Inside this issue:

In the News..............................................Page 1  
Journal Watch........................................Page 1  
CIH...........................................................Page 2  
Pain Resources on the Web.......................Page 2  
Pain Education Opportunities....................Page 2  
MGH Pain Calendar & Resources...............Page 2

In the News

● President Obama’s plan to combat prescription drug & heroin abuse convenes dozens of public/private groups that will impact pain treatment.

● FDA approves a wearable NeuroMetrix device for chronic pain relief. A smartphone app wirelessly links to the device for optimal relief.

● Massachusetts Governor Baker proposes legislation to limit 1st time opioid prescriptions to a 3-day supply & force coerced addiction treatment.

● Outrage continues over the CDC opioid guideline development process as the January 2016 effective date looms Cancer Society weighs in.

● The NIH Interagency Pain Research Coordinating Committee is seeking new members, to prioritize funding & identify gaps in pain research.

● The FDA responds to Congress, who publicly claimed that they are not doing enough to curb the pattern of opioid misuse.

● Drugs in a new class (Januvia, Onglyza, Tradjenta & Nesina) of Type 2 Diabetes drugs DPP-4 inhibitors may cause severe joint pain.

● FDA considers extending the Black Box warning & REMS to include IR opioids in light of favorable outcomes of those safety measures.

● The Essure implant, a permanent birth control option for women, may require surgical removal if severe chronic pain develops.

● FDA approved Buprenorphine medicated buccal film (Belbuca) used every 12 hours around-the-clock, when chronic opioid therapy is needed.

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


● Aslaksen PM, Lyby PS. Fear of pain potentiates nocebo hyperalgesia. J Pain Res. 2015 Oct 12;8:703-10. Fear of medical pain created a hypersensitivity to pain after being told to expect pain from a topically applied placebo treatment. Personality or other traits had no impact.
Journal Watch  [MGHers can obtain articles through the Treadwell home page]  (continued)


- Palermo TM, Law EF, Zhou C, et al. Trajectories of change during a randomized controlled trial of internet-delivered psychological treatment for adolescent chronic pain: how does change in pain and function relate? Pain. 2015 Apr;156(4):626-34. Trajectories of change showed that some patients' pain and functional disability were improving, others worsened or changed minimally. Pain and function were independent of each other, but linear and quadratic effects were observed. Identifying which pattern the patient is responding to can help tailor therapy.


- Kamper SJ, Apeldoorn AT, Chiarotto A, et al. Multidisciplinary biopsychosocial rehabilitation for chronic low back pain: Cochrane systematic review and meta-analysis. BMJ. 2015 Feb 18;350:h444. Biopsychosocial rehab. cuts back pain & disability to a modest degree and is better than standard care or physical treatments. Work status beyond 1 year is better than physical modalities, but not better than standard care.

Pain Resources on the Web:

- Non-drug cancer pain treatments including relaxation, imagery, distraction, skin stimulation, emotional support & acupuncture are described.

- The Pain Research Forum is an online community of pain researchers; highlighting key advances and sharing resources through news.

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

- Systematic review shows music reduces postoperative pain, anxiety and analgesia use making patients more satisfied.

- Emerging research shows high-intensity focused ultrasound may be useful for musculoskeletal and neuropathic pain.

- High-Energy Extracorporeal Shockwave Therapy may be as effective as more invasive treatments for rotator cuff pain.

- PEA (Palmitoylethanolamide) is nutritional supplement that lowers the pain of nerve compression syndromes like Sciatica and Carpel Tunnel.

Pain-Related Education Opportunities

- Thur, Nov. 12th Caring for our Veterans in Pain in a Community Hospital. 8:00 AM – 4:00 PM Norwood Hospital, MA email for info.


MGH Pain Calendar

- Tools and Techniques for Effective Pain Management (Level II) – Thursday, January 21st, 2016 Founders House 325 @ 1 – 5pm Sign-up.

- Palliative Care Grand Rounds are Wednesday mornings from 8:00 AM – 9:00 AM, 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 [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/ecd_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]

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 umarnstein@partners.org