

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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In the News

- [Controversially](#), a long-time source of information and advocacy for those with pain, the [American Pain Foundation shut down](#) on May 3rd
- DEA [threatens to revoke retail pharmacy license](#) that dispense oxycodone in response to CDC's battle-cry to stop the opioid "epidemic."
- [Tragic death of a 2 year old](#) reminds us to be vigilant about [proper disposal of fentanyl patches](#) to avoid inadvertent exposure.
- In their study of 26 cases over the past 15 years the FDA warns the public against [accidental pediatric exposures to Fentanyl patches](#)
- What the [FDA plans for making opioids safer](#) to reduce alarming trends in diversion, addiction and accidental deaths from overdose.
- U.S. senators passed an amendment to am FDA reauthorization bill that would [reclassify all hydrocodone substances](#) as Schedule CII

Journal Watch

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

- Silberstein SD, Holland S, Freitag F, et al. (2012) et al. (2012) Evidence-based guideline update: Pharmacologic treatment for episodic [migraine prevention in adults](#): Report of the Quality Standards Subcommittee of the American Academy of Neurology and the American Headache Society. *Neurology*. 2012 Apr 24;78(17):1337-1345. There are a variety of [medications that can reduce migraine](#) occurrence
- Meier EA, Troost JP, Anthony JC. (2012). Extramedical Use of Prescription Pain Relievers by Youth Aged 12 to 21 Years in the United States National Estimates by Age and by Year. *Arch Pediatr Adolesc Med*. (ePub ahead of print): A 2004-2008 national survey showed [when teens are most likely to start unsupervised prescription opioid use](#) is 15-18 year olds. About 2.8% studied (age 12-21) used opioids
- Novikova N, Cluver C. (2012). Local anaesthetic nerve block for pain management in labour. *Cochrane Database Syst Rev*. 2012 Apr 18 4:CD009200. [Nerve blocks provide superior pain relief in Labor](#) than opioids, non-opioids or placebo without increasing complications.
- Portenoy RK, Ganai-Motan ED, Allende S, et al. (2012). [Nabiximols for opioid-treated cancer](#) patients with poorly-controlled chronic pain: a randomized, placebo-controlled, graded-dose trial. *J Pain*, 13 (5):438-449. Nabiximols, a fixed ratio compound of THC and Cannabidiol had analgesic & anti-inflammatory effects with few psychoactive effects when used with 10 or fewer oromucosal sprays/day
- Hung WW, Egol KA, Zuckerman JD, et al. (2012). [Hip Fracture Management](#): Tailoring Care for the Older Patient *JAMA*, 307(20):2185-2194. Nice review, indicating Only 13% have analgesic orders for analgesics during hospitalization that results in longer length of stay, missed physical therapy sessions, delayed ambulation, and poorer locomotion at 6 months. Shows evidence level of treatment options.

Journal Watch (continued) [MGHers can obtain articles through the [Treadwell home page](#)]

- Jackson JL, Kuriyama A, Hayashino Y. (2012). Botulinum Toxin A for Prophylactic Treatment of Migraine and Tension Headaches in Adults. *JAMA*, 307(16):1736-45. A meta-analysis of RCTs, showed a [small benefit of botulinum toxin A](#) with certain headaches.
- Herndon CM, Strassels SA, Strickland JM, et al.(2012). Consensus recommendations from the strategic planning summit for pain and [palliative care pharmacy practice](#). *J Pain Symptom Manage*;43 :925-944. Pharmacists are an integral part of the health team, but may lack formal training in Pain and Palliative Care subspecialties. See basic & advanced pain education strategies for pharmacists.
- Kaasboll J, Lydersen S, Indredavik MS. (2012). Psychological symptoms in children of parents with chronic pain-the HUNT study. *Pain*, 153 (5):1054-62. [When parents have chronic pain](#) parents their children are at twice the risk of being troubled by anxiety/depression.
- Bailey B, Gravel J, Daoust R. (2012). Reliability of the [visual analog scale in children](#) with acute pain in the emergency department. *Pain*, 153(4):839-842. Although considered reliable, the Visual Analogue Scale has a margin of error of over 20% in children.

Pain Resources on the Web

- New National Comprehensive Cancer Network has [updated definitions and guidelines for Palliative Care](#) (see supportive care/ free login)
- Validated tools to [identify patients at risk for opioid problems](#) before (SOAPP) or after (COMM) prescribed (English or Spanish versions)
- Helpful [Evidence-based pocket guidelines on Pain Management](#) in the Older Adult; Low Back Pain; Fibromyalgia, and [opioid therapy](#)

CAM (Complementary and Alternative Medicine)

- NCCAM has a focus on complementary and alternative therapies for low back pain, including [spinal manipulation](#)
- [Butterbur is effective for migraine prevention](#) with strong evidence according to [new guidelines](#) it reduces headache frequency / severity.
- [Therapeutic massage for neck pain](#) works as well as physiotherapy or kinesiotherapy to reduce pain and improve range of motion.

Pain-Related Education Opportunities

- Sun – Tue June 10-12 the [first International Conference on Opioids](#) from the basic science to clinical applications and the law. Boston MA
- Fri-Sat June 22-23 The Oncology Nursing Society hosts a session to help you [Better Manage Cancer-Related Pain](#) in New Brunswick, NJ
- Sat – Mon Sept 8-10 Acute Pain Management symposia www.cme.hms.harvard.edu/courses/acutepain Boston MA. [email for info](#).

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](#)
- Fri. June 8th *Need-to-know Basics of Pain Management: Founders 325* at 8-9am email [for info](#)
- Wed. Aug 1st *Beyond the Basics of Pain Management* 7:00 – 11:00 am Founders 325 email [for info](#)

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
The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>
MGH Pain Medicine: http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain
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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To be added to or removed from the Pain Relief Connection mailing list, send an email to PainRelief@partners.org