PAIN RELIEF CONNECTION
THE PAIN INFORMATION NEWSLETTER
Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

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Inside this issue:

In the News.................................Page 1
Journal Watch.............................................Page 2
CIH...............................................................Page 2
Pain Resources on the Web.......................Page 2
Pain Education Opportunities....................Page 2
MGH Pain Calendar & Resources..............Page 2

In the News

● Is the FDA - Exparel settlement related to off-label use (e.g. beyond bunionectomy & hemorrhoidectomy) of approved drugs a slippery slope?
● CDC preliminary data indicates 2014 rise in drug overdose deaths fueled by heroin & clandestine labs that synthesize illicit Fentanyl.
● CDC release of opioid prescribing guidelines (see p. 49-50) is delayed for a 30 day "public comment" before, due on January 13th, 2016.
● “Drug Czar” Michael Botticelli says America's war on drugs is a misguided policy that needs refocus away from failed policies & practices.
● Massachusetts Department of Public Health will allow training medical residents to access the Prescription Monitoring Program.

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

● Schmidt-Hansen M, Bennett MJ, Hilgart J. Oxycodone for cancer pain in adult patients. JAMA. 2015 Sep 22-29;314(12):1282-3. Oxycodone is comparable in effectiveness to the gold standard of morphine as a 1st line strong opioid for cancer pain that may be better tolerated by some.
● Manworren RCB, Gilson AM. Nurses’ Role in Preventing Prescription Opioid Diversion. AJN. 2015 Aug;115(8): 34-40. Although medically necessary, nurses have a duty to educate on potential opioid dangers, provide anticipatory guidance and monitoring of patient use.
● Dear BF, Gandy M, Karin E, et al. The Pain Course: A randomised controlled trial examining an internet-delivered pain management program when provided with different levels of clinician support. Pain. 2015 Oct;156(10):1920-35. Internet-delivered CBT for pain can be effectively delivered in 5 parts via internet over a 2 month period with different levels of clinician support to lower pain, disability, anxiety and depression.

MGH Cares About Pain Relief
Massachusetts General Hospital
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To be added to or removed from the Pain Relief Connection mailing list, send an email to pmarnstein@partners.org
The risk of worsens with diminished physical functioning and, more importantly, the social impact of pain. Andreae M, et al. Expectancies mediate relationships between pain catastrophizing, fear of movement and return to work outcomes after whiplash injury, J Pain. 2015 Dec;16(12):1280-7. Address expectations, catastrophizing & fear to facilitate return to work.

Pain Resources on the Web:

- The risk of opioid overdose death increases nearly 4-fold with benzodiazepines, but co-prescribing is common. Avoid concurrent use.
- The PASTOR tool used by the Army, yields an accurate biopsychosocial pain assessment to refine a multimodal pain treatment plan.
- The Oregon Pain Management Commission has an excellent pain education program online for a variety of health professionals.
- Chronic opioid therapy for pain must be individualized in a way that clinical guidelines don’t capture (Medscape: free registration)

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

- TENS is as effective for older adults as those who are younger, but higher amplitudes appear necessary to achieve the same effect
- Music can be clinically useful to reduce pain, anxiety & distress in both adult and in pediatric/adolescent surgical patients.
- Although it may not cut pain, acupuncture use in palliative care is safe and reduces many other bothersome discomforts.

Pain-Related Education Opportunities

- Sat, Jan 23rd: Massachusetts Response to the Opioid Crisis Sheraton Hotel Framingham MA 8am-Noon More info
- Thu – Sun, Feb 18 – 21st Ensuring access to pain care: Engaging pain medicine and primary care teams. Palm Springs, CA
- Sun, Apr 17th General principles of pain management for Family Practice/ Williamsburg, VA, or self-directed learning CME
- Wed – Sat, May 11 – 14, 2016, the American Pain Society 35th Annual Scientific Meeting will be held in Austin, TX.

MGH Pain Calendar

- Tools and Techniques for Effective Pain Management (Level II) – Thursday, January 21st, 2016 Founders House 325 @ 8 – 1pm Sign-up.
- Palliative Care Grand Rounds are Wednesday mornings from 8:00 AM – 9:00 AM, Ether Dome. email: Margaret Spinale for more information.
- Chronic Pain Rounds in MGH Ether Dome. Email Tina Toland for details.

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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