

# 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*

- To better detect opioid misuse or diversion, the NABP InterConnect system is [linking 20 States' prescription drug monitoring programs](#)
- Although it accounts for only 2% of prescribed analgesics, [methadone is linked to 30% of overdose deaths](#) from prescribed opioids
- The FDA has released information on the new [long-acting opioid REMS](#) for [consumers](#) and [professionals](#) that [affects many pain relievers](#).
- [Tamper-resistant formulations](#) seem to work as drug abusers and criminal have changed from OxyContin to Opana ER to ....what's next?
- Bono Mack and Keating introduce [legislation to promote the use of tamper-resistant prescription opioids](#) to prevent drug misuse.
- Enacarbil, [extended release gabapentin, is FDA approved](#) for postherpetic neuralgia in adults that is easier to initiate, titrate, use & taper.
- Pennsaid is changing its formulation to a more concentrated, [easier to use topical NSAID](#) for the treatment of knee osteoarthritis .
- The [FDA orders a halt to oxycodone manufacture](#) and distribution of unapproved, single-ingredient, immediate-release formulas.

## *Journal Watch*

All items are accessible via MGH computers/library. MGHers can obtain other articles from through the [Treadwell home page](#)

- Kwekkeboom KL, Abbott-Anderson K, Cherwin C, et al. (2012). Pilot randomized controlled trial of a patient-controlled cognitive-behavioral intervention for the pain, fatigue, and sleep disturbance symptom cluster in cancer. *J Pain Symptom Manage. [e-pub ahead of print]* Cognitive-behavioral treatments loaded on MP3 players reduced [concurrent pain, fatigue and insomnia during cancer treatment](#).
- Keefe FJ, Huling DA, Coggins MJ, et al. (2012). [Virtual reality for persistent pain](#): A new direction for behavioral pain management. *Pain. 2012. Jul 4. [Epub ahead of print]* Virtual reality has demonstrated efficacy in alleviating acute procedural pain and facilitating physical therapy. Exciting research protocols are being developed, (e.g. smart phone applications) to help those with persistent pain better cope.
- Park J. Hughes AK. (2012). Nonpharmacological approaches to the management of chronic pain in community-dwelling older adults: a review of empirical evidence. *J Am Geriatr Soc. 60(3):555-68.* [Older adults use many nondrug methods](#) that are not consistently helpful.
- Anghelescu DL, Faughnan LG, Oakes LL, et al. (2012). Parent-controlled PCA for Pain Management in Pediatric Oncology: Is it Safe? *J Pediatr Hematol Oncol, 34 (6):416-20.* [Parent-controlled analgesia](#) is at least as safe (0.62% complication rate) as nurse controlled analgesia for children with cancer; in a setting that has a program for PCA by proxy, when children are unable to self-administer doses.

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

- Tse MM, Vong SK, Ho SS. (2012). [The effectiveness of an integrated pain management program for older persons and staff in nursing homes](#). *Arch Gerontol Geriatr*. 54(2):e203-12. Epub 2011 May 17. Educating staff about pain while implementing a physical exercise and an arts & crafts therapy program for residents cut pain by 35%, reduced depression / loneliness and improved psychosocial wellbeing
- Wiffen PJ. (2012). Summaries of [systematic reviews published in the January 2012 issue of the Cochrane library](#). *Journal of Pain & Palliative Care Pharmacotherapy*, 26 :170–173. Over 130 reviews show poor quality, short-term studies fail to inform chronic pain therapy
- Irving GA, Sweeney M. (2012). Tolerability and safety of gastroretentive once-daily gabapentin tablets for the treatment of postherpetic neuralgia. *J Pain Res*, 5:203-208. [Once-a-day formulation of gabapentin](#) is as effective and better tolerated than standard formulation.
- Deising S, Weinkauf B, Blunk J, et al. (2012). NGF-evoked sensitization of muscle fascia nociceptors in humans. *Pain*, 153 (8):1673-9 [Nerve Growth Factor prolongs back pain](#) by a week or two to chemical and mechanical stimulation & may explain why it becomes chronic

## **Pain Resources on the Web**

- Animated explanation of how [chronic pain changes areas of the brain](#) that affect thoughts, feelings and quality of life.
- Biased media & regulatory changes leave doctors bewildered & patients [feeling shunned with serious pain](#) only to suffer in silence.
- [Prescribers' Clinical Support System for Opioid Therapies](#) provide a variety of recent and upcoming webinars to support safe opioid use

## **CAM (Complementary and Alternative Medicine)**

- The National Center for Complementary and Alternative Medicine has a guide for [selecting](#) & using [CAM for Chronic Pain](#) by [condition](#)
- New evidence supports the use of [acupuncture for acute low back pain](#) and the chronic pain associated with [knee arthritis](#).
- [Vitamin D supplements](#) have a variety of benefits for veterans struggling with pain, insomnia, fatigue, social dysfunction and poor health.
- [Mindfulness Meditation changes key brain regions](#) involved with learning, memory, emotion regulation, self-control that may help with pain

## **Pain-Related Education Opportunities**

- Wed Aug 1<sup>st</sup> Webinar on [Prescriber Methadone Training](#) @ 2:00pm Eastern. Co-presenters from CDC and University of Washington
- Sat – Mon Sept 8-10 Acute Pain Management symposia [www.cme.hms.harvard.edu/courses/acutepain](http://www.cme.hms.harvard.edu/courses/acutepain) Boston MA. [email for info](#).
- Wed – Fri Oct. 24-26 [Analgesic Clinical Trial](#) Translations, Innovations, Opportunities & Networks meets with FDA in Maryland.

## **MGH Pain Calendar**

- Fri. Aug 10<sup>th</sup> *Need-to-know Basics* of Pain Management: Founders 325 at 8-9am email [for info](#) repeated Aug 31<sup>st</sup> 8-9am
- Wed Aug 1<sup>st</sup> 7-11am, repeated Mon. Nov 1<sup>st</sup> 11:00 am – 3:00pm *Beyond the Basics* of Pain Management Founders 325 email [for info](#)
- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: email [Tina Toland](#) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am*. email: [Margaret Spinale](#)

## **MGH Pain Resources**

The Patient Education Television: Dial 4-5212 from patient's phone then order: #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Prescription and Non-prescription Pain Medications; @3283 for Postoperative Pain 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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To be added to or removed from the Pain Relief Connection mailing list, send an email to [PainRelief@partners.org](mailto:PainRelief@partners.org)