

# 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

- FDA approves [Hysingla ER, a long acting abuse-deterrent hydrocodone](#) to treat pain severe enough to require daily chronic opioid therapy.
- Will the new [Governor of Massachusetts](#) be more understanding of chronic pain problems while combating illegal prescription drug use?
- Consensus is still lacking about the role of [Abuse-Deterrent Opioids](#) as a solution to the need for both treating pain & avoiding opioid misuse.
- A [revised Joint Commission Pain Management Standard](#); goes into effect 1/1/15 to promote the consideration of both pharmacologic and nonpharmacologic approaches; while considering both benefits to the patient, as well as the risks of opioid dependency, addiction & abuse
- Recently retired from FDA, [Bob Rappaport's outstanding contribution](#) to the pain field is recognized through an American Pain Society award.

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

- Bottros MM, Christo PJ. Current perspectives on intrathecal drug delivery. *J Pain Res*. 2014;7 615–626. [Good review of Intrathecal implanted drug delivery systems](#), including: patient / medication selection, titration, safety, efficacy, cost and advancement of technology
- Maeda A, Bateman BT, Clancy CR, et al. Opioid abuse and dependence during pregnancy: Temporal trends and obstetrical outcomes. *Anesthesiology*. 2014 Dec;121(6):1158-1165. The prevalence of opioid dependence in pregnancy derived from records of 57 million deliveries doubled from 0.2% in 1998 to 0.4% in 2011. Poorer clinical outcomes were linked to [opioid dependence during pregnancy](#).
- Wolter T. [Spinal cord stimulation for neuropathic pain](#): current perspectives. *J Pain Res* 2014;7 651–663. Excellent review article of safety, efficacy and technological advancements made to spinal cord stimulators used to treat pain refractory to other treatments.
- Miller K, Yaras A, Wen W, et al. The impact of [buprenorphine transdermal delivery system](#) on activities of daily living among patients with chronic low back pain: An application of the international classification of functioning, disability and health. *Clin J Pain*. 2014 Dec;30(12):1015-22. Patients with moderate-to-severe low back pain who used buprenorphine TDS had better functioning, sleeping & working.
- Levy RL, Langer SL, Romano JM, et al. Cognitive mediators of treatment outcomes in [pediatric functional abdominal pain](#). *Clin J Pain*. 2014. Dec;30(12):1033-43. Both parents & children thought, felt & interacted better a year after a 3-session social learning /CBT treatment
- Nalamachu S, Rauck RL, Hale ME, et al. A long-term, open-label safety study of [single-entity hydrocodone](#) bitartrate extended release for the treatment of moderate to severe chronic pain. *J Pain Res* 2014;7 669–678. Hydrocodone without added acetaminophen appears to be safe and effective for at least 1 year of therapy with the average patient's pain being cut from "6" to "4" with better mood & functioning.

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

- Candiotti KA, Yang Z, Buric D, et al. Catechol-O-Methyltransferase polymorphisms predict opioid consumption in postoperative pain. *Anesth Analg*. 2014 Nov;119(5):1194-200. A [variant COMT gene](#) can help predict efficacy and side effect responses to certain opioids.
- Jamison RN, Martel MO, Edwards RR, et al, [Validation of a Brief Opioid Compliance Checklist](#) of Patients with Chronic Pain. *J Pain* 2014 Nov 15(11):1092-01. Factors most predictive of problems are: lost drugs, early refills, missing appointments, illegal drug use & dishonesty.
- Arbour C, Choinière M, Topolovec-Vranic J, et al. [Detecting pain in traumatic brain-injured patients](#) with different levels of consciousness during common procedures in the ICU: typical or atypical behaviors? *Clin J Pain*. 2014 Nov;30(11):960-9. Significant differences were observed in the number of pain behaviors observed in the Neuro-ICU that may not be captured by validated ICU pain assessment tools.
- González-Fernández M, Aboumatar H, Conti D, et al. Educational gaps among healthcare providers: An institution needs assessment to improve pain management for postsurgical patients. *J Opioid Manag*. 2014 Sep-Oct;10(5):345-51. [Post-operative nurses scored poorly](#) in knowledge items related to pain, scoring the highest knowledge in cancer pain control & lowest in recognizing signs & symptoms of pain.
- Serbic D, Pincus T. Pain-related [guilt in low back pain](#). *Clin J Pain*. 2014 Dec;30(12):1062-9. The social guilt relating to letting down family & friends; failing to get better despite an absence of a known cause is an important concept phenomenon that may hinder recovery.

## CAM (Complementary and Alternative Medicine)

- A [Tibetan herb](#) alleviates spinal hypersensitivity (hyperalgesia & allodynia) associated with some (neuropathic) forms of chronic pain.
- A [mindfulness based structured program](#) improves physical & psychosocial function better than a support group for those with chronic pain.
- Ear acupuncture combined with [transcutaneous electric acupoint stimulation](#) cut pain, medication use and side effects after back surgery.
- [Low level laser therapy, ultrasound, &/or TENS](#) have mounting evidence of effectiveness when used with physical therapy to relieve pain.
- See Dr. Weil's [Anti-inflammatory Food Pyramid](#) reflecting a diet research supports can cut painful inflammation, including rheumatoid arthritis.

## Pain Resources on the Web:

- Managing [Chronic Pain in Adults With or in Recovery from Substance Use Disorders](#) equips clinicians with practical guidance and tools.
- [Pain Information Page](#) links to a broad range of understandings of pain (general and specific types/diagnoses) and techniques to relieve it.
- How much do you [know about low back pain?](#) Test your knowledge of risk factors for acute and chronic low back pain.
- Check out AHRQ comparative effectiveness reviews on [Acute Migraine Treatment](#) that accounts for over 2 million Emergency Setting visits.

## Pain-Related Education Opportunities

- Mon Dec 8<sup>th</sup> "[What Is Going on](#) in the U.S. to Improve Pain Treatment & Deter Prescription Drug Abuse?" 1 p.m. webinar with CE credits
- Fri Jan 16 – 30<sup>th</sup> [Learn about pain and its relief while cruising](#) in style across the South Pacific. Including Fiji, Port-a-Vila, and Sydney.

## MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri, Nov 7<sup>th</sup>. Founders House 325 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Wed, Jan 14<sup>th</sup> 2015 Founders House 325 @ 1-5pm [Sign-up](#).
- [Palliative Care Grand Rounds](#) are Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome.

### MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: (see handbook f <http://handbook.partners.org/pages/168> 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>  
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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To be added to or removed from the Pain Relief Connection mailing list, send an email to [PainRelief@partners.org](mailto:PainRelief@partners.org)