

# 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 petition prevents politicians](#) from overturning the FDA's determination of the safety & efficacy of drugs based on their data & methods.
- [Zogenex sues Massachusetts](#) for blocking access to the analgesic & undermining the FDA's authority. A [judge halt's the governor's ban](#).
- A call to better understand and manage the intersection [of concern between chronic pain and addiction](#) rather than focus on 1 villain.
- Study shows that recent or current [NSAID users have 80% higher risk of atrial](#) fibrillation than non-use, adding to known cardiac risks.
- April 16<sup>th</sup> the [FDA updated REMS Labeling & denied a petition](#) for limiting the use of ERLA opioids requested on behalf of pregnant women
- FDA approved a [user-friendly Naloxone injection](#) that provides verbal injection instructions for the emergency treatment of opioid overdose
- [Nurses cut pain](#) through use nondrug therapies including care, empathy and cognitive-behavioral methods designed for those with pain.

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

- Cohen SP, Hameed H, Kurihara C, et al. The effect of sedation on the accuracy and treatment outcomes for diagnostic injections: A randomized, controlled, crossover study. *Pain Med.* 2014 Apr;15(4):588-602. [Blocks performed with sedation](#) cut pain initially, but don't improve patient satisfaction, a may lead to misdiagnoses & unnecessary procedures. Any short term gains are lost within one month.
- Daoust R, Paquet J, Lavigne G, et al. Senior patients with moderate to severe pain wait longer for analgesic medication in EDs. *Am J Emerg Med.* 2014. Apr;32(4):315-9. [Older adults wait an hour longer](#) (median 3.2 hours) for pain medications than young adults in the ED.
- De Oliveira GS Jr., Castro-Alves LJ, Nader A, et al. [Transversus abdominis plane block to ameliorate postoperative pain](#) outcomes after laparoscopic surgery: a meta-analysis of randomized controlled trials. *Anesth Analg.* 2014;118:454-63. Start TAP block before surgery .
- Harlos MS, Stenekes S, Lambert D, et al. Intranasal Fentanyl in the palliative care of newborns and infants. *J Pain Symptom Manage.* 2013;46:265-74. Intranasal Fentanyl can [comfort dying babies](#) in different settings without major side effects or chest wall rigidity.
- Paulsen O, Aass N, Kaasa S, et al. Do [corticosteroids provide analgesic effects](#) in cancer patients? A systematic literature review. *J Pain Symptom Manage.* 2013;46:96-105. Low quality evidence supports tolerable analgesic effects with a short course of corticosteroids .
- Felden L, Walter C, Harder S, et al. Comparative clinical effects of [hydromorphone and morphine](#): a meta-analysis. *Br J Anaesth.* 2011 Sep;107(3):319-28. Among non-surgical patients admitted to 288 US hospitals over a 1 year period, 39% got morphine & 25% Dilaudid. When relative potencies are considered the effects & side effects are comparable, but Dilaudid patients receive 3-times stronger doses.
- Hamill JK, Lyndon M, Liley A, et al. Where it hurts: a systematic review of [pain location tools for children](#). *Pain.* May;155(5):851-858.

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[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]

- Choinière M, Watt-Watson J, Victor JC, et al. .Prevalence of and risk factors for persistent postoperative non-anginal pain after cardiac surgery: a 2-year prospective multicentre study. *CMAJ*. 2014 Apr 15;186(7):E213-23. A substantial number of patients develop chronic pain after cardiac surgery. [Acute post-operative pain predicted the rate & severity of chronic pain](#) following after cardiac surgery.
- Singla NK, Desjardins PJ, Chang PD. A comparison of the clinical and experimental characteristics of four acute surgical pain models: Dental extraction, bunionectomy, joint replacement, and soft tissue surgery. *Pain*. 2014 Mar;155(3):441-456. [Acute pain treatments](#) are derived from research done on one of 4 model that are fraught with methodological limits given patient, professional & setting variability.
- Chou R, Cruciani RA, Fiellin DA, et al. [Methadone safety: a clinical practice guideline](#) from the American Pain Society and College on Problems of Drug Dependence, in collaboration with the Heart Rhythm Society. *J Pain*. 2014 Apr;15(4):321-37. Safe use of methadone requires clinical skills and knowledge in using methadone to mitigate potential risks, including serious cardiac risks & fatal overdoses.

## CAM (Complementary and Alternative Medicine)

- [Virtual reality helps amputees](#) reduce phantom limb pain, other phantom sensations & improve residual limb / prosthesis functioning.
- [Pulsed Electromagnetic Therapy](#) is safe & easy to use for many pains, including: muscle strain, plantar fasciitis, osteoarthritis & neck pain.
- [Spinal Manipulation Therapy](#) temporarily lowers pain sensitivity by cutting central sensitization, which could account for its effect.
- An evidence-based guideline supports the use of [cannabis to relieve pain & spasticity](#) for multiple sclerosis when ingested but not smoked.

## Pain Resources on the Web:

- A basic patient education guide to [managing opioid-related side effects](#) of constipation, fuzzy thinking, impotence & other troubling effects.
- The American Chronic Pain Association's extraordinary [Guide To Chronic Pain Medication & Treatment](#); a valuable resource for all desks
- The American Society for Pain Management Nursing recently posted a Position Statement on [Pain Management at the End of Life](#).

## Pain-Related Education Opportunities

- Wed April 30<sup>th</sup> [Looking at Pain Through Different Perspectives](#) Jeffery Fudin, PharmD; & author Judy Foreman Marlboro, MA 7:30 – noon
- Sun-Tue June 8-10 - [2014 International Conference on Opioids](#) explores the best ways to use opioids for healing without harm. Boston
- Thu –Fri Jun 12-13 the [Art & Science of Palliative Nursing](#) offered through Harvard University 8:00-4:30 Brookline MA
- Mon-Fri June 23-27 [Harvard Medical School Principles & Practice of Pain Medicine](#) Cambridge, MA

## MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri May. 2<sup>nd</sup>. Founders 325 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Wed, June 20<sup>th</sup> Haber Auditorium 8am – 12:30pm [email for info](#).
- *Gain Control of Complex Pain* (Level III) Fri. June 27<sup>th</sup> 8am – 4:00pm Haber auditorium [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.

## GH 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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