

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

- President Obama's plan [to combat prescription drug & heroin abuse](#) convenes dozens of public/private groups that will impact pain treatment.
- FDA approves a [wearable NeuroMetrix device for chronic pain](#) relief. A smartphone app wirelessly links to the device for optimal relief.
- Massachusetts Governor Baker proposes legislation to [limit 1st time opioid prescriptions to a 3-day supply](#) & force [coerced addiction treatment](#).
- [Outrage](#) continues over the [CDC opioid guideline development process](#) as the January 2016 effective date looms [Cancer Society weighs in](#).
- The NIH [Interagency Pain Research Coordinating Committee is seeking new members](#), to prioritize funding & identify gaps in pain research.
- The [FDA responds to Congress](#), who publicly claimed that they are not doing enough to curb the pattern of opioid misuse.
- Drugs in a new class (Januvia, Onglyza, Tradjenta & Nesina) of Type 2 Diabetes drugs [DPP-4 inhibitors may cause severe joint pain](#).
- FDA considers [extending the Black Box warning & REMS to include IR opioids](#) in light of favorable outcomes of those safety measures.
- [The Essure implant](#), a permanent birth control option for women, may require surgical removal if severe chronic pain develops.
- FDA approved [Buprenorphine medicated buccal film](#) (Belbuca) used every 12 hours around-the-clock, when chronic opioid therapy is needed.

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

- Hoppe JA, Nelson LS, Perrone J, et al. Opioid prescribing in a cross section of [US Emergency Departments](#). *Ann Emerg Med*. 2015 Sep;66(3):253-259. In a study of ED patients treated during a single week across the country, 17% of discharged patients were prescribed opioid pain relievers. The majority of the prescriptions had small pill counts and almost exclusively immediate-release formulations.
- Herr, K., St. Marie, B.J., Gordon, D., et al. An interprofessional consensus of core competencies for prelicensure education in pain management: curriculum application for nursing. *J Nurs Educ*. 2015 Jun;54(6):317-27. [Pain management core competencies](#) must be integrated into prelicensure nursing education to ensure that nurses have the essential knowledge and skills needed to care for patients.
- LeResche L, Saunders K, Dublin S, et al. [Sex and age differences in global pain status](#) among patients using opioids long term for chronic noncancer pain. *J Womens Health*. 2015 Aug;24(8):629-35. Only about 20% of patients improve on long term opioids, women benefit less.
- Katz J, Weinrib A, Fashler SR, et al. The Toronto General Hospital transitional pain service: Development and implementation of a multidisciplinary program to prevent chronic postsurgical pain. *J Pain Res*. October 2015 (8):695—702. Model program [prevents chronic postsurgical pain in a proactive multimodal way](#) through team effort by pain physicians, advanced nurses, psychologists & physiotherapists.
- Aslaksen PM, Lyby PS. Fear of pain potentiates nocebo hyperalgesia. *J Pain Res*. 2015 Oct 12;8:703-10. [Fear of medical pain](#) created a hypersensitivity to pain after being told to expect pain from a topically applied placebo treatment. Personality or other traits had no impact.

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

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

- Giron SE, Griffis CA, Burkard JF. Chronic pain and decreased opioid efficacy: An inflammatory link. *Pain Manag Nurs*. 2015 Oct;16(5):819-31. [Targeting glial cells & anti-inflammatory pathways](#) may be more effective when opioid efficacy wanes with certain types of chronic pain.
- Somers TJ, Abernethy AP, Edmond SN, K, et al. A Pilot Study of a Mobile Health Pain Coping Skills Training Protocol for Patients With Persistent Cancer Pain. *J Pain Symptom Manage*. 2015 Oct;50(4):553-8. Mobile health (mHealth) technology delivered pain coping skills training (PCST) [interventions at home shows differences in pain](#), physical symptoms, psychological distress, & pain catastrophizing.
- Palermo TM, Law EF, Zhou C, et al. Trajectories of change during a randomized controlled trial of internet-delivered psychological treatment for adolescent chronic pain: [how does change in pain and function relate?](#) *Pain*. 2015 Apr;156(4):626-34. Trajectories of change showed that some patients' pain and functional disability were improving, others worsened or changed minimally. Pain and function were independent of each other, but linear and quadratic effects were observed. Identifying which pattern the patient is responding to can help tailor therapy.
- Guillory J, Chang P, Henderson CR Jr, et al. Piloting a [text message-based social support intervention for patients with chronic pain](#): Establishing feasibility and preliminary efficacy. *Clin J Pain*. 2015 Jun;31(6):548-56. Having chronic pain patients download a pain App on Smartphone to track pain, its impact on function and mood pain is feasible & beneficial when combined with sending text messages.
- Eipe N, Penning J, Yazdi F, et al. Perioperative use of pregabalin for acute pain—a systematic review and meta-analysis. *Pain*. 2015 Jul;156(7):1284-300. [Perioperative pregabalin cuts opioid use](#) by 16% on average, and reduces postoperative pain to a small degree.
- Kamper SJ, Apeldoorn AT, Chiarotto A, et al. Multidisciplinary biopsychosocial rehabilitation for chronic low back pain: Cochrane systematic review and meta-analysis. *BMJ*. 2015 Feb 18;350:h444. [Biopsychosocial rehab. cuts back pain & disability to a modest degree](#) and is better than standard care or physical treatments. Work status beyond 1 year is better than physical modalities, but not better than standard care.

Pain Resources on the Web:

- [Non-drug cancer pain treatments](#) including relaxation, imagery, distraction, skin stimulation, emotional support & acupuncture are described.
- The [Pain Research Forum](#) is an online community of pain researchers; highlighting key advances and sharing resources through news.

CIH (Complementary Integrative Health approaches; formerly called Complementary Alternative Medicine [CAM])

- Systematic review shows [music reduces postoperative pain, anxiety and analgesia use](#) making patients more satisfied.
- Emerging research shows [high-intensity focused ultrasound](#) may be useful for musculoskeletal and neuropathic pain.
- [High-Energy Extracorporeal Shockwave Therapy](#) may be as effective as more invasive treatments for rotator cuff pain.
- PEA (Palmitoylethanolamide) is [nutritional supplement that lowers the pain of nerve compression](#) syndromes like Sciatica and Carpel Tunnel.

Pain-Related Education Opportunities

- Thur, Nov. 12th Caring for our Veterans in Pain in a Community Hospital. 8:00 AM – 4:00 PM Norwood Hospital, MA [email for info](#).
- Tues – Thurs, Dec. 8 – 10th The Science of Pain and Its Management: Latest biopsychosocial research. London, England [email for info](#)

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* (Level II) – Thursday, January 21st, 2016 Founders House 325 @ 1 – 5pm [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday mornings from 8:00 AM – 9:00 AM, Ether Dome. email: [Margaret Spinale](#) for more information
- *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: (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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