

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

- [Veteran with chronic pain kills himself in protest](#) of the VA's inability, unwillingness to treat pain; & for planning to stop helpful treatments.
- The controversy over [CDC opioid guidelines](#) continues, as payers & anti-opioid experts ignore pain patients' pleas; possibly for financial gains.
- Legal group requests withdrawal of pending [CDC's Opioid Guideline](#) given procedural violations, lack of transparency & expected patient harm.
- Massachusetts Medical Society recommends [improvements to proposed restrictive opioid prescribing bills](#) proposed as HB 3817 & SB 2020.
- Oxaydo, immediate release [oxycodone with abuse deterrent "Aversion" properties](#) that make snorting or injecting unpleasant is now available.
- [Proposed legislation falls short](#) by addressing the well-known problem of opioid abuse, but not the under-publicized epidemic of chronic pain.

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

- Radvansky BM, Shah K, Parikh A, et al. Role of ketamine in acute postoperative pain management: A narrative review. *Biomed Res Int*. 2015 :749837. The [safety and efficacy of perioperative ketamine](#) for up to 48 hours appears to be favorable, but more research is needed.
- Gulur P, Koury K, Arnstein P, et al. Morphine versus hydromorphone: does choice of opioid influence outcomes?," *Pain Research and Treatment*, 2015, ID 482081. [Hydromorphone is more problem prone than morphine](#) with more rescue drug use, adverse events, length of stay, and readmission rates. The pattern of increasing use of hydromorphone over morphine as a first line, first choice opioid is not justified.
- Moore RA, Derry S, Wiffen PJ, et al. Overview review: Comparative efficacy of oral ibuprofen and paracetamol (acetaminophen) across acute and chronic pain conditions. *Eur J Pain*. 2015 Oct;19(9):1213-23. [Ibuprofen is superior to acetaminophen](#) for acute pain, arthritis, headaches, and other forms of acute and chronic pain. Acetaminophen appears most efficacious when used in combination with ibuprofen.
- Bektaş Ö, Uğur C, Gençtürk ZB, et al. Relationship of childhood headaches with preferences in leisure time activities, depression, anxiety and eating habits: A population-based, cross-sectional study. *Cephalalgia*; 2015; 35(6):527-37. Pediatric headaches are common, with lifestyle and psychosocial factors identified as a contributing factor. Coping skills & encouraging more activity can [help children with headaches](#).
- Narouze S, Benzon HT, Provenzano DA, et al. Interventional spine and pain procedures in patients on antiplatelet and anticoagulant medications: (Guidelines) *Reg Anesth Pain Med*. 2015 May-Jun;40(3):182-212. Guidelines from a collaborative multispecialty effort to stratify and mitigate the [risk of bleeding from interventional spine & pain procedures](#) are categorized as low, intermediate & high-risk procedures.
- Lee H, Hubscher M, Moseley GL, et al. [How does pain lead to disability?](#) A systematic review and meta-analysis of mediation studies in people with back and neck pain. *Pain*. 2015. Jun;156(6):988-97. When patients develop chronic pain; interventions that target self-efficacy, psychological distress, and fear need to be implemented to minimize its disabling effect alongside any methods of pain relief prescribed.

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 pmarnstein@partners.org

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

- Kantor ED, Rehm CD, Haas JS, et al. [Trends in prescription drug use among adults in the United States](#) from 1999-2012. *JAMA*. 2015 Nov 3;314(17):1818-30. Contrary to urgent call to reduce opioid prescribing, the use of opioids rose from 3.8% of adults in 1999 to 5.7% in 2004, and have been declining since. Trends found more than a 2.5% increase in prevalence in use of 11 out of 18 other non-opioid drug classes.
- Mercadante S, Adile C, Cuomo A, et al. [Fentanyl buccal tablet vs. oral morphine](#) in doses proportional to the basal opioid regimen for the management of breakthrough cancer pain: A randomized, crossover, comparison study. *J Pain Symptom Manage*. 2015 Nov;50(5):579-86. Transmucosal fentanyl is superior to oral morphine, well tolerated and targets a timely intervention for cancer-related breakthrough pain.
- Gilron I, Tu D, Holden RR, et al. [Combination of morphine with nortriptyline](#) for neuropathic pain. *Pain*. 2015. For neuropathic pain, the combination of nortriptyline plus morphine works better than monotherapy with either drug. Adverse effects increase 3-8% if used alone.
- Morley G, Briggs E, Chumbley G. Nurses' experiences of [patients with substance-use disorder in pain](#): A phenomenological study. *Pain Manag Nurs*. 2015 Oct;16(5):701-11. Interprofessional education & communication needed to overcome common stigmas & stereotyping
- Eccleston C, Hearn L, Williams AC. [Psychological therapies for the management of chronic neuropathic pain](#) in adults. *Cochrane Database Syst Rev*. 2015 Oct 29;10:CD011259. Group psychotherapy or Cognitive Behavioral Therapy is not safe or effective for neuropathic pain.
- Olsen BF, Rustøen T, Sandvik L, et al. Implementation of a pain management algorithm in intensive care units and evaluation of nurses' level of adherence with the algorithm. *Heart Lung*. 2015 Nov-Dec;44(6):528-33. [Algorithm use improves assessment / management of pain](#) in ICU.
- Oh H, Seo W. A comprehensive review of [Central Post-Stroke Pain](#). *Pain Manag Nurs*. 2015 Oct;16(5):804-18. Severe, chronic post stroke pain is a complex clinical phenomenon, in part due to poorly defined clinical characteristics and diagnostic criteria that need better delineation.

Pain Resources on the Web:

- The American Academy of Pain Medicine has a webpage devoted to [Pain Research in the News](#) organized by date or pain type.
- Legislation affecting pain is everywhere. Check the [State Pain Policy Advocacy Network](#) for information & ways to help.

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

- Adults in the [United States spent \\$14.9 billion out of pocket on complementary health approaches](#) especially for back pain.
- Adding [acupuncture or the Alexander Technique](#) to neck pain regimens improves relief and functioning better than usual care.
- [Mindfulness meditation's cuts pain](#) intensity & unpleasantness better than the placebos while changing brain activity.
- The acronym SWEM ([Socialize Work, Exercise & Meditate](#)) is suggested as an operational biopsychosocial model of chronic pain treatment.

Pain-Related Education Opportunities

- Thu – Sun, Feb 18 – 21st *Ensuring access to pain care: [Engaging pain medicine and primary care teams](#). Palm Springs, CA*
- Sun, Apr 17th *General [Principles of Pain Management](#) for Family Practice/ Williamsburg, VA, or self-directed learning CME*
- On-line [Nursing Continuing Education Credits related to pain](#) management, from general topics to population-specific issues

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management (Level II) – Thursday, January 21st, 2016 Founders House 325 @ 8 – 1pm [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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