In the News

- The DEA expanded drug take-back programs, to allow pharmacies & hospital-based collection receptacles for patients to return unused drugs.
- Mayday trains its final cohort of Pain and Society Fellows to provide tools needed to raise awareness of and improve the treatment of pain.
- Targiniq ER, an extended release oxycodone with imbedded Naloxone can prevent abuse by people who try to snorting or inject the drug.
- An estimated 52 million arthritis sufferers may find comfort in knowing 92 new drugs are being developed to help control this painful disease.
- FDA wants input on assessing the benefits & risks of all opioid medications, including abuse-deterrent products October 30th & 31st 2014.
- The opioid analgesic controversy in Washington DC is stirring, with calls for the ouster of FDA Commissioner and a march to the White House.

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

- Broderick JE, Keefe FJ, Bruckenthal P, et al. Nurse Practitioners can effectively deliver pain coping skills training to osteoarthritis patients with chronic pain: A randomized, controlled trial. Pain. 2014 Sep;155(9):1743-54. Pain coping skills taught by nurse practitioners resulted in pain reduction, functional improvement, less distress & better coping skills. Benefits were sustained, but self-efficacy waned over time.
- Young GT, Emery EC, Mooney ER, et al. Inflammatory and neuropathic pain are rapidly suppressed by peripheral block of HCN ion channels. Pain. 2014 Sep;155(9):1708-19. Ivabradine, used for angina, appears to have pain relieving properties similar to gabapentin.
Journal Watch  [MGHers can obtain articles through the Treadwell home page] (continued)


CAM (Complementary and Alternative Medicine)

- Be careful how you explain possible harm from treatments as nocebo effects (opposite of placebo effects) are quite strong.
- Improving older adults’ sleep patterns produces lasting improvements in pain, other arthritis symptoms & fear of activity.
- Teaching children movement therapy (e.g. yoga) and relaxation techniques appears to help prevent or manage painful conditions.

Pain Resources on the Web:

- NIH Pain Consortium has new information pages posted, including many topics that address general and specific types of pain.
- Online lesson helps patients recognize & manage opioid side effects, from constipation, nausea and vomiting to sexual dysfunction.
- The updated “Knowledge and Attitudes Survey Regarding Pain” tool has been added to the City of Hope pain resource website.

Pain-Related Education Opportunities

- Thu, Oct 9th  Massachusetts Pain Initiative presents a fall program in Marlboro MA 9 – 3PM featuring clinical & policy leaders. Inquire
- Tue Oct 14th  “Improving Pain Control in Peace and War” DeBlois Auditorium of Tufts University 145 Harrison Ave Boston 4-5 pm.
- Thu Oct 30th  “21st Century War: the Continuum of Pain” & Other Sequelae” 260 Longwood Ave, Boston, 5:30PM Free; Dinner is extra.
- Sat Oct 25th  New York Latest Innovations in Pain Management. Top notch faculty; emerging therapies; networking opportunities. Inquire
- Fri Nov 14th  The Scope of Pain – Course on safe, effective approaches to chronic opioid therapy. 7:30AM – 12:00N. Boston

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fr  October 3rd. Founders House 325 8AM – 9AM. No registration required. email for info
- *Palliative Care Grand Rounds* are Wednesday morning from 8AM – 9AM in the Ether Dome

MGH Care 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

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient’s phone then order: (see handbook 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/ced_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