

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

- CDC links [State opioid prescribing patterns](#) to overdose deaths & laws, praising the impact of restricted access & regulating prescribers.
- New England governors (except Maine) hold a [summit on opioid abuse](#) & agree to share data to cut “doctor shopping” across state lines.
- [IOM stands behind Relieving Pain in America](#) as an exposé of chronic pain as a serious medical problem too often demeaned or ignored.
- The State-by-State [report cards for public policies affecting pain](#) for calendar year 2013 have been released, showing many improvements
- Over [200 laws passed in first 6 months of 2014](#) that affect patients in pain & professionals treating them. Most focus on avoiding opioids.

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

- Wilson SH, Elliott MP, Wolf BJ, et al. A prospective observational study of [ethnic and racial differences](#) in neuraxial labor analgesia request and pain relief. *Anesth Analg*. 2014 Jul;119(1):105-9. Hispanic, Asian & African American women wait longer for epidurals.
- Powers SW1, Kashikar-Zuck SM2, Allen JR3, 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. Children with migraines usually become adults with headache. Using amitriptyline plus CBT, young patients had fewer, less intense/disabling headaches than with those with added education
- Oliver DP, Wittenberg-Lyles E, Washington K, et al. Hospice [caregivers' experiences with pain management](#): "I'm not a doctor, and I don't know if I helped her go faster or slower". *J Pain Symptom Manage*. 2013 Dec;46(6):846-58. End of life pain treatment plans are essential given 40% have severe pain. Plans should be tailored keeping in mind the burden, values & beliefs of family caregivers who also suffer.
- Vaso A, Adahan HM, Gjika A, et al. Peripheral nervous system origin of [Phantom Limb Pain](#). *Pain*. 2014 Jul;155(7):1384-91. In addition to a “top-down” mechanism that most phantom pain treatment targets, the peripheral nerves & dorsal root ganglion should also be targeted.
- Petersen GL, Finnerup NB, Colloca L, et al. The [magnitude of nocebo effects in pain](#): A meta-analysis. *Pain*. 2014 Aug.155(8): 1426-1434. Nocebo effects, whereby undesired side effects or treatment failures occur because of the professional's suggestion that side effects will occur, &/or the patient's expectation of failure; has a moderate to large effect on clinical outcomes. Cautious description of side effects and consideration of the patient's prior response to therapy can thus be a powerful aide, or a barrier to achieving desired outcomes.
- Bouffard J, Bouyer LJ, Roy JS, et al. Tonic pain experienced during locomotor training impairs retention despite normal performance during acquisition. *J Neurosci*. 2014, July 34(28):9190-9195. [Pain interferes with motor learning](#) highlighting the importance of relief.

MGH Cares About Pain Relief
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To be added to or removed from the Pain Relief Connection mailing list, send an email to PainRelief@partners.org

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

- Kramer HH, Hofbauer LC, Szalay G, et al. Osteoprotegerin - a new biomarker for impaired bone metabolism in complex regional pain syndrome? *Pain*. 2014 May;155(5):889-95. A new [biomarker may help identify CRPS](#) patients with CRPS and improve treatment options.
- Schwehkglenks M, Gerbershagen HJ, Taylor RS, et al. Correlates of satisfaction with pain treatment in the acute postoperative period: results from the international PAIN OUT registry. *Pain*. 2014 Jul;155(7):1401-11. [Satisfaction with pain control is enhanced](#) when patients' comfort level results in no desire for further treatment, and when they are both informed of and involved in the treatment planning process.
- Moore A, Wiffen P, Kalso E. Antiepileptic drugs for neuropathic pain and fibromyalgia. *JAMA*. 2014;312:182-3. Summarizing 10 Cochrane reviews of antiepileptics, only [gabapentin & pregabalin modestly reduce neuropathic pain](#); but only pregabalin is effective for fibromyalgia.
- Samala RV, Bloise R, Davis MP. Efficacy and safety of a six-hour continuous overlap method for converting [intravenous to transdermal fentanyl](#) in cancer pain. *J Pain Symptom Manage*. 2014 Jul;48(1):132-6. When converting patients from IV to transdermal Fentanyl; a 1:1 conversion ratio can be used and it is safe to maintain the IV infusion for 6 hours after placement of the patch with proper monitoring.

CAM (Complementary and Alternative Medicine)

- In addition to analgesics, [foot massage](#) (5 minutes each foot) cut pain and improved vital signs after breast surgery for at least 2 hours.
- Passive distraction may not be as effective for 10-17 year olds with acute burn treatment pain as [immersive virtual reality](#) requiring action.
- What's the Buzz over the [Buzzy Device](#) ? It's a vibrating , numbing ice pack for procedural pain, that may help with other types of pain too.
- A systematic review details evidence that [acupressure relieves pain](#), especially the [Hoku point](#) for labor pain, headaches & other pains.
- Research on [Vagal Nerve Stimulation](#) as a way to cut pain, and potential amplifiers are reviewed along with a theory of opioid resistance.
- A new [TENS unit is available without a prescription](#), developed by NeuroMetrix to relieve leg pain using electrical stimulation.

Pain Resources on the Web:

- [Opioid Treatment agreements](#) can reduce opioid-induced harms; but [extremely inflexible agreements](#) can hinder therapeutic relationship
- Guidance for helping the patient to [establish realistic goals](#) by understanding their physical capacity and mastery of coping strategies.
- The National Comprehensive Cancer Network posted a revised 2014 Evidence-based [guideline for cancer pain management](#). Free log-in.
- The use of [Complementary and Alternative Therapy for Fibromyalgia](#) is often beneficial , and has a growing base of research support..

Pain-Related Education Opportunities

- Tue-Sat. Sept 2-6; [PAINWeek](#) offers over 120 CE hours on pain with a number of different tracks. The largest pain CE event .Las Vegas
- Wed-Sat Sept 17-20 The American Society for [Pain Management Nursing](#) will hold its 24th Annual conference in San Diego
- Mon-Tue Sept 29-30; The NIH examines The [Role of Opioids](#) in the Treatment of Chronic Pain. Attend free or watch live video cast .

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri August 8th. *Founders House 325* 8am – 9am. No registration required. [email for info](#)
- *Tools & Techniques for Effective Pain Management* (Level II) – Thur. Sept. 11th *Founders House 325* 1– 5pm [email for info](#).
- *Master Control of Pain* (Pain Champion) Fri. October 24th 8am – 4:00pm *Founders House 325* [email for info](#).
- *Palliative Care Grand Rounds* ([email Margaret Spinale](#)) and the *Chronic Pain Rounds* ([email Tina Toland](#)) will resume in the fall.

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
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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