Inside this issue:

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

In the News

- **Consumer Reports** addresses hazards of analgesics from acetaminophen to opioids. Strategies for safer use of analgesics when needed.
- The DEA made all Hydrocodone drugs Schedule II, that is expected to limit access and Tramadol also reclassified to a Schedule IV drug.
- Saturday Sept. 27, 2014 is National Prescription Drug Take-Back Day. Urge patients to dispose of drugs they no longer use (10am-2pm).
- Mayday selects its final cohort of Pain and Society Fellows; leaders in the field of pain medicine, nursing, psychology, law, and research.
- The AHRQ recently posted its draft report on The Effectiveness and Risks of Long-term Opioid Treatment of Chronic Pain; open for comment.
- Governor Patrick’s Massachusetts bid to ban Zohydro denied again by a judge; citing vague reasoning & no evidence supporting his rationale.
- FDA, approved a new long-acting oxycodone Targiniq ER that releases narcan to deter, but not totally prevent, abuse by snorting or injection.
- In the pipeline 92 new drugs for pain are being developed for common musculoskeletal conditions like arthritis; with 15 specifically for pain.
- Opioids, epidural, intrathecal drugs and many other medications used to control pain make it to the ISMPs High Risk drug list.

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

- Kroenke K, Krebs EE, Wu J, et al. Telecare collaborative management of chronic pain in primary care: a randomized clinical trial. *JAMA*. 2014 Jul 16;312(3):240-8. Patients who were assessed & had team-based care coordination were nearly twice as likely to cut pain by 30% at 1 yr. A phone/internet-based symptom monitoring program improves pain control, medication adherence & reduces adverse effects.
- Twillman RK, Kirch R, Gilson A. Efforts to control prescription drug abuse: Why clinicians should be concerned and take action as essential advocates for rational policy. *CA Cancer J Clin*. 2014 Jul 14. doi: 10.3322 ePUB Policymakers need your help designing laws that are permissive enough to allow clinicians to successfully treat pain without worsening the prescription drug abuse problem.
**Journal Watch**  [MGHers can obtain articles through the Treadwell home page]  (continued)

- **Journal of Neurosurgery** has a special free edition on guidelines for [interventional approaches and lumbar spinal surgery](http://www.mghpcs.org/painrelief).

**CAM (Complementary and Alternative Medicine)**
- [Pilates movements](http://www.mghpcs.org/painrelief) can improve low back pain, functioning, vitality & quality of life without harming them.

### Pain Resources on the Web:

- **Looking for an expert** in your area? Check out Mayday’s Guide to experts in the field organized by State, profession, and expertise.
- Cut the [pain of blood tests with newborns](http://www.mghpcs.org/painrelief) using breastfeeding, sucrose and / or kangaroo care. Check out this video series.
- The NIH Pain Consortium kicks off its 1st [interprofessional teaching module](http://www.mghpcs.org/painrelief) to be taught widely in Health Science & Medical Schools.
- Guide to helping patients establish realistic goals to meet functional goals by understanding physical capacity and coping with pain.
- TED-Ed [amusing 5 minute video](http://www.mghpcs.org/painrelief) describing how different people respond to the same painful stimulus; some perform better, others worse.
- Entertaining description of understanding pain in context and how the processing of stimuli by the brain determines its intensity.
- The Center for [Pediatric Pain](http://www.mghpcs.org/painrelief) Research has a lot of useful information and links for professionals, researchers and families.

### Pain-Related Education Opportunities

- **Mon – Tues Sept 29-30;** The NIH examines The [Role of Opioids](http://www.mghpcs.org/painrelief) in the Treatment of Chronic Pain. Attend or watch live video cast.
- **Sat, Oct 25**: New York [Latest Innovations in Pain Management](http://www.mghpcs.org/painrelief). Top notch faculty; emerging therapies; networking opportunities. [Inquire](http://www.mghpcs.org/painrelief)
- **Thu, Oct 9** [Massachusetts Pain Initiative](http://www.mghpcs.org/painrelief) presents a fall program in Marlboro MA 9-3- featuring clinical & policy leaders. [Inquire](http://www.mghpcs.org/painrelief)
- **Mon-Tue Sept 29-30** The [Role of Opioids in the Treatment of Chronic Pain](http://www.mghpcs.org/painrelief) Presented by NIH Bethesda, MD. Free but limited space.

### MGH Pain Calendar

- **Pain and Its Management at MGH** (Level I) – Fri, Oct 6th. FND 325 conference room  8 – 9am. [No registration required](http://www.mghpcs.org/painrelief).
- **Tools and Techniques for Effective Pain Management** (Level II) – Thu, Sept 11th  FND 325 conference room – [Link to CVent](http://www.mghpcs.org/painrelief)
- **Gain Control of Complex Pain** (Level III) Fri. October 24th 8am – 4:00pm FND 325 – [Link to CVent](http://www.mghpcs.org/painrelief)
- **Palliative Care Grand Rounds** occur weekly on Wed at 8:00am. Will resume Wed Sept 10th; for additional information email: [Margaret Spinale](http://www.mghpcs.org/painrelief)
- **Chronic Pain Rounds** in MGH Ether Dome. Excepted to resume in the Fall. For additional information email: [Tina Toland](http://www.mghpcs.org/painrelief)

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**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](http://www.mghpcs.org/eed_portal/EED_pain.asp)

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 pain assessment tools and policies: [http://intranet.massgeneral.org/pcs/Pain/index.asp](http://intranet.massgeneral.org/pcs/Pain/index.asp)

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**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 PainRelief@partners.org