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In the News

- Office of National Drug Control Policy addresses declining trends in prescription opioid use with more heroin abuse, and future policy needs.
- Ionsys, a needleless transdermal PCA-device is approved to give Fentanyl (with REMS) for postoperative pain on demand.
- As US rates drop by 20%, opioid prescriptions & deaths rise in Canada prompting reforms like requiring prescription opioids to be tamper-proof.
- FDA approved a new type of spinal cord stimulator for intractable body/limb pain that doesn't tingle like prior devices that bothers some patients.
- Governor Charlie Baker will reveal the Opioid Working Group proposal for a state-wide strategy to combat opioid abuse and deaths.
- June is Migraine Awareness Month to make the issues that face 4 million Americans more visible. Get daily tweets for the latest information.

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:

- Patient education tool on safe use, safe storage and safe disposal of ER/LA opioids & avoiding alcohol interactions.  
- Which nonpharmacologic therapies help pediatric patients with functional abdominal pain the most?  
- American Academy of Pain Medicine has several excellent short videos explaining pain & its treatment in clear terms.  
- What we learned in 2014 about women and pain; how it differs, why it is more prevalent, best coping & treatment strategies.  
- Nerve Man is an interactive tool that helps describe the character and location of common neuropathic pain disorders.

CAM (Complementary and Alternative Medicine)

- Oxygen-ozone therapy is emerging as a treatment for chronic refractory pain associated with herniated lumbar disc.  
- Crossing & uncrossing fingers may cut pain by confusing brain circuitry and ability to perceive pain accurately.  
- Distraction may more effectively cut pain in catastrophizers by reducing the amplification of pain by focusing on it.  
- Botox foot injections cut painful diabetic neuropathy without significant adverse reactions (paralysis or infection).

Pain-Related Education Opportunities

- Sun – Tues, June 7 – 9th International Conference on Opioids presents latest ways to improve outcomes & cut risks. Boston, MA  
- Tue – Wed, June 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  
- Sat – Sat, July 18 – 25th Brain Reorganization with Chronic Pain and Predictors of Chronification. Conference in the Italian Alps  
- Thur – Sat, July 23 – 25th Treating chronic pain in Primary Care collaboration Family Practice & Pain Specialists. Orlando, FL

MGH Pain Calendar

- Pain and Its Management at MGH (Level I) – Fri, June 5th Founders House 325 8:00 AM – 9:00 AM. No registration required. email for info.  
- Tools and Techniques for Effective Pain Management (Level I) – Tues, June 2nd Founders House 325 1:00 PM – 5:00 PM  Sign-up.  
- Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome.  
- Chronic Pain Rounds in MGH Ether Dome Mondays at Noon. Email Tina Toland for details.

MGH Pain Resources

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