PAIN RELIEF CONNECTION
THE PAIN INFORMATION NEWSLETTER

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

In the News

- American Society for Pain Management Nursing issues a statement: the Use of Opioids for Chronic Pain While Preventing Abuse & Diversion
- FDA Approves Narcan Nasal Spray as a rescue for opioid overdose & expands indication for IV ibuprofen to include children with pain or fever.
- IASP Announces the 2016 Global Year Against Pain in the Joints with many multilingual research reviews and clinical decision support.
- Over 4000 comments to the CDC draft guideline were received in 1 month; enter CDC-2015-0112 then click view all. See related commentary.
- An over-the-counter ibuprofen patch that delivers medicine right where it is needed for 12 hours could be available in the next 2 years.
- Hydrocodone prescriptions down 22% yielding 750 million fewer tablets dispensed since it became a more restricted schedule II drug.

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

- Wasan AD, Michna E, Edwards RR, et al. Psychiatric comorbidity is associated prospectively with diminished opioid analgesia and increased opioid misuse in patients with chronic low back pain. Anesthesiology. 2015 Oct;123(4):861-72. Those with chronic low back pain and concurrent high anxiety/depression scores report half the relief from opioid analgesics and have more side effects than those with low scores.
- Pillai Riddell RR, Racine NM, Gennis HG, et al. Non-pharmacological management of infant and young child procedural pain. Cochrane Database Syst Rev. 2015 Dec 2;12:CD006275 Unrelieved pain in neonates has known long-term biopsychosocial problems linked, and can be prevented or relieved with non-nutritive sucking, swaddling/facilitated tucking, rocking/holding among other effective interventions.
**Journal Watch** [MGHers can obtain articles through the Treadwell home page](http://www.massgeneral.org/painresearch) (continued)

- Crawford CL, Boller J, Jadalla A, et al. An integrative review of Pain Resource Nurse programs. Crit Care Nurs Q. 2016 Jan-Mar;39(1):64-82. Leadership commitment that fosters active involvement and embeds a culture of effective pain management throughout the organization is integral to the [effectiveness of pain resource nurse programs](http://www.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain). Collaborative multidisciplinary teamwork & communication is needed to address both staff and organizational barriers that need to be overcome in order to have the programs and systems needed for optimal pain control.


### Pain Resources on the Web:

- Website and online community dedicated to facilitate peer support and education for [adolescents with chronic pain](http://wsd.massgeneral.org/painrelief) & their families.

- Guidance on managing [pain in the older adult before, during, and after surgery](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain) is disseminated by leading professional organizations.

- Failure to effectively monitor postoperative patients for [opioid-induced respiratory depression](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain) is the #3 health technology hazards in 2016.

- Can opioids be manufactured from sugar by the actions of genetically modified yeast strains? Does this explain neonatal relief from sucrose?

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

- An upgraded [wearable electric stimulation technology](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain) called “Quell” yields pain relief that will be soon be adjustable via a Smartphone app.

- iTens making its debut at trade show, the 1st FDA-cleared wireless TENS device that works via an iPhone or Android based app.


- [High definition transcranial electrical](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain) stimulation provides significant benefit to half of fibromyalgia patients.

- A systematic review shows [music reduces postoperative pain](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain), anxiety & analgesic use, while improving satisfaction, even when anesthetized.

### Pain-Related Education Opportunities


- **Wednesday – Saturday, May 11 – 14, 2016**, the [American Pain Society 35th Annual Scientific Meeting](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain) will be held in Austin, TX.

### MGH Pain Calendar

- **Tools and Techniques for Effective Pain Management** (Level II) – **Tuesday, June 7, 2016** Founders House 325 @ 8 AM – 1 PM [Sign-up](http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain).

- Palliative Care Grand Rounds are Wednesday mornings from 8 AM – 9 AM, Ether Dome. email: [Margaret Spinale](mailto:Margaret.Spinale@partners.org) for more information

- **Chronic Pain Rounds** in MGH Ether Dome. Email [Tina Toland](mailto:Tina.Toland@partners.org) for details.

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**MGH Pain Resources**

The Patient Education Television: Dial 4-5212 from patient’s phone then order; (see handbook) [http://handbook.partners.org/painrelief/168](http://handbook.partners.org/painrelief/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](http://www.massgeneral.org/painresearch)


MGH Palliative Care: [http://www.massgeneral.org/palliativecare](http://www.massgeneral.org/palliativecare)


Intranet site for MGH use to locate pain assessment tools and policies: [http://intranet.massgeneral.org/pcs/Pain/index.asp](http://intranet.massgeneral.org/pcs/Pain/index.asp)

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**MGH Cares About Pain Relief**

Massachusetts General Hospital

PainRelief@partners.org [http://www.mghpcs.org/painrelief](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