May 2016

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In the News

● FDA approves Xtampza ER, an extended release abuse deterrent oxycodone that can be taken by oral or feeding tube routes.
● The FDA welcomes email comments before a June 10, 2016 meeting to understand patient perspectives of neuropathic pain.
● Should all generic opioids have the same abuse-deterrent properties as name brands, or should they be banned from the market?
● MA had 1379 opioid overdose deaths in 2015 with 754 (54%) of cases screening positive for fentanyl which is often cut with heroin.
● Excise tax on opioids may fund the Comprehensive Addiction and Recovery Act to pay for addiction treatments.

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

● Textor LH. Intrathecal pumps for managing cancer pain. Am J Nurs. 2016 May;116(5):36-44. The use of intrathecal pumps to deliver low-dose opioid & adjuvant analgesics is growing, yet nurses are often unfamiliar with the technology. CE Credits available.
● American Society of Anesthesiologists et al. Guidelines for the prevention, detection, and management of respiratory depression associated with neuraxial opioid administration. Anesthesiology. 2016 Mar;124(3):535-52. Monitoring all patients getting neuraxial opioids for adequacy of ventilation (e.g. continuous oximetry) & sedation is necessary with additional monitoring warranted for those with known risk factors.
● Alford DP, German JS, Samet JH, et al. Primary care patients with drug use report chronic pain and self-medicate with alcohol and other drugs. J Gen Intern Med. 2016 May;31(5):486-91. Nearly nine out of ten people who abuse drugs or alcohol have chronic pain and most are using the substances for pain relief; including 51% of those using illicit drugs, and 81% engaged in non-medical use of prescription opioids.
● Brown CA, Matthews J, Fairclough M, et al. Striatal opioid receptor availability is related to acute and chronic pain perception in arthritis: does opioid adaptation increase resilience to chronic pain? Pain. 2015 Nov;156(11):2267-75. A small study of arthritis patients' brain scans found opioid receptors & endorphins can be up-regulated despite severe or long-term pain to innately promote a natural form of resistance to pain.
Journals Watch [MGHers can obtain articles through the Treadwell home page] (continued)


- Treede, RD. Gain control mechanisms in the nociceptive system. Pain. 2016 Jun;157(6):1199-204. The Gate Control Theory is updated to include “gain control” mechanisms to target supports the clinical and research observations of multimodal therapy effectiveness.

### Pain Resources on the Web:

- Good explanation of why a biopsychosocial approach to chronic joint pain is needed to get arthritis sufferers better.

- Free updated online training on treating pain while mitigating risks of non-medical use and addiction is available.

- The use of medications treated to use opioid addiction: free view or purchase slides, practice guidelines & tools.

- IASP reviews helping those with joint pain move, and the most important advances in osteoarthritis pain over 15 years.

- Video describing the changes in thinking about using opioids and best advice for people taking opioid medication.

- Animated video differentiates the common experience of low back pain from the disease of chronic low back pain.

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

- Virtual reality and video games (especially violent ones) can increase pain tolerance and lower anxiety.

- Tai improves knee pain, functioning and lowers medication use similar to physical therapy.

- Peer-coaching via the iPeer2Peer program: successfully connects teens with chronic pain to help them cope more effectively.

- Patients with back pain treated with Mindfulness-Based Stress Reduction or CBT were less bothered by pain and functioned better at 1 year.

### Pain-Related Education Opportunities

- Sun – Tues, June, 5th – 7th, 2016 International Conference on Opioids will review the latest evidence on benefits & harms. Boston, MA

- Mon – Fri, June, 20th – 24th, 2016 Evaluating & Treating Pain. Top-notch pain training through Harvard Medical School CME

### MGH Pain Calendar

- Tools and Techniques for Effective Pain Management (Level II) – Tuesday, June 7, 2016 Founders House 325 @ 8AM – 1PM Sign-up.

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

- Chronic Pain Rounds in MGH Ether Dome. Email Tina Toland for details.

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**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; 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

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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