

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

- A more reliable [abuse-deterrent morphine/naltrexone](#) (Embeda) should be available spring 2014 after being withdrawn for stability issues.
- [Buprenorphine](#) makes headlines as a wonder drug that helps many with pain and/or substance use disorders; but may have drawbacks.
- [Tylenol Arthritis](#) strength & other acetaminophen-containing products like [Vicodin ES](#) are reformulated with lower doses by January 2014
- Listen to the Capitol Hill conference and discourse held this fall on [Personalized Medicine and Responsible Access to Pain Medication](#).
- At \$26 Billion, [hospitalizations for osteoarthritis & back pain rank 2nd & 6th costliest conditions](#) accounting for 7% of all hospital costs.

Journal Watch

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

- Odell S, Logan DE. Pediatric pain management: the multidisciplinary approach. *J Pain Res* 2013;6: 785-790 . Given the alarming prevalence of [pediatric chronic pain, intensive multidisciplinary programs](#) may be cost effective and needed to avoid life-long problems.
- Derry S, Moore RA Single dose oral [Celecoxib for acute postoperative pain](#) in adults. *Cochrane Database Syst Rev.* 2013 Oct 22;10:CD004233. A 400mg dose of celecoxib is twice as good a 200mg dose, aspirin or acetaminophen in relieving mild to moderate pain after a dental or surgical procedure. There was a dose-response relationship for pain and at 400mg infrequent side effects.
- Clark AK, Old EA, Malcangio M. Neuropathic pain and cytokines: current perspectives. *J Pain Res* 2013;6 :803-14. Good explanation of how the (cytokine & chemokine) [physiology of excessive inflammation explains neuropathic pain](#), identifying targets for future treatment.
- Nuckols TK, Anderson L, Popescu I, et al. [Opioid Prescribing: A Systematic Review and Critical Appraisal of Guidelines](#) for Chronic Pain. *Ann Intern Med.* 2013 [ePub] . Experts systematically reviewed 13 evidence-based guidelines & detail common recommendations.
- Darlow B, Dowell A, Baxter GD, et al. The [enduring impact of what clinicians say to people with low back pain](#). *Ann Fam Med Nov/Dec 2013* 11(6) 527-34 . Clinicians' reassurance, promotion of confidence, and advice to remain active was more powerful than information obtained from the Internet, family and friends. Focusing too heavily on what to avoid resulted in hypervigilance, worry, guilt & frustration.
- Phillips S, Gift M, Gelot S, et al. Assessing the relationship between the level of pain control and patient satisfaction. *J Pain Res.* 2013 (Sep);6:683-689. In addition to pain intensity, patient education, provider empathy, communication on pain treatment goals , expectations and their responsiveness to patient calls for help when in pain all factor into [patient satisfaction related to pain control](#) .

MGH Cares About Pain Relief
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- **Journal Watch** (continued) [MGHers can obtain articles through the [Treadwell home page](#)]
- Egloff N, Hirschi A, von Känel R. [Traumatization and chronic pain](#): a further model of interaction. *JPain Res.* Nov. 2013;6 765–770. Interesting theory of hypermnesia–hyperarousal explaining why 80% of patients following major stressors have unexplained chronic pain.
- McDonald DC, Carlson KE. [Estimating the prevalence of opioid diversion](#) by “Doctor Shoppers” in the United States. *PLoS ONE* 2013 17;8(7):e69241 Only 0.7% of patients prescribed opioids “Doctor Shop” but they consume 4% of opioids using a mean of 10 prescribers.
- Lossignol DA. Psychological interventions to [reduce pain in patients with cancer](#). *Curr Opin Oncol.* 2013 Jul;25(4):368-72. Recognizing intervening early to control psychological distress may prevent ineffective pain management common with a “medication only” approach.
- Drummond GB, Bates A, Mann J, et al. [Characterization of breathing patterns during patient-controlled](#) opioid analgesia. *Br. J. Anaesth.* (2013) 111 (6): 971-978. A variety of innovative monitoring devices identify abnormal breathing patterns in most PCA opioid patients.
- McCabe SE, West BT, Boyd CJ. Motives for medical misuse of prescription opioids among adolescents. *J Pain.* 2013 Oct;14(10):1208-16. The top [reason adolescents misuse opioids](#) prescribed for them, or use prescription opioids from non-medical sources is to relieve pain .

CAM (Complementary and Alternative Medicine)

- New [electrical stimulating device for painful diabetic neuropathy](#) is designed for simplicity and to promote patient adherence.
- [Acupuncture reduces pain and improves function in low back pain](#) patients, perhaps as well as the medications usually prescribed.
- [Interactive music therapy to reduce pain](#) is as close as your Smartphone that responds to the patient’s physiological state in real time.
- A 6-week training program on [lyengar Yoga helps young adults](#) with Rheumatoid Arthritis be healthier, have less pain and more vitality.

Pain Resources on the Web

- Learn from a 4 year old how to [prevent needle-stick pain](#) through clear, therapeutic communication and the use of distraction.
- .Patient education sheet [on traveling with prescription opioids](#) provides good advice to prevent trouble with TSA or Customs.
- A [guide to financial resources](#) for patients with chronic pain; including insurance options, self management, medication assistance, etc.
- The documentary, [Pain Matters](#), explores the lives of individuals with chronic pain and features the opinions of national experts in pain .

Pain-Related Education Opportunities

- Sat Dec. 7th Eastern Pain Association meeting with presentations on [opioids, cannabinoids and new pain therapies](#) New York City
- Thu- Sun. Mar 6-9, 2014 American Academy of Pain Medicine 30th Annual Meeting has many [skills sessions for pain treatment](#) Phoenix

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri Dec. 6th. *Founders House* 325 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Thu, Jan 30, 2013 *Haber Auditorium* 11am – 3pm [email for info](#).
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am.* email: [Margaret Spinale](#)
- *Chronic Pain Rounds* in MGH Ether Dome. Email [Tina Toland](#) for details.

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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