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In the News

- FDA committee recommends approving an abuse-deterrent hydrocodone via the oral, nasal and IV routes called Vantrela ER
- President signs the Comprehensive Addiction & Recovery Act, with less funding than requested, to treat addiction as a disease, not a crime.
- Nursing commits to help solve the opioid abuse problem through professional training and promoting the use of State monitoring programs.
- Teva Pharma has voluntarily suspended the sale, marketing & distribution of a battery-operated patch for migraine that may burn or scar pts.
- White House takes more steps to address the opioid epidemic, including removing payment links to pain HCAHPS scores.
- Petition the White House to do more to fund and implement the National Pain Strategy to transform the way pain is understood and managed.
- Treatment of opioid abuse with buprenorphine made more accessible by raising limit from 100 to 275 patients per prescribing physician.
- The CDC warns to stop using docusate liquid while they investigate an outbreak of infections caused by Burkholderia cepacia complex.
- Acetaminophen education is working as overdoses have decline steadily since 2009 with enhanced public awareness and FDA actions.
- Governors from 46 states sign a compact to fight opioid addiction, by curbing Rx, facilitate a path to recovery, & understand the problem.

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

- Da Costa BR. Effectiveness of non-steroidal anti-inflammatory drugs for the treatment of pain in knee and hip osteoarthritis: a network meta-analysis. Lancet May 21;387(10033):2093-105. Acetaminophen alone is ineffective for OA regardless of dose. Among NSAIDs, Diclofenac 150mg/day was deemed the most effective in improving both pain and function. Of 7 non-opioids tested, COX-2 selective meds are better.
- Bräschler AK, Susanne Becker S, Hoeppli ME, et al. Different brain circuitries mediating controllable and uncontrollable pain. J Neurosci, 4 May 2016, 36(18):5013-5025. The importance of controlling pain in otherwise healthy persons is emphasized as once pain is controlled descending modulators are activated to maintain control. This didn't occur in the setting of uncontrolled pain which increased pain perception.
- Dasgupta N, Funk MJ, Proescholdbell S, et al. Cohort study of the impact of high-dose opioid analgesics on overdose mortality. Pain Med. 2016 Jan;17(1):85-98. In a study of over 2 million patients prescribed opioids, the risk of death from opioid overdose does not substantially increase until the dose exceeds 200 MME; unless the patient receives benzodiazepines, which increases the overdose risk 10-fold.
Journal Watch [MGHers can obtain articles through the Treadwell home page] (continued)


- Vierola A, Suominen AL, Lindi V, et al. Associations of sedentary behavior, physical activity, cardiorespiratory fitness, and body fat content with pain conditions in children: The physical activity and nutrition in children study. *J Pain.* 2016 Jul;17(7):845-53. Six–8 year old children who were most sedentary were nearly twice as likely to have pain than those who have lower body fat and better levels of physical fitness.


### Pain Resources on the Web:

- Changes in the brain that have been demonstrated with persistent pain are reversible, instilling hope that we can find a cure for chronic pain.
- A patient’s deeply rooted spiritual beliefs often affect how they manage their pain, cope, or make decisions about its treatment & adherence.
- Hear what the future holds in emerging pain treatments, A Bright Future for Pain Drug Development: A conversation with William Schmidt
- Edna, is a 70 y/o chronic low back pain patient developed as an interprofessional training module complete with a 508 compliant text version.

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

- Massage therapy does effectively alleviate pain, anxiety & enhance quality of life compared to no treatment & should be offered to patients.
- An evidence-based review finds acupuncture to prevent migraines at least as effectively as medication options.
- A summary of the evidence current summary of natural “anti-inflammatory” products believed to control pain.
- QiGong/Yoga fails to reduce pain or improve quality of life in older adults (90% women) with chronic low back pain in a random controlled trial.

### Pain-Related Education Opportunities

- Wed – Sat, Sept 7 – 10th National Pain Management Nursing Conference (ASPMN) will be held in Louisville, Kentucky
- Sat, Oct 8th Eastern Pain Society Annual Meeting in New York, NY Conference Agenda
- Wed, Oct 26th 8am – 4pm Check Mass Pain Initiative presents “Unintended Consequences of the Opioid Epidemic” Marlboro, MA

### MGH Pain Calendar

- Tools and Techniques for Effective Pain Management – Tuesday, September 13th, 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.

### MGH Pain Resources

- 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 patient 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