

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

- Massachusetts residents may need a [letter of medical necessity](#) in addition to a prescription to get certain analgesics [despite law suit](#).
- The movement towards a [National Prescription Drug Monitoring Program](#) continues to expand with 24 states now interconnected
- The CDC partners with others to create menus summarizing [legal strategies to address prescription drug misuse](#) & overdose.
- The new NIH [Interagency Pain Research Portfolio](#) web page helps organize pain research into 3 types, 9 themes & 29 topics.

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

- Khurana G, Jindal P, Sharma JP, et al. Postoperative Pain and Long-Term Functional Outcome After Administration of Gabapentin and Pregabalin in Patients Undergoing Spinal Surgery. *Spine*. 2014 Mar 15;39(6):E363-8. [Preoperative pregabalin](#) (75mg dose) yields less pain with movement & at rest; and less disability at 3 months than those getting a 300mg gabapentin dose or a 7-day “course” of placebo.
- Powers SW, Kashikar-Zuck SM, Allen JR, et al. Cognitive behavioral therapy (CBT) plus amitriptyline for [chronic migraine in children](#) and adolescents: a randomized clinical trial. *JAMA*. 2013 Dec 25;310(24):2622-30. Youth started on 1 mg/kg/d amitriptyline plus 10 CBT sessions or equal education time showed CBT was better than education in cutting headache frequency, intensity & pain-related disability.
- Gerbershagen HJ, Pogatzki-Zahn E, Aduckathil S, et al. Procedure-specific Risk Factor Analysis for the Development of Severe Postoperative Pain. *Anesthesiology*. 2014 May;120(5):1237-45. A retrospective analysis at German hospitals comparing 30 surgeries with a total of 22,963 patients shows [young age, those with pre-op pain & women have more post-op pain](#) regardless of surgery type.
- Peltier A, Goutman SA, Callaghan BC. Painful diabetic neuropathy. *BMJ*. 2014;348:g1799. Diagnostic tests & treatments are rapidly evolving but [questions remain regarding differences between pain in type 1 and type 2 diabetic neuropathy](#) & the best order of therapies.
- Graham T, Grocott P, Probst S, et al. How are topical opioids used to manage painful cutaneous lesions in palliative care? A critical review. *Pain* 2013 Oct;154(10):1920-8. [Topical opioids are clinically useful](#) and safe for controlling inflammatory pain in wounds. The finding that systemic absorption of topical opioids occurs at a safe level is reassuring; particularly as the low doses typically used.
- Kaunisto MA, Jokela R, Tallgren M, et al. Pain in 1,000 women treated for breast cancer: a [prospective study of pain sensitivity](#) and postoperative pain. *Anesthesiology*. 2013;119:1410-21. Sensitivity to both experimental and postoperative pain is influenced by anxiety, chronic pain, previous surgery, and smoking. When those are controlled for there is only a weak link between the 2 types of pain.
- Colvin LA, Stein A, Smith BH, et al. [Managing chronic pain](#): a clinical challenge: new SIGN guidelines provide a practical evidence-based approach and identify research gaps. *Br J Anaesth*. 2014 Jan;112(1):9-12. The Scottish Intercollegiate Guidelines Network (SIGN) has developed useful [guidelines](#) for professionals and patient [booklets](#) to manage chronic pain using a quality approach described here.

MGH Cares About Pain Relief

Massachusetts General Hospital

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

Journal Watch [continued]

- Jahn P, Kuss O, Schmidt H, et al. Improvement of pain-related self-management for cancer patients through a modular transitional nursing intervention: A cluster-randomized multicenter trial. *Pain*. 2014 Apr;155(4):746-54. A [nurse-taught program reduced barriers & cancer pain](#) at 4 months; while increasing knowledge, adherence to medication & non-drug treatments, resulting in a better quality of life.
- Herin F, Vezina M, Thaon I, et al. Predictive risk factors for chronic regional and multiple body sites musculoskeletal pain. A 5-year prospective study in a working population. *Pain*. 2014 May;155(5):937-43. The development of [work-related pain](#) is linked to job stress; with pain in men predicted by the job's physical demands & women more susceptible to psychosocial aspects of their work environments.
- Althaus A, Arránz Becker O, et al. Distinguishing between pain intensity and pain resolution: Using acute post-surgical pain trajectories to predict chronic post-surgical pain. *Eur J Pain*. 2014 Apr;18(4):513-21. The trajectory of [pain the first 5 days after surgery](#) predicts the development of chronic pain. Depression appeared to hinder recovery in contrast to better pain resolution rates for those with anxiety.
- Patel KV, Guralnik JM, Dansie EJ, et al. [Prevalence and impact of pain among older adults](#) in the United States: findings from the 2011 National Health and Aging Trends Study. *Pain*. 2013 Dec;154(12):2649-57. Half of older adults have troubling pain that limits functioning,

CAM (Complementary and Alternative Medicine)

- A [five-minute cognitive-behavioral intervention](#) reduces the spread of pain and its unpleasantness over time.
- Optimization of [vitamin D levels for patients with Fibromyalgia](#) has a positive effect on the perception of pain and functional capacity
- Try this 15 minute [relaxing series of back stretches](#) or targeted methods for [tense shoulder stretching](#) using simple yoga movements .

Pain Resources on the Web:

- [Do not tamper with pain medications](#), it can lead to a Prescription drug overdose., which is now the leading cause of accidental death.
- A German Pediatric Pain group produced a [patient education cartoon](#) on chronic pain that may be useful for those treating kids with pain.

Pain-Related Education Opportunities

- 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. Jun 23rd Treating Chronic Refractory Pain in Older Adults: What are the issues? 3-4pm. Register maw2054@med.cornell.edu free
- Mon-Fri June 23-27 [Harvard Medical School Principles & Practice of Pain Medicine](#) Cambridge, MA great speakers; Registration fees.

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri June 6th. Founders House 325 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Wed, June 20th Founders House 325 @ 8am – 12:30pm [email for info](#).
- *Gain Control of Complex Pain* (Level III) Fri. June 27th 8am – 4:00pm Founders House 325 (Level II training prerequisite) [email for info](#).
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am*. email: [Margaret Spinale](mailto:Margaret.Spinale) for more information.
- *Chronic Pain Rounds* in MGH Ether Dome. Email [Tina Toland](mailto:Tina.Toland) for more information.

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
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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