In the News

- Morphine interacts with clopidogrel, delaying its onset, reducing its effect & duration of action, thus increasing risk for treatment failures.
- AHRQ to conduct the definitive systematic review answering key questions on the effectiveness & risks of long-term opioids for pain.
- The FDA urges prescribers to order analgesics with <325mg of acetaminophen given unclear benefits and known risks of higher doses.
- Nutritional supplement Pro-ArthMax was recalled by FDA for containing drugs, including: diclofenac, ibuprofen, naproxen & indomethacin.
- Opioid consumption for pain increased 6% between 2010-2011; as rich countries use > 90% of opioids needed worldwide for analgesia.
- The Interagency Pain Research Coordinating Committee (IPRCC) is developing a national strategy for transforming the prevention, care, education and research called for by the IOM report on Relieving Pain in America. IPRCC is also seeking members to improve pain care.

Journal Watch: All items are accessible MGHers through the Treadwell home page

- Moore RA, Derry S, Straube S, et al. Faster, higher, stronger? Evidence for formulation and efficacy for ibuprofen in acute pain. Pain. 2014 Jan;155(1):14-21. The fast-acting ibuprofen has more rapid absorption, faster initial pain reduction, good overall analgesia in more patients at the same dose, and probably longer-lasting analgesia, but with no higher rate of patients reporting adverse events.
- Lee J, Ellis B, Price C, et al. Chronic widespread pain, including fibromyalgia: a pathway for care developed by the British Pain Society. Br J Anaesth. 2014 Jan;112(1):16-24. This clinical guideline was developed to: reduce variations in the standards of care and delays in services, while helping clinicians better understand the disorder and explain why opioids are not indicated for this type of pain.
Journal Watch (continued)  [MGHers can obtain articles through the Treadwell home page]

- Puntillo KA, Max A, Timsit JF, et al. Determinants of procedural pain intensity in the intensive care unit: The Europain Study. Am J Respir Crit Care Med. 2014 Jan 1;189(1):39-47. In a multinational study, the 3 most painful ICU routine procedures are chest tube removal, wound drain removal & arterial line insertion. The specific ICU, whether or not a nurse performed the procedure and patient-specific variables (pre-procedural pain; pain intensity that day; analgesics received) were all predictors of pain intensity at time of the procedure.


- Trail-Mahan T, Mao CL, Bawel-Brinkley K. Complementary and alternative medicine: nurses’ attitudes and knowledge. Pain Manag Nurs. 2013 Dec;14(4):277-86. Back, neck & joint pain drives many to seek relief with CAM methods. Nurses are in a key position to help these patients, but need education and system support to overcome professional and systems barriers needed to integrate their use into practice.


CAM (Complementary and Alternative Medicine)

- Low-level laser therapy applied to acupuncture points cut knee pain, improved function and quality of life for patients with knee arthritis.
- Different guidelines from around the world recommend CAM treatments for fibromyalgia including emphasis on self-management strategies.
- The “singing nurse” utilizes his talents and compassion to alleviate his patients’ pain while helping analgesics work quicker and better.

Pain Resources on the Web

- The Institute for Clinical Systems Improvement has a new algorithm /clinical guideline for using opioids in acute pain that helps cut overuse.
- A web-based module designed for patients with pain is available to help them set goals and make decisions about lifestyle changes.
- The American Medical Association has excellent CME Pain Education Modules, including a good overview of pain treatment module.
- Outstanding series on reducing injection pain in preschoolers, their point of view, controlling pain in infants and what parents can do.

Pain-Related Education Opportunities

- Sat-Wed. Feb. 15-29 Cleveland Clinic sponsored Pain Management Symposium includes a variety of teaching methods in Las Vegas.
- Wed-Sat April 30-May 3, 2014 Early Bird registration for the American Pain Society 33rd Annual Scientific Meeting in Tampa FL.

MGH Pain Calendar

- Pain and Its Management at MGH (Level I) – Fri. Feb 7th. Founders House 325 8am – 9am. No registration required. email for info
- Tools and Techniques for Effective Pain Management (Level II) – Wed, Mar 19, 2014 Haber Auditorium 11am – 3pm 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.mghpcs.org/painrelief

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