In the News

- Comment on the draft National Pain Strategy to improve the way pain is taught & treated as called for by the IOM by 5pm EST on May 20th.
- The FDA provides new guidance to industry regarding the development, testing and labeling of abuse deterrent opioid formulations.
- Doctors may be sued for prescribing generic Lyrica for pain before the Pfizer patent for the indication of pain expires in July 2017.
- The latest updates from the NIH Pain Consortium are available in their quarterly newsletter addressing research, education & policy.
- Media report may be more harmful to the fetus than using opioids during pregnancy failing to address harm of pain and non-opioids.

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

- Chen HJ, Chen YM. Pain assessment: validation of the physiologic indicators in the ventilated adult patient. Pain Manag Nurs. 2015 Apr;16(2):105-11. For vented patients able to self-report, heart rate and blood pressure measures of vital signs are unrelated to pain intensity.
Journal Watch  [MGHers can obtain articles through the Treadwell home page] (continued)

- van Dijk JF, van Wijck AJ, Kappen TH, et al. The effect of a preoperative Ed film on patients' postoperative pain in relation to their request for opioids. Pain Manag Nurs. 2015 Apr;16(2):137-45. An Ed film on reserving opioids for moderately severe & severe pain did not change the rate of requesting opioids for lesser pain; but did lower pain scores & barriers to pain control to those who were educated with a different film.


- Groenwald CB, Wright DR, Palermo TM. Healthcare expenditures associated with pediatric pain-related conditions in the United States. Pain. 2015 May;156(5):951-7. The U.S. spends more on pediatric pain than on asthma, obesity or ADHD. And needs better treatment options.

**Pain Resources on the Web:**

- Newly updated ER/LA Opioid REMS education module with available 2 CME/CE credits through Medscape (free registration).
- Check out the 2015 American Chronic Pain Association Resource Guide To Chronic Pain Medication & Treatment
- Let’s use clear consistent language when referring to a person with a Substance Use Disorder to prevent harm associated with stigmas.
- Play an opioid treatment planning role using an immersive, interactive training tool to cut opioid-related harm. CMEs available.
- On line CE program for RN, NP, PA Failure Is Not An Option: The Need For Continuous Patient Monitoring of opioid therapy.
- The American Pain Society refined its website, tailored to the needs of multidisciplinary researchers, educators & clinicians in the field of pain.
- See the results of a large survey done on OTC pain relievers in response to FDA proposed rule change to make ≥500mg Tabs prescription.
- New IASP online newsletter addresses helping patients self manage chronic pain, mood and disability.

**CAM (Complementary and Alternative Medicine)**

- Positive mental attitude helps chronic pain indirectly by therapies designed to offset the impact of negative emotions.
- Online Mind-Body Skills Training helps healers heal themselves; turning stress & burnout into resilience, mindfulness & empathy
- Music & audio books reduce pediatric postoperative pain as demonstrated in an randomized clinical trial comparing stories, music & silence.

**Pain-Related Education Opportunities**

- Wed May 13th Caring for Veterans in Pain In the Community Setting 8am – 12noon Mass Pain Initiative spring conference Marlboro. MA
- Tue – Wed, May 26 – 27, NIH Pain Consortium highlights key research latest discoveries & advances Bethesda, MD.

**MGH Pain Calendar**

- Pain and Its Management at MGH (Level I) – Fri Mar. 6th. Founders House 325 8am – 9am. No registration required. email for info
- Tools and Techniques for Effective Pain Management (Level I) – Wed, June 2nd 2015 Founders House 325 @ 1-5pm Sign-up. Sign-up
- Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome. eMail for schedule, details, CE Credits
- Chronic Pain Rounds in MGH Ether Dome. Email Tina Toland for details.

**MGH Pain Resources**

The Patient Education Television: Dial 45212 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

**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 pmarnstein@partners.org