

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

- Urge patients to [get rid of unused pills](#) in their medicine cabinet on Drug Take-back Day April 27, 2013. Check the website for [locations](#).
- Attorneys General back the [Stop Tampering of Prescription Pills](#) legislation [asking the FDA to require tamper resistant generic](#) opioids.
- Amneal Pharmaceuticals announced that the FDA has approved [a generic version of suboxone](#).
- [FDA answers questions about opioid REMS](#) now in effect, urging professionals to be educated & to [complete Patient Counseling Forms](#)

Journal Watch

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

- Cho AR, Kwon JY, Kim KH, et al. (2013). The [effects of anesthetics on chronic pain after breast cancer surgery](#). *Anesth Analg*, 116 (3):685-93. Using propofol instead of sevoflurane lowers acute postoperative pain, analgesic needs & subsequent chronic pain.
- Morasco BJ, Lovejoy TI, Lu M, et al. (2013). The relationship between [PTSD and chronic pain](#): Mediating role of coping strategies and depression. *Pain*, 154(4):609-616. Guarding, resting & asking for help may contribute to disability in those with both PTSD & chronic pain.
- Baldacci F, Vedovello M, Ulivi M, et al. (2013). Triggers in allodynic and non-allodynic migraineurs. A clinic setting study. *Headache*, 53 (1):152-60. [Migraine-related allodynia](#) (pain triggered by gentle stimuli) suggests a different mechanism linked to more headaches.
- World Health Organization. (2012). WHO guidelines on the [pharmacological treatment of persisting pain in children](#) with medical illnesses. *WHO Press*, World Health Organization, 20 Avenue Appia, 1211 Ave. Geneva 27, Switzerland. Good review / guidance.
- Radcliff K, Kepler C, Hilibrand A, et al. (2013). [Epidural steroid injections](#) are associated with less improvement in patients with lumbar spinal stenosis: a subgroup analysis of the Spine Patient Outcomes Research Trial. *Spine*, 38(4):278-291. Those treated with epidural steroids for stenosis did not have less pain or better functioning in 4 years and did worse in other ways, with or without later surgery.
- Menant JC, Wong A, Sturnieks DL, et al. (2013). Pain and anxiety mediate the relationship between [dizziness and falls in older people](#). *J Am Geriatr Soc*, 61(3):423-8. Older adults with neck or back pain had poorer balance, less strength and are more likely to fall if dizzy.
- Gardiner C, Gott M, Ingleton C, et al. (2012). Attitudes of health care professionals to [opioid prescribing in end-of-life care](#): a qualitative focus group study. *J Pain Symptom Manage*, 44(2):206-14. Persistent gaps in knowledge, skills & attitudes exist & interfere with pain control even at the end of life. Patients & professionals are reluctant about using necessary doses that guidelines consider appropriate.

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

- Pagé MG, Stinson J, Campbell F, et al. (2013). Identification of pain-related psychological risk factors for the development & maintenance of [pediatric chronic postsurgical pain](#). *J Pain Res*, 6:167-180. After orthopedic or major general surgery, 22% have chronic pain. Pain intensity & unpleasantness, at 2 weeks predicted a 3-fold risk of pain at 6 months. Pain with anxiety at 6 months predicted pain at 1 year.
- Lourenço LM, Matthews M, Jamison RN. (2012). [Abuse-deterrent and tamper-resistant opioids](#): how valuable are novel formulations in thwarting non-medical use? *Expert Opin Drug Deliv*, 10(2):229-40. Screening is critical to patient selection; monitoring is then needed.
- Loeser JD, Cahana A. (2013). Pain medicine versus pain management: [ethical dilemmas created by contemporary medicine](#) and business. *Clin J Pain*, 29(4):311-6. Managing pain should be an obligation driven by ethics, not by money to “fix a broken part”.
- Rhee YO, Kim E, Kim B. (2012). Assessment of pain and analgesic use in African American cancer patients: factors related to adherence to analgesics. *J Immigr Minor Health*, 14(6):1045-51. [Misconceptions about analgesics](#) reduced adherence to treatment.

Pain Resources on the Web

- Having difficult conversations, [a video on how to talk about palliative care](#) and advanced care planning. From preparing to documenting.
- Patient education [1-pager on prescription opioids and addiction](#). Recognizing signs of addiction and patient agreements are explained.

CAM (Complementary and Alternative Medicine)

- [Osteopathic manual treatment](#) can be effective in the short term and can reduce use of pain medications.
- An article that teaches patients what to look for to determine if an alternative pain treatment [is based on fact or fraud](#).
- An interactive lesson that teaches patients how [incorporating spirituality](#) may be beneficial to lessening their chronic pain.

Pain-Related Education Opportunities

- Thursday April 4th [The Science of Pain & The Art of Healing](#) InterProfessional Education Free 1-day program in Biddeford, ME
- Thu-Fri April 4-5th A new [End-of-Life Nursing Education Consortium](#) (ELNEC) course for Advanced Practice Nurses will be offered
- Tue-Thu April 2-4th [National Prescription Drug Abuse Summit](#) is hosting a multi-track forum to address Rx abuse. Orlando, FL
- Mon April 8th [Conquering Pain & Fighting Addiction](#): Policy Imperatives to Combat a Growing Health Crisis. Washington DC
- Thu April 18th “Formulating a Solution to Misuse and Abuse.” [Differing views on tamper-deterrent formulations](#) Washington DC
- Wed-Sat May 8-11th The [American Pain Society](#) 32nd Annual Scientific Meeting for pain clinicians, researchers & educators. New Orleans

MGH Pain Calendar

- Fri April 5th Need-to-know Basics of Pain Management: Mass General Founders 325 at 8-9am [email for info](#) or just drop in
- Wed April 9th 7am - 11am, *Tools and Techniques for Effective 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

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

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To be added to or removed from the Pain Relief Connection mailing list, send an email to PainRelief@partners.org