

# 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*

- Last year saw a [reduction in prescription drug misuse in 10 states](#); with other states reaching a plateau on measures of this problem.
- A [proposed DEA regulation](#) could make it even more confusing to know the best way to safely dispose of unused / unwanted opioids.
- Patents are expiring for products with tamper resistant technology, but will [generics without safeguards](#) reverse trends of lower abuse?
- The FDA issued guidance to industry that will help manufacturers better develop [abuse deterrent and tamper resistant pain medications](#)
- [FDA panel recommends stricter laws for hydrocodone](#), (e.g. Vicodin, Norco & Lortab); the same limitations as oxycodone and morphine
- The FDA and DEA may be at odds over [rescheduling hydrocodone](#) combination drugs such as Vicodin, Lortab, and Norco to Schedule II.
- New FDA approved [battery-powered drug patch for migraines](#) pushes sumatriptan, a selective 5-HT<sub>1B/1D</sub> receptor agonist, through skin.

## *Journal Watch*

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

- Koller A, Miaskowski C, De Geest S, et al. (2012). A systematic evaluation of content, structure, and efficacy of interventions to improve patients' self-management of cancer pain. *J Pain Symptom Manage*. 44(2):264-84. Important study examining the content / methods of program structure & timing of interventions to optimize [benefits of cognitive, behavioral and goal setting activities to lessen cancer pain](#).
- Anand KJ. (2013). Pain panacea for opiophobia in infants? *JAMA*. 2013;309:183-4. Reflective editorial on a well designed study looking at [opioid-sparing effects of IV acetaminophen](#) use in neonates, [Do the benefits of less opioids outweigh the risks of liver damage?](#)
- Boyle J, Eriksson ME, Gribble L et al.(2012). Randomized, placebo-controlled comparison of amitriptyline, duloxetine, and pregabalin in patients with chronic diabetic peripheral neuropathic pain: Impact on pain, polysomnographic sleep, daytime functioning, and quality of life. *Diabetes Care* 2012 Dec; 35:2451. A comparison of 3 common [adjuvants for painful diabetic neuropathy](#) shows at 1 month they all lowered pain the same. Amitriptyline had cost advantages; pregabalin had more side effects, and duloxetine patients didn't sleep as well.
- Shin DW, Hwang SS, Oh J, et al. (2012) [Variations in pain management outcomes among palliative care centers](#) and the impact of organizational factors. *Cancer*. 118(22):5688-97. Centers with better staffing and staff training had better pain control measures.
- Eccleston C, Palermo TM, Williams AC, et al., (2012). [Psychological therapies for the management of chronic and recurrent pain in children](#) and adolescents. *Cochrane Database Syst Rev*. 2012 Dec 12;12:CD003968. doi: 10.1002/14651858.CD003968.pub3.. Psychological treatments reduce pediatric (<18years) pain from headache and non-headache sources, with evidence of improved mood & function.
- Meier DE. (2012). [Pain as a cause of agitated delirium](#). *Arch Intern Med*, 172(15):1130, After 63 days in hospital, a weak opioid changed everything for this woman with painful pressure ulcers and dressing changes enabling her to have quality of life in her final months.

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Massachusetts General Hospital  
[PainRelief@partners.org](mailto: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 [PainRelief@partners.org](mailto:PainRelief@partners.org)

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

- Rosenbloom BN, Khan S, McCartney C, Katz (2013). Systematic review of persistent pain and psychological outcomes following traumatic musculoskeletal injury. *J Pain Research*, (6): 39 – 51. [Predictors of persistent pain following trauma](#) included age; pain intensity and injury severity; as well as emotional (anxiety/depression), cognitive (blame), behavioral and socioeconomic factors.
- Simons LE, Kaczynski KJ, Conroy C, et al. (2012). [Fear of pain in the context of intensive pain rehabilitation](#) among children and adolescents with neuropathic pain: associations with treatment response. *J Pain*, 13 (12):1151-61. Fear of pain needs to be addressed at time of admission to improve functioning at discharge and follow-up. Fear of pain predicted depression & disability throughout treatment.
- Vincent A, Lahr BD, Wolfe F, et al. (2013). Prevalence of fibromyalgia: A population-based study in Olmsted County, Minnesota, utilizing the Rochester Epidemiology project. *Arthritis Care Res [ePub]*. [Fibromyalgia, especially in men is an under-diagnosed, prevalent malady.](#)
- Van Marter LM, Hernandez-Diaz S, Martha M. et al. (2013) [Nonsteroidal Antiinflammatory Drugs in late pregnancy](#) & persistent pulmonary hypertension of the newborn. *Pediatrics*, 131(1):79-87. Maternal NSAIDs are not associated with neonatal pulmonary hypertension.
- Sarinopoulos I, Hesson AM, Gordon C, et al. (2013) [Patient-centered interviewing](#) is associated with decreased responses to painful stimuli: An initial fMRI study. *Patient Educ Couns.*, 90(2):220-5. Staying patient-focused activates empathy centers & lowers pain.
- Haroutiunian S, Nikolajsen L, Finnerup NB, et al. (2013). The neuropathic component in persistent postsurgical pain: A systematic literature review. *Pain*. 2013;154:95-102. Persistent post-op [neuropathic pain may be most common after chest or breast surgery.](#)
- Dobscha SK, Morasco BJ, Duckart JP, et al. (2013). Correlates of prescription opioid initiation and long-term opioid use in [veterans with persistent pain](#). *Clin J Pain*, 29:102-108. Pained veterans either lack access to chronic opioids or have risk factors when used long-term.

## *Pain Resources on the Web*

- [FDA -mandated patient education](#) for opioids is ready for distribution when REMS for ER/LA opioids, but their [utility may be in doubt](#).
- The American Chronic Pain Association 2013 [Resource Guide to Chronic Pain Medication & Treatment](#) is now available. Wonderful!

## *CAM (Complementary and Alternative Medicine)*

- Comparative Effectiveness Research provides weak evidence [Physical Therapy modalities help knee arthritis](#) with aerobic, aquatic & proprioception exercises best for pain/functioning. Ultrasound helped pain but not functioning, Braces, insoles & E-Stim may hurt.
- Science continues to show the benefits of [acupuncture for acute low back pain](#) & of [imagining the "best possible self "](#) before acute pain.

## *Pain-Related Education Opportunities*

- Thu-Fri April 4-5 A new [End-of-Life Nursing Education Consortium](#) (ELNEC) course for Advanced Practice Nurses will be offered
- Thu March 14 [A Nation in Pain](#): Healing Our Biggest Health Problem 4-5:30 Judy Foreman and panel Fee @ Tufts in Boston MA

## *MGH Pain Calendar*

- Fri. February 8<sup>th</sup> *Need-to-know Basics of Pain Management*: Mass General Founders 325 at 8-9am email [for info](#) or just drop in
- Wed April 9<sup>th</sup> 7am - 11am, *Tools and Techniques for Effective Pain Management* 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](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](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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