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In the News

- Massachusetts Medical Society issues guidelines for initiating and maintaining opioid therapy for more than 60 and 90 days for chronic pain.
- Massachusetts Governor released an opioid plan that focuses on more addiction treatment, not limiting access to needed pain medicines.
- AMA solutions to minimize overdoses include better prescriber education, electronic monitoring & multidisciplinary pain management.
- Tramadol related adverse effects and reports of abuse are rising, especially for interactions with benzodiazepines, other opioids &/or alcohol.
- Diarrhea-predominant Irritable Bowel Syndrome has 2 new treatments for pain & GI symptoms; Viberzi and Xifaxan approved by the FDA.
- A recent CDC report links IV injection of oxymorphone to an outbreak of HIV, with 80% of new HIV infections link to IV drug use.
- Democrats call the same FDA "black-box warning" for Immediate-release opioids as those currently used for long-acting opioids.

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

Pain Resources on the Web:

- Find out about irritable bowel syndrome (IBS) how it’s diagnosed and best treated. Aloverst & lubiprostone may help women with severe IBS.
- US Pain Foundation connects, informs, educates and empowers those living with pain while advocating on behalf of the entire pain community.
- The urgent need for better assessment and management of pain in the critical care environment is an AACN evidence-based priority.
- A poster, NIH infographic on Migraine Headaches which can be printed as a poster, or used on-line to follow links to additional information.
- ASAM (addictionologists) released a national practice guideline for the use of medications in the Treatment of Addiction Involving Opioid Use.

CAM (Complementary and Alternative Medicine)

- Although well tolerated, transcranial direct current stimulation helps headache, but not chronic low back pain.
- Women with fibromyalgia may benefit from hyperbaric oxygen therapy that improves pain & quality of life.
- Patients taking herbal products for pain should look for the USP seal on their label to verify the ingredients are present.
- Two-year follow-up of low-level laser therapy for elderly with painful adhesive capsulitis of the shoulder.
- Watching a video or yourself or your spouse in pain can reduce the intensity of pain. Empathetic women suppress pain better.
- Which nonpharmacologic therapies help pediatric patients with functional abdominal pain the most?
- Frequent meditation & yoga done over 2 months cut pain & other symptoms of common abdominal diseases.

Pain-Related Education Opportunities

- Pain and Its Management at MGH: Friday, July 10th, Repeated July 31st FND 325 8:00 – 9:00am. No registration required. email for info
- Tools and Techniques for Effective Pain Management (Level I): Wednesday, Oct 14th, Founders House 325 @ 1:00 – 5:00pm. Sign-up
- Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00am in the Ether Dome.
- Chronic Pain Rounds in MGH Ether Dome Mondays at noon. Email Tina Toland for details.

MGH Pain Calendar

- Sat – Sat, July 18th – 25th, Brain Reorganization with Chronic Pain and Predictors of Chronification. Conference in Italian Alps.
- Thur – Sat, July 23rd – 25th “Treating chronic pain in Primary Care” collaboration Family Practice & Pain Specialists. Orlando, FL
- Wed – Sat, September 16th – 19th Pain Management Nursing Conference with multiple tracks & networking in Atlanta, GA

**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.mghpcc.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.masspcc.org/painreli

To be added to or removed from the Pain Relief Connection mailing list, send an email to umannstein@partners.org