

# 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

- Office of National Drug Control Policy addresses declining trends in [prescription opioid use](#) with more heroin abuse, and future policy needs.
- Ionsys, a [needleless transdermal PCA -device](#) is approved to give Fentanyl (with REMS) for postoperative pain on demand.
- As US rates drop by 20%, [opioid prescriptions & deaths rise in Canada](#) prompting reforms like requiring prescription opioids to be tamper-proof.
- FDA approved a [new type of spinal cord stimulator](#) for intractable body/limb pain that doesn't tingle like prior devices that bothers some patients.
- Governor Charlie Baker will reveal the Opioid Working Group proposal for a [state-wide strategy to combat opioid abuse](#) and deaths.
- June is [Migraine Awareness Month](#) to make the issues that face 4 million Americans more visible. Get [daily tweets](#) for the latest information.

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

- Finnerup NB, Attal N, Haroutounian S, et al. [Pharmacotherapy for neuropathic pain](#) in adults: a systematic review & meta-analysis. *Lancet Neurol.* 2015 Feb;14(2):162-73. TCA antidepressants, opioids & botox are more effective than more frequently used neuropathic drugs.
- Tauben D. Nonopioid Medications for Pain. *Phys Med Rehabil Clin N Am.* 2015 May;26(2):219-248. Good review of basic [pharmacology, & evidence on nonopioid effectiveness](#) to reduce over-reliance on opioids.
- Ungprasert P, Cheungpasitporn W, Crowson CS, et al. Individual non-steroidal anti-inflammatory drugs and risk of acute kidney injury (AKI): A systematic review & meta-analysis of observational studies. *Eur J Intern Med.* 2015 May;26(4):285-91. A class-wide [NSAID effect increases the risk of acute kidney injury](#) by approximately 2-fold in the meta-analysis with diclofenac, meloxicam & celecoxib use trending to AKI.
- Humble SR, Dalton AJ, Li L. A systematic review of therapeutic interventions to reduce acute & chronic [post-surgical pain after amputation, thoracotomy or mastectomy](#). *Eur J Pain.* 2015 Apr;19(4):451-65. Many perioperative adjuvants cuts acute & chronic pain after surgery.
- Cady R, Saper J, Dexter K, et al. A double-blind, placebo-controlled study of repetitive transnasal sphenopalatine ganglion blockade with tx360(®) as [acute treatment for chronic migraine](#). *Headache.* 2015 Jan;55(1):101-16. Nasal Bupivacaine (x12) cut pain & impact of migraines.
- Heapy AA, Higgins DM, Cervone D, et al. A systematic review of [technology-assisted self-management](#) interventions for chronic pain: looking across treatment modalities. *Clin J Pain.* 2015 Jun;31(6):470-92. Telephone, interactive voice response & Internet-based chronic pain self-management programs are efficacious for improving adult chronic pain with no clearly superior modality identified yet.
- Kalafutova S, Juraskova B, Vlcek J. The impact of [combinations of non-steroidal anti-inflammatory drugs & anti-hypertensive agents](#) on blood pressure. *Adv Clin Exp Med.* 2014 Nov-Dec;23(6):993-1000. Indomethacin, naproxen & piroxicam increase BP more than sulindac or aspirin. Calcium channel blockers (nifedipine, felodipine & amlodipine) may be best when patients need ongoing NSAID & anti-hypertensive therapy.

MGH Cares About Pain Relief  
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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 [pmarnstein@partners.org](mailto:pmarnstein@partners.org)

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

- Albu S, Gómez-Soriano J, Avila-Martin G, et al. Deficient conditioned pain modulation after spinal cord injury correlates with clinical spontaneous pain measures *Pain*. 2015. Feb.156(2):260-272. Spinal cord injury [alters pain modulation](#) that can produce neuropathic pain.
- Williams CM, Maher CG, Latimer J, et al. Efficacy of paracetamol for acute low-back pain: a double-blind, randomised controlled trial. *Lancet*. 2014 Nov 1;384(9954):1586-96. [Acetaminophen doesn't improve recovery time](#) from low back pain questioning advice to standardize its use.
- Kelly LE, Sommer DD, Ramakrishna J, et al. Morphine or Ibuprofen for post-tonsillectomy analgesia: a randomized trial. *Pediatrics*. 2015 Feb;135(2):307-13. [Ibuprofen +APAP provided comparable analgesia](#) to morphine in 1-10 y/o children a better safety profile (less hypoxia).
- Sverrisdóttir E, Lund TM, Olesen AE, et al. A [review of morphine](#) & morphine-6-glucuronide's pharmacokinetic-pharmacodynamic relationships in experimental and clinical pain. *Eur J Pharm Sci*. 2015 Jul 10;74:45-62. Pharmacological explanation of variable responses to morphine.
- Coluzzi F, Raffa RB, Pergolizzi J, et al. Tapentadol prolonged release for patients with multiple myeloma suffering from moderate-to-severe cancer pain due to bone disease. *J. Pain Res*. 2015.(8):229—238. [Tapentadol cuts nociceptive & neuropathic elements of bone cancer](#) pain.

## Pain Resources on the Web:

- Patient education tool on [safe use, safe storage and safe disposal](#) of ER/LA opioids & [avoiding alcohol](#) interactions.
- Which nonpharmacologic therapies help [pediatric patients with functional abdominal pain](#) the most?
- American Academy of Pain Medicine has several [excellent short videos](#) explaining pain & its treatment in clear terms.
- What we learned in 2014 about [women and pain](#); how it differs, why it is more prevalent, best coping & treatment strategies.
- [Nerve Man](#) is an interactive tool that helps describe the character and location of common neuropathic pain disorders.

## CAM (Complementary and Alternative Medicine)

- [Oxygen-ozone therapy](#) is emerging as a treatment for chronic refractory pain associated with herniated lumbar disc.
- [Crossing & uncrossing fingers may cut pain](#) by confusing brain circuitry and ability to perceive pain accurately.
- [Distraction may more effectively cut pain in catastrophizers](#) by reducing the amplification of pain by focusing on it.
- [Botox foot injections](#) cut painful diabetic neuropathy without significant adverse reactions (paralysis or infection).

## Pain-Related Education Opportunities

- Sun – Tues, June 7 – 9<sup>th</sup> [International Conference on Opioids](#) presents latest ways to improve outcomes & cut risks. Boston, MA
- Tue – Wed, June 9 – 10<sup>th</sup> [Interprofessional SBIRT Conference](#) Learn to help those with substance use disorder. Pittsburgh, PA
- Mon – Fri, June 1 – 5<sup>th</sup> Harvard Medical School's [Principles and Practice of Pain Medicine](#) expert faculty. Cambridge, MA
- Sat – Sat, July 18 – 25<sup>th</sup> [Brain Reorganization with Chronic Pain](#) and Predictors of Chronification. Conference in the Italian Alps
- Thur – Sat, July 23 – 25<sup>th</sup> [Treating chronic pain in Primary Care](#) collaboration Family Practice & Pain Specialists. Orlando, FL

## MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri, June 5<sup>th</sup> *Founders House 325* 8:00 AM – 9:00 AM. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level I) – Tues, June 2<sup>nd</sup> *Founders House 325* 1:00 PM – 5:00 PM [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome.
- *Chronic Pain Rounds* in MGH Ether Dome Mondays at Noon. 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](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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