PAIN RELIEF CONNECTION
THE PAIN INFORMATION NEWSLETTER
Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

Inside this issue:

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

In the News

- NIH-convened panel calls for individualized, patient-centered evidence-based, multidisciplinary care for those with chronic pain.
- Coming soon: a daily oral peripheral mu-receptor antagonist to treat opioid-induced constipation with no risk of abuse or dependency.
- New abuse-deterrent Zohydro ER joins Hysingla ER as an FDA approved extended release hydrocodone without acetaminophen.
- FDA accepted application to test a novel abuse-deterrent morphine that prevents multiple forms of abuse without adding other drugs or irritants.
- Anesthesiology Society reports treatable women's pain is commonly overlooked, undertreated or over-treated; less often appropriately treated.
- Hydrocodone rules hit veterans particularly hard; for whom making a monthly appointment is nearly impossible while turning heroes into lepers.

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:**

- In households where a person with chronic pain lives, it impacts others and family matters must be addressed.
- New website helps manufacturers, the public, policy makers & FDA develop Abuse Deterrent opioid Formulations to fight opioid drug abuse.
- NIH developed a summary page on what we know about Biases / Disparities in Pain Treatment based on age, race, income and other factors.

**CAM (Complementary and Alternative Medicine)**

- Transcutaneous Electrical Nerve Stimulation helps cut pain and improve movement after knee replacement surgery that facilitates recovery.
- A growing body of research supports the safety and helpfulness of Reiki for pain and anxiety in adults with cancer or surgical pain.
- The NIH developed a free eBook collection of complementary non-drug pain relief methods for download to your computer or mobile device
- New handy interferential electrical device relieves acute pain & chronic pain, relax spasms, maintains range of motion & improves circulation.
- Yoga, fish oil, melatonin & acupuncture were the most frequent complementary methods used by children for pain & other common ailments.
- The combination of oral sucrose and radiant warmth cut immunization pain behaviors in half compared to newborns who got sucrose alone.
- Susceptibility to neuropathic pain and the effectiveness of transcranial magnetic stimulation for pain control may be genetically determined.

**Pain-Related Education Opportunities**

- Wed, Mar 18th. Free advancement of science conference addressing the Complexity of Chronic Pain, Washington, DC
- Wed – Sat, May 13 – 16th The American Pain Society 34th Annual Scientific Meeting Reinvented. Palm Springs, FL
- Tue – Wed, Jun 9 – 10th, Interprofessional SBIRT Conference Learn to help those with substance use disorder. Pittsburgh, PA
- Mon – Fri, June 1 – 5th Harvard Medical School’s Principles and Practice of Pain Medicine expert faculty. Cambridge, MA
- Motivational Interviewing for Healthcare Professionals Online Education $50 – 175 depending on # of CE/CME desired.(Univ of Colorado)

**MGH Pain Calendar**

- Pain and Its Management at MGH (Level I) – Friday, Mar 6th. Founders House 325 8:00 – 9:00am. 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 #279 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](http://www.massgeneral.org/painresearch)
MGH Palliative Care: [http://www.massgeneral.org/palliativecare](http://www.massgeneral.org/palliativecare)
Intranet site for MGH use to locate pain assessment tools and policies: [http://intranet.massgeneral.org/pcs/Pain/index.asp](http://intranet.massgeneral.org/pcs/Pain/index.asp)

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