Inside this issue:

In the News

- The FDA approves having a single Risk Evaluation Mitigation Strategy REMS for Transmucosal Immediate-Release Fentanyl.
- The FDA has issued a voluntary recall alert of Excedrin & Bufferin & other OTC drugs including, because of broken or wrong-drug tablets.
- A public health advisory was issued by the FDA because some opioid tablets may be mislabeled or mixed in with other opioid tablets.
- Beginning February 1, all MDs must complete pain, addiction and palliative care education in the State of Massachusetts.
- The GAO asks Federal Agencies to coordinate efforts and measure outcomes when requiring education on prescription opioid abuse.

Journal Watch

All items are accessible via MGH computers/library. MGHers can obtain other articles from through the Treadwell home page.

- Chapman CR, Davis J, Donaldson GW, et al. (2011). Postoperative Pain Trajectories in Chronic Pain Patients Undergoing Surgery: The Effects of Chronic Opioid Pharmacotherapy on Acute Pain. J Pain, 12(12):1240-1246. Chronic pain patients taking long-term opioids preoperatively have much higher initial pain levels than other chronic pain patients, but recovery rates are equally slow for both groups.


- Blinderman CD. (2012). Do surrogates have a right to refuse pain medications for incompetent patients? J Pain Symptom Manage, 43:299-305. Ethical issues balancing concerns regarding the duty to treat and surrogate decision making are reviewed in a poignant case.


• Griffin DW, Harmon DC, Kennedy NM. (2012). Do patients with chronic low back pain have an altered level and/or pattern of physical activity compared to healthy individuals? A systematic review of the literature. Physiotherapy, 98(1):13-23. With proper treatment, low back pain can adjust daily patterns to remain as active as controls, however older adults with chronic pain are less able to remain active.

• Braden JB, Young A, Sullivan MD, et al. (2012) Predictors of Change in Pain and Physical Functioning Among Post-Menopausal Women with Recurrent Pain Conditions in the Women's Health Initiative Observational Cohort J Pain. 2012 Jan;13(1):64-72. Post-menopausal women who are obese have a 50% higher risk of worsened pain and 80% risk of deteriorated functioning over a 3 year period.


**Pain Resources on the Web**

• A number of powerful short films showing the problems of untreated and undertreated pain at end of life around the world.

• A useful chart of adjuvant medications for neuropathic pain medications is listed on the Monthly Prescribing Reference website.

• GlobalRPH.com has their standard and a new enhanced opioid equianalgesia calculator to help guide changes in therapy.

• New American Society of Addictions Medicine Policy Statement on Measures Address Prescription Drug Diversion, Misuse & Addiction

**CAM (Complementary and Alternative Medicine)**

• A meditation technique can help breast cancer survivors improve their emotional and physical well-being

• Music interventions administered by music therapists or health professionals reduces cancer pain and anxiety

• Swearing improves the ability to tolerate experimentally induced pain better for people who swear infrequently than habitual swearers.

**Pain-Related Education Opportunities**

• Thu – Sun Feb 23–26 The American Academy of Pain Medicine will have its Annual Meeting in Palm Springs, CA

• Thu Feb 2, 3:00-5:15pm Join Tufts University as host of the World Premier of LIFE Before Death at Wolf Audi

**MGH Pain Calendar**

• Chronic Pain Rounds occur weekly on Mondays at 12:00N Mail: email Tina Toland for details

• Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am. email: Margaret Spinale

• Need-to-know Basics of Pain Management: Friday February 10th Founders 325 at 8-9am email for info

• Drop-in 45 minute sessions Using the Right Pain Tool for the Right patient in the Right way hourly 7am-4pm Tue Feb 22nd Founders 325

**MGH Pain Resources**

The Patient Education Television: Dial 4-5212 from patient’s phone then order: #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Prescription and Non-prescription Pain Medications; @3283 for Postoperative Pain 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: [https://www.massgeneral.org/palliativemedicine/](https://www.massgeneral.org/palliativemedicine/)


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)

**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