In the News

- Obama announced federal, state, local and private sector collaborative efforts to cut prescription drug & heroin abuse.
- Governors outline priorities for addressing the opioid crisis at a National Governors Association annual winter meeting in Washington, DC.
- Senator Warren urges swift passage of CDC’s Opioid prescribing guidelines to stem the tide of opioid overdose deaths in Massachusetts.
- FDA seizes supply of a dietary supplement that contains Kratom, a natural non-papoy opiate, linked to fatal drug interactions.
- Novel system delivers intranasal sumatriptan powder during exhalation, for acute migraine (with or without aura), once daily as needed.
- Pediatricians calls for good assessment & effective pain prevention / treatment so newborns aren’t exposed to the harmful effects of pain.
- Massachusetts Gov. Baker detailed an agreement with deans to integrate safe opioid prescribing into medical & dental school curricula.
- Citizens petition FDA demanding blackbox warning revisions warning of potentially fatal concurrent misuse of benzodiazepines & opioids.
- Actavis fentanyl patches are not adhering properly. Investigations are underway to distinguish manufacturing from patient root causes.

Journal Watch

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

- Ventzel L, Jensen AB, Jensen AR, et al. Chemotherapy-induced pain and neuropathy: A prospective study in patients treated with adjuvant oxaliplatin or docetaxel. *Pain* 2016 Mar;157(3):560-8. Although half of treated patients develop oxaliplatin or docetaxel induced neuropathy within a year, the patterns and risks vary by drug with more oxaliplatin (64%) than docetaxel (45%) patients having neuropathy at 1 year.


**Pain Resources on the Web:**

- The American Chronic Pain Association (ACPA) posted their annual Pain Resource Guide & new pain-related videos.
- Good reasons we should monitor patients with chronic pain for alcohol use due to concerning drug interactions.
- Poignant story and lessons a wife learned from her husband’s pain about looking past poor science to treat the person.
- Patient education on over the counter pain relievers; including safely taking and storing pain medications.
- The AMA has compiled a list of State & Medical Society Opioid Abuse Prevention Resources many provide free CME.
- The Society of Hospital Medicine published a toolkit & implementation guide on reducing opioid-related adverse events (free log-in required).
- ASPMN position paper warns prescribing & administering opioid doses based solely on pain intensity may be unsafe and ineffective.
- Professional organizations unite to disseminate Tools For Safe Opioid Prescribing in Chronic Pain Management loaded with resources.

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

- Maple syrup & inflammation-blocking foods reveal a scientific link between diet, chronic pain & inflammation (see Table 2 & 3 for summary).
- Nice review of physical, psychosocial & complementary nondrug approaches to managing pain in children after assessing pediatric pain.
- Transcranial magnetic stimulation cuts lumbosacral radiculopathy pain better than transcranial direct current stimulation or placebo.

**Pain-Related Education Opportunities**

- Wednesday – Saturday, May 11 – 14, 2016, the American Pain Society 35th Annual Scientific Meeting 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.
- Palliative Care Grand Rounds are Wednesday mornings from 8 AM – 9 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) http://handbook.partners.org/pages/168
- #120 Acute Pain
- #279 for Chronic Pain
- #280 for Cancer Pain
- #281 for Communicating Pain
- #282 for Pain Medications
- 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

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