

# 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

- Medical group question [ethics of legalizing of physician-assisted suicide](#) instead of providing care, respect & comfort patients deserve.
- Many [patients with severe/chronic pain often can't get Rx opioids](#) as many doctors have stopped prescribing given scrutiny by others.
- [Marino won't be Drug Czar](#) after and errant "60 Minute" report that through the "Ensuring Patient Access..." bill [legislators misled the DEA](#).
- [FDA approved Lyrica CR](#) a daily pregabalin formulation for neuropathic pain associated with diabetes & postherpetic neuralgia.
- Drug errors involving [opioids account for 24% of medical malpractice claims](#); more than any other drug class. (Free registration)
- National Academy of Medicine issues a [guideline for responsible opioid prescribing](#) & the recognition / treatment of substance use disorder.
- Lancet Commission aims to close the [gap in access to pain relief & palliative care](#), deemed a moral, health & ethical imperative.
- [Pain Society supports marijuana legislation](#) that remove barriers to needed research on the effectiveness of cannabis as a therapeutic option.
- AMA [guidelines for co-prescribing naloxone](#) to patients at risk of opioid overdose, and influencing policies to improve access.
- Insys Therapeutics founder [arrested for fraud & illegal distribution of Fentanyl spray](#) approved for cancer pain, but used for noncancer pain.
- [New spinal cord stimulator](#) with a rechargeable battery can remotely track patient activity levels to guide therapy changes.
- Major chain pharmacy [CVS to limit access to opioid analgesics](#) & extend CDC recommendations beyond its intended target.
- The new [federal research priorities related to pain](#) are intended to guide strategic research planning and to support funding decisions.
- The FDA now recommends [flushing unused opioids down the toilet](#) if unable to dispose of them in a drug take-back program.
- Trump declares [opioid addiction is a public health emergency](#), a short-term measure without readily available, allocated funding.

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

- Gomes T, Juurlink DN, Antoniou T, et al. [Gabapentin, opioids, and the risk of opioid-related death](#): a population-based nested case-control study. *PLoS Med.* 2017; 14(10):e1002396. Co-prescribing gabapentin and opioids places patients at a significantly higher risk of overdose.
- Müller-Lissner S, Bassotti G, Coffin B, et al. [Opioid-induced constipation](#) and bowel dysfunction: A clinical guideline. *Pain Med.* 2017 Oct 1; 18(10):1837-63. The conventional laxatives remain the first choice, with new laxatives, also be effective in selected patients. Newer PAMORA products are effective for select cases of opioid-induced constipation. Best approach to upper GI side effects however, remains unclear.
- Guimarães-Pereira L, Reis P, Abelha F, et al. [Persistent postoperative pain after cardiac surgery](#): a systematic review with meta-analysis regarding incidence and pain intensity. *Pain.* 2017 ct;158(10):1869-85. Over 35% of patients develop [chronic pain after heart surgery](#) with 16% still having the pain 2 years later; often at moderate to severe levels of intensity; which is lower than [rates following orthopedic surgery](#).
- Gálvez R, Navez ML, Moyle G, et al. Capsaicin 8% patch repeat treatment in nondiabetic peripheral neuropathic pain: a 52-week, open-label, single-arm, safety study. *Clin J Pain.* 2017;33(10):921-931. A third of patients got a [30% cut in neuropathic pain with strong capsaicin patch](#).

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

- Stanton M, McClughen D. The CDC [Guideline and its impact on delivering patient-centered care](#). *Pain Manage Nurs* 2017 Oct;18(5):270-2. As health care systems, policymakers & payers adopt mandatory, non-patient-centered policies; prescribers may find themselves having to choose between prescribing based on the standard of care (individualized therapy) & complying with policies or laws that usurp judgement.
- Matos M, Bernardes SF, Goubert L. Why and when [social support predicts older adults' pain-related disability](#): a longitudinal study. *Pain*. 2017 Oct;158(10):1915-24. Review of social support strategies that cut functional dependence & promote older adults' healthy aging.
- Ilhan E, Chee E, Hush J, et al. The prevalence of neuropathic pain is high after treatment for breast cancer: a systematic review. *Pain*. 2017 Nov;158(11):2082-91. [Neuropathic pain after breast cancer treatment](#) has a higher prevalence than that linked to other forms of cancer.
- Macfarlane GJ, Barnish MS, Jones GT. Persons with chronic widespread pain experience excess mortality: longitudinal results from UK Biobank and meta-analysis. *Ann Rheum Dis*. 2017 Nov;76(11):1815-22. Over 5 years & 500,000 people; [chronic widespread pain confers a 60% higher all-cause mortality rate](#) after age, gender, health & lifestyle factors were controlled for. Prevention may lower risk.
- Chan FKL, Ching JYL, Tse, YK, et al. [Gastrointestinal safety of celecoxib versus naproxen](#) in patients with cardiothrombotic diseases and arthritis after upper gastrointestinal bleeding: An industry-independent, double-blind, double-dummy, randomised trial. *Lancet*. 2017;389(10087):2375-82. Patients using cardioprotective aspirin plus an NSAID should use celecoxib & proton-pump inhibitor to cut GI bleed risk.
- Peters ML, Smeets E, Feijge M, et al. [Happy Despite Pain](#): A randomized controlled trial of an 8-week internet-delivered positive psychology intervention for enhancing well-being in patients with chronic pain *Clin J Pain*. 2017 Nov;33(11):962-75. An online CBT program helps
- Meng H, Johnston B, Englesakis M, et al. Selective [cannabinoids for chronic neuropathic pain](#): A systematic review and meta-analysis. *Anesth Analg*. 2017 Nov;125(5):1638-52. Selective cannabinoids provide a on average 0.6/10 point reduction in neuropathic pain intensity.
- Hernandez-Boussard T, Graham LA, Desai K, et al. The fifth vital sign: [Postoperative pain predicts 30-day readmissions](#) and subsequent Emergency Department visits. *Ann Surg*. 2017 Sep;266(3):516-524. Uncontrolled pain has costly outcomes & patient dissatisfaction.
- Tedesco D, Asch SM, Curtin C, et al. [Opioid abuse and poisoning: trends](#) in inpatient and emergency department discharges. *Health Aff* 2017;36(10):1748-1753. Prescription opioid poisonings have been dropping since 2010, while heroin-related events have sharply increased.

### Pain Resources on the Web:

- Three chronic pain & addiction experts discuss the [role of abuse deterrent opioids](#) given current knowledge.
- Website provides useful insights and techniques to help people better [cope when pain creates anxiety](#).
- [Evolving understanding of fibromyalgia](#) is helping us understand centralized pain and the crucial role of nondrug therapies.

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

- FDA approved the SpringTMS [Transcranial Magnet Stimulation device](#) to prevent/treat migraine headaches using a mild electric current.
- [Distraction is effective for pedi procedural pain management](#) but more insights are needed to select best methods for different populations.

### Pain-Related Education Opportunities

- Tue, November 14th [Essentials in Pain Management](#): Update 2017, from physiology to virtual reality by top experts in the field. New York
- Fri, November 17<sup>th</sup> [Pain Care for Primary Care](#) with excellent topics/speakers offered in San Francisco

### MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, January 23, 2018 *Founders House 325 @ 8AM – 1PM* [Sign-up](#) here.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: [Margaret Spinale](#) for more information.

#### MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: see handbook <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://www.massgeneral.org/centerforpainmedicine/>

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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