In the News

- New drugs are being developed for the 36 million headache sufferers to target the triggers of migraines, with new drugs expected in 2 years.
- National debate: Are laws controlling opioid painkillers hurting people with pain? Read both perspectives and decide for yourself.
- Limits on dose and pill counts may curtail crime, but hurt patients with pain, as pharmacies dodge scrutiny, possible coercion and DEA fines.
- The FDA approves the use of OxyContin for children aged 11-17, which is now used off-label. If it’s safely stored and used properly.
- On September 11th, an FDA Advisory Committee meeting will review abuse deterrent opioid analgesics to prevent prescription drug misuse.
- The Massachusetts Department of Public Health will adopt a list of “abuse deterrent” opioids to be covered as by insurance to facilitate access.
- Patients on suicide precautions should have limited access to fentanyl patches, either prescribed for them or disposed by others. (see page 3)

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

- Lewis GN, Rice DA, McNair PJ, et al. Predictors of persistent pain after total knee arthroplasty: a systematic review and meta-analysis. Br J Anaesth. 2015 Apr;114(4):551-61. Catastrophizing, mental health, preoperative knee pain & other pains at other sites are the strongest independent predictors of pain 3 months after a knee replacement according to data from 32 studies that include almost 30,000 patients.
Journal Watch [MGHers can obtain articles through the Treadwell home page] (continued)


Pain Resources on the Web:

- TED Talk session on the extraordinary story of the Pain Relief’s Founding Father John J. Bonica; his life, his pain & the revolution he started.

- Social media is being used to translate the latest science of controlling pain in children to parents who can put this information into action.

- A brief animation describes the reasons to lower use of opioids in chronic pain and recognizing when the risks outweigh any benefits.

CIM (Complementary and Integrative Medicine formerly known as Complementary and Alternative Medicine)

- Web-based pain program could reduce chronic pain patients’ need for visits, or the duration/frequency of visits to the doctor or consultants.

- Repetitive transcranial magnetic stimulation is proving beneficial for neuropathic pain, fibromyalgia, and complex regional pain syndrome.

- Low Level Laser Therapy cuts pain and improves functioning as alone or combined for patients with shoulder tendinopathy and knee arthritis.

Pain-Related Education Opportunities

- Tue – Sat, Sept 8 – 12th PainWeek; the largest national multi-track pain conference for frontline clinicians interested in pain. Las Vegas


MGH Pain Calendar

- Tools and Techniques for Effective Pain Management (Level I) – Wed, Oct 14th 2015 Founders House 325 from 1:00 PM – 5:00 PM Sign-up.

- Video of Nursing Grand Rounds session on Ketamine for Pain on the Adult General Care Units is now available.

- Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00 AM, Ether Dome. email: Margaret Spinale for more information.

- 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](http://handbook_partners.org/painpapers/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.mghpcps.org/eed_portal/EED_pain.asp](http://www.mghpcps.org/eed_portal/EED_pain.asp)

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)

MGH Cares About Pain Relief

Massachusetts General Hospital

PainRelief@partners.org [http://www.mghpcs.org/painrelief](http://www.mghpcs.org/painrelief)

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