential.
- Overregulation of opioids produced a pandemic of needless suffering around the world with billions of people at risk for under-treatment.
- How do professionals make informed evidence-based decisions when “there is no evidence to suggest” the best course of action?

**Journal Watch**

All items are accessible via MGH computers/library. MGHers can obtain other articles from through the Treadwell home page.

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

- Smith SM, Dart RC, Katz NP. Classification and definition of misuse, abuse, and related events in clinical trials: ACTTION systematic review and recommendations. *Pain*. 2013 Nov;154(11):2287-96. Media & laws to protect the public from drug abuse and addiction are based on research without clear definitions. A panel of experts compared/contrasts definitions to urge a more consistent use of terms.

CAM (Complementary and Alternative Medicine)

- Fibromyalgia patients had less pain & fatigue with movement after a 30 minute TENS application to the upper or lower back (their choice)
- FDA approved the first Transcranial Magnetic Stimulator designed to relieve the pain of migraines with a visual, sensory or motor aura.
- Wii exercise programs (wakeboard, Frisbee dog, jet ski & canoe game) improves physical & mental health for people with low back pain.

Pain Resources on the Web

- Chronic Pain is like having 4 flat tires; is a video explaining to chronic pain patients why self-management is a vital part of multimodal therapy
- American Headache Society urges us to Choose Wisely before recommending five controversial interventions for stable migraines.

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri. January 10th *Founders House* 325 8am–9am. No registration required. email for info.
- *Palliative Care Grand Rounds* occur weekly on Wednesdays at 8:00am. email: Margaret Spinale
- *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: #279 for Chronic Pain; #280 for Cancer Pain;
#281 for Communicating Pain; #282 for Prescription and Non-prescription Pain Medications; @3283 for Postoperative Pain
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.massgeneral.org/painrelief

To be added to or removed from the Pain Relief Connection mailing list, send an email to PainRelief@partners.org