

PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

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

Inside this issue:

In the News.....Page 1
Journal Watch.....Page 1-2
CIH.....Page 2

Pain Resources on the Web.....Page 2
Pain Education Opportunities.....Page 2
MGH Pain Calendar & Resources.....Page 2

In the News

- [Tighter opioid laws](#) aren't reducing addiction or overdose death rates, and may be hurting those with chronic pain as doctors cut back on prescribing.
- FDA recommends [label changes for aspirin & acetaminophen](#) while implementing [updated opioid labeled warnings](#) about potential serious harms.
- Two perspectives on [the causes of & solutions to the prescription opioid crisis](#). What can the "Gin Craze" or the "Swiss experience" teach us?
- A cluster of unintentional overdoses seen in Northern California from [tablets of illicit "Norco" tainted](#) with a nonfentanyl-based synthetic opioid.
- By 2019, Medicare will have the authority to track and [revoke privileges of those who inappropriately prescribe](#) opioids to persons without cancer.
- Purdue Pharma diversifies to advance [education, research](#) and better treatments for [complex pain](#) and [opioid induced constipation](#).
- FDA approved [a new abuse-deterrent morphine tablet](#) that impeded abuse with physical and chemical properties that make manipulation difficult.
- From 2011 – 2015 there has been a [10% cut in opioids prescribed & an 11% increase in NSAIDs](#) prescribed. Reports of NSAID harm is on the rise.
- [Opioid-related hospitalizations increased by 64%](#), and ED visits increase 14-fold in a decade with the [Northeast and Northwest](#) hit the hardest.
- Chronic pain patients indicate [opioids lower pain "very well"](#) with 92% indicating some relief & improved quality of life; but a 3rd think they're hooked.
- Examining advances in 2016, oral [ketamine and/or metformin](#) show promise in the treatment for refractory pain syndromes in the coming year.
- Massachusetts now has a [voluntary non-opioid directive](#) for citizens to decline in advance the administration&/or prescription of opioids for pain.

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

- Anderson T. [Doctors lobby for better chronic pain management](#). *Lancet*. 2016;388:2856-2858. Campaigns are directed at policy makers to acknowledge that chronic pain is a disease, in order to facilitate access to multidisciplinary treatments when initial therapy fails.
- Nissen SE, Yeomans ND, Solomon DH, et al. [Cardiovascular safety of celecoxib, naproxen, or ibuprofen](#) for arthritis. *N Engl J Med*. 2016 Dec 29;375(26):2519-29. Celecoxib 200mg per day doesn't present a greater CV safety risk than traditional NSAIDs (naproxen & ibuprofen).
- Marcum ZA, Duncan NA, Makris UE. [Pharmacotherapies in geriatric chronic pain management](#). *Clin Geriatr Med*. 2016 Nov;32(4):705-724. Acetaminophen is being reconsidered as a first choice analgesic for older adults with moderate-severe pain because of limited effectiveness for many conditions and similar gastrointestinal, cardiovascular and renal toxicity as NSAIDs with prolonged use at high doses
- Quinn PD, Hur K, Chang Z, et al. Incident and long-term opioid therapy among patients with psychiatric conditions and medications: a national study of commercial health care claims. *Pain*. 2017 Jan;158(1):140-148. Only [2% of 10.3 million patients filling opioid prescriptions progressed to long-term use](#) 3 years later, although those with ADD or previous substance use disorders had higher rates of chronic use.
- Voerman JS, de Klerk C, Vander Heyden KM, et al. [Pain is associated with poorer grades](#), reduced emotional well-being, and attention problems in adolescents. *Clin J Pain*. 2017 Jan;33(1):44-50. Pain among 7th graders in recent months was linked to poor attention & grades

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)

- Nicholas MK, Asghari A, Blyth FM, et al. Long-term outcomes from training in self-management of chronic pain in an elderly population: a randomized controlled trial. *Pain*. 2017 Jan;158(1):86-95. Participants in [pain self-management program outcomes](#) that includes exercise, education & coping skills maintained significant pain reduction & improved physical, cognitive, emotional functioning better than those who got only exercise.
- Macfarlane GJ, Kronisch C, Dean LE, et al. EULAR revised recommendations for the management of fibromyalgia. *Ann Rheum Dis*. 2017 Feb;76(2):318-328. New evidence-based approaches for [treating fibromyalgia](#) with primarily exercise & non-drug treatments, without medications.
- Gunter BR, Butler KA, Wallace RL, et al. Non-steroidal anti-inflammatory drug-induced cardiovascular adverse events: a meta-analysis. *J Clin Pharm Ther*. 2017 Feb;42(1):27-38. A meta-analysis reveals [Rofecoxib, rather than the class of COX-2 selective drugs, plays a role in the CV risks](#).
- Hartling, Ali, Dryden, Chordiya, et al. How safe are common analgesics for the treatment of acute pain for children? A systematic review. *Pain Res Manag*. 2016;2016:5346819. [Safe use of analgesics in children](#) review supports using ibuprofen & acetaminophen & avoiding opioid monotherapy.
- Derry S, Rice AS, Cole P, et al. [Topical capsaicin \(high concentration\) for chronic neuropathic pain](#) in adults. *Cochrane Database Syst Rev*. 2017 Jan 13;1:CD007393. Topical capsaicin (8%) applied in outpatient settings for post-herpetic neuralgia also may help HIV or Diabetes –induced pain.
- Drury A, Payne S, Brady AM. The cost of survival: an exploration of colorectal cancer survivors' experiences of pain. *Acta Oncol*. 2017 Jan 9:1-7. Nearly [40% of colorectal cancer survivors have pain](#) (& associated fatigue/insomnia) that affects health & quality of life 5 years after initial treatment.
- Heilman JA, Tanski M, Burns B, et al. Decreasing time to pain relief for emergency department patients with extremity fractures. *BMJ Qual Improv Rep*. 2016 Dec;5(1). [Time to treating fracture pain was cut 31%](#) by a team-based initiative to improve assessment, charting & treatment protocols.

Pain Resources on the Web:

- See [Global Year Against Pain After Surgery](#) evidence-based fact sheets & multilingual resources for adults, children, professionals & policy-makers.
- Explanation of what we know about the often misunderstood [Complex Regional Pain Syndrome](#), that may be transient or cause lifelong agony.
- [Community resources for those affected by chronic pain](#); has an array of videos, guidelines and apps for patients and professionals.
- Free CE (5-hrs) provided on the [optimal management of chronic pain](#), particularly using opioids appropriately and managing patients' risk for harm.

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

- An 8-week [sit-n-chair yoga program for elderly](#) cut pain, pain interference & fatigue, while improving gait speed for weeks after therapy was done.
- [Mind-body approaches help children](#) with pain, including bio-feedback, clinical hypnosis, guided imagery, meditation & yoga having the best evidence.
- [Complementary & integrative approaches help older adults](#) live with persistent pain are reviewed, that often help, but sometimes require cautious use
- In addition to low level lasers long known to treat pain, new [High Energy Laser Therapy](#) technology shows benefits in treating lower back pain.
- [Combining stretching & strengthening exercise](#) reduces myofascial pain better than other forms of therapeutic exercise.

Pain-Related Education Opportunities

- Fri, February 10, 2017 from 11:30 – 3:30PM [SCOPE of Pain](#) provides FDA mandated prescriber education for ER opioids & more. Waltham, MA
- March 16 – 19, 2017 [Pain as a Public Health Issue](#) is the AAPM theme for physicians and treatment teams at its annual conference in Orlando FL
- May 17– 20, 2017 [American Pain Society](#) 36th Annual Meeting, offers innovative, interdisciplinary pain science educational sessions Pittsburgh, PA
- June 26 – 30, 2017 [Evaluating and Treating Pain](#); an annual Harvard Medical School training program in Boston, MA

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Thursday, April 13th, 2017 *Founders House 325 @ 8AM – 1PM* [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: [Margaret Spinale](#) for more information.
- Interprofessional Pain Rounds, Ether Dome. For details and schedule email [Paul Arnstein](#) for additional information.

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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