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Pain Relief Connection
The Pain Information Newsletter

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

In the News

● Creative chronic pain program for children cuts pain, med use & improves functioning while preparing them to prevent & manage pain in school.

● American Pain Society agenda for the 21st Century is to improve education, research & clinical practice to raise awareness and cut costs.

● The final report on the NIH sponsored meeting last call The Role of Opioids in the Treatment of Chronic Pain, is now available.

● The former Office of Alternative Medicines, then NCCAM, is now called the National Center for Complementary and Integrative Health.

● Medicare Part D considers applying dose & duration restrictions for opioid therapy deemed inappropriate by the Pew Trust.

● Rates of opioid diversion, abuse & deaths lowered in past 3 yrs after several yrs of trending up; suggesting an impact of education & policy.

● CADD Solis pump can be turned back on after powered down without an access code that could result in unofficial dosing or drug diversion.

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


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


Pain Resources on the Web:

- An excellent interview with Dr. Margaret Hamburg, FDA commissioner, on balancing risks/benefits of current & future analgesics.

- Patient education sheet on pain and addiction. This tool may help you recognize signs of an emerging addiction and explain risks to patients.

- The NIH has a number of pain information brochures to help the public and professionals understand pain, related conditions and treatments.

- The FDA has a short video on safe disposal of unused medication as part of their Drug Information Rounds series.

- American Academy of Pain Management lists the priority public policy issues you should watch for given a new cohort of legislators.

CAM (Complementary and Alternative Medicine)

- Pilates improves pain, function and quality of life in patients with chronic low back pain: a randomized controlled trial.

- Devil’s claw, turmeric & bromelain are dietary supplements (combined in AINAT caps) that cut pain without side effects.

- Strong evidence is emerging that immersive virtual reality cuts acute pain with beneficial effects on functioning; with virtually no side effects.

- A magnet-activated implanted electrical stimulation device may reduce RA pain by modulating the immune system.

Pain-Related Education Opportunities

- Friday, February 20, 2015 from 12:00 PM to 1:30 PM (EST) Maryland National Coalition of Chronic Pain Providers & Professionals

- Online Motivational Interviewing class for health professionals costs $50-175 depending on number of CE/CME desired.

- Tuesday – Wednesday, June 9th – 10th, Pittsburg Interprofessional SBIRT Conference. Learn to help those with substance use disorder.

MGH Pain Calendar

- Pain and Its Management at MGH (Level I) – Friday, Feb 6th. Founders House 325 8:00 – 9:00 am. No registration required. email for info

- Tools and Techniques for Effective Pain Management (Level I) – Wednesday, March 11th. Founders House 325 1:00 – 5:00pm Sign-up.

- Palliative Care Grand Rounds are Wednesday morning from 8:00 – 9:00 AM in the Ether Dome. eMail for schedule, details CE Credits

MGH Pain Resources

- The Patient Education Television: Dial 4-5212 from patient’s phone then order: (see handbook for listing: #120 Acute Pain #275 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications;


- 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

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

MGH Cares About Pain Relief

Massachusetts General Hospital

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