In the News

- FDA warns about potentially toxic effects of homeopathic medicines used for pain and a host of other conditions
- Office of National Drug Control Policy leader is a 24-year-old whose qualifications stem from Trump's presidential campaign
- FDA label change/boxed warnings to prescription cough/cold medicines containing codeine or hydrocodone, now for adult use only.
- Opioids and STOP Pain Initiative needs legislative support to better understand and treat pain using alternatives to opioids
- Pain pioneer Margo McCaffery passed away. To honor her legacy, please support ASPMN Research Fund.
- Many of the 200 ways to treat pain never get used due to a lack of a broader understanding of pain & its treatment.
- Opioid misuse among teens reaches a historic low while vaping's popularity is rising & daily marijuana use is steady.
- President Trump signs law to enhance opioid detection in the mail, customs & borders to stop influx of illicit fentanyl.
- The opioid crisis hits home as abuse is linked to parental neglect-related child removal for foster home placement.
- Department of Justice shares data to find pill mills by examining the amount of opioids prescribed, distance patients travel & patient deaths.
- Sobering message: expect some pain after surgery; or expect addiction if striving to be pain free with opioids.
- President Trump uses his “Bully Pulpit” extending the opioid public health emergency for another 90 days amid criticism of inaction.

Journal Watch

[MGHers can obtain articles through the Treadwell home page]

- Solomon DH, Husni ME, Libby PA, et al. The risk of major NSAID toxicity with celecoxib, ibuprofen, or naproxen: A secondary analysis of the PRECISION trial. Am J Med. 2017 Dec;130(12):1415-1422. Beyond a year of daily NSAID therapy, 5% will experience major cardiovascular, GI or renal events with 1% of patients dying. Among the 3 studied drugs, celecoxib had lowest & ibuprofen the highest rate of major toxicity.
Journal Watch [MGHers can obtain articles through the Treadwell home page] (continued)


Pain Resources on the Web:
- Chronic pain doubles the risk of suicide. Learn about the possible links, warning signs & prevention strategies.
- Is adolescent drug use experimentration, or problematic? Issues, assessments & resources are well delineated in this review.
- Global year for Excellence in Pain Education bridges gaps between knowledge & practice with tools to teach patients & professionals.

Complementary Integrative Health (formerly called Complementary Alternative Medicine [CAM])
- Periosteal Stimulation Therapy combined exercises reduces pain and functioning with knee arthritis better than TENS.
- Music reduces the intensity of chronic pain and depression; with the stronger pain relieving effects when music is self-chosen.

Pain-Related Education Opportunities
- Sun, April 29th Integrative Approaches to Pain Management, including nutrition, mind-body & complementary methods. Boston, MA More info
- Sat, Apr 7th Integrative Pain Management Conference: National Experts, Local Focus. Burlington, VT
- Find an online opioid risk mitigation course from among several CO*RE approved courses.
- The 17th World Congress on Pain® is less than a year away in Boston, MA, September 12 – 16, 2018.

MGH Pain Calendar
- Tools and Techniques for Effective Pain Management – Tuesday, April 17, 2018 Founders House 325 @ 8AM – 1PM Sign-up here.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: Margaret Spinale for more information.

MGH Pain Resources
The Patient Education Television: Dial 4-5212 from patient’s phone then order; see handbook 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;
The MGH Center for Translational Pain Research: http://www.massgeneral.org/painresearch
MGH Pain Medicine: http://www.massgeneral.org/centerforpainmedicine/
MGH Palliative Care: http://www.massgeneral.org/palliativecare
MGH Formulary (includes patient teaching handouts in 16 languages): http://www.crfrontline.com/crsql/servlet/crfrontline
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 Paul Arnstein