

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

- [Zubsolv](#), a sublingual buprenorphine-naloxone combination, received FDA approval for maintenance treatment of opioid dependence.
- The DEA published an updated list of [medication-related licensing authorities](#) granted to different Mid-Level Practitioners, including each professions' authority to administer, dispense, order and prescribe medications of varying schedules, categorized by state.
- FDA partnership with international regulatory and law enforcement agencies resulted in a recent, worldwide seizure of over \$41 million in illegal, unapproved prescription medications, and the issuance of warnings and closures of 9,600 [illegal online pharmacies](#) that sold them.
- The National Community Pharmacists Association's "[Report Card on Medication Adherence](#)" surveyed 1,020 adults taking chronic prescription medications. Among patients on analgesics, self-adjustment in dose and frequency were the most common non-adherent behaviors. Feelings of personal connectedness to the pharmacy and provider continuity were found to be the greatest predictors of medication adherence, reinforcing the importance of developing effective patient-provider relationships with open communication.
- The CDC's Morbidity and Mortality Report describes [opioid use among women](#) based on data from 2004-2010. While men are more likely to die of opioid-related overdose, hospitalizations for opioid overdoses have been increasing among women, many of which were complicated by medications prescribed for co-morbid psychological disorders. Balancing the pharmacological risks and benefits of pain management in women should take these factors into account, as well as the risks associated with medications and pregnancy.

Journal Watch

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

- De Oliveira GS, Castro-Alves LJ, Khan JH, et al. [Perioperative systemic magnesium](#) to minimize postoperative pain: A meta-analysis of randomized controlled trials. *Anesthesiology*. 2013;119(1):178-90. Intraoperative and postoperative administration of systemic magnesium during general anesthesia was found to consistently reduce post-operative pain levels as well as opioid consumption.
- Smith SM, Wang AT, Katz NP, et al. [Adverse event assessment, analysis, and reporting](#) in recent published analgesic clinical trials: ACTION systematic review and recommendations. *Pain*. 2013;154(7):997-1008. Despite efforts to standardize documentation, the occurrence of adverse events was found to be poorly and inconsistently reported in a review of 80 analgesic randomized controlled trials. A checklist of recommendations was developed for investigators to better categorize and document analgesic adverse events.

- Apfelbaum JL, Silverstein JH, Chung FF, et al. [Practice guidelines for postanesthetic care](#): an updated report by the American Society of Anesthesiologists Task Force on Postanesthetic Care. *Anesthesiology*. 2013;118(2):291-307. Updated recommendations include topics on patient assessment and monitoring, treatment and prevention of nausea and vomiting, emergence and recovery, and pharmacology.
- Fishman SM, Young HM, Lucas Arwood E, et al. [Core competencies for pain management](#): Results of an interprofessional consensus summit. *Pain Med*. 2013;14(7):971-81. Four domains of pain education were defined: basics of pain and its impact on person and society; assessing and measuring pain; collaborative pain management; and, the context of pain across different settings and populations.
- Valrie CR, Bromberg MH, Palermo T, et al. A systematic review of [sleep in pediatric pain populations](#). *J Dev Behav Pediatr*. 2013;34(2):120-8. A bidirectional model of sleep and pain proposes that high pain levels reduce sleep quality; conversely, poor sleep increases pain levels and pain sensitivity the next day. Proper assessment of sleep quality is crucial for children with chronic pain.

Pain Resources on the Web

- The FDA created a safety campaign to create public awareness of the dangers of [concurrent acetaminophen sources](#) in OTC products.
- The American Chronic Pain Association updated their comprehensive [Resource Guide on pain medication options](#) for chronic pain. Initially written for patients, this document also covers non-pharmacological interventions and is relevant to all health care providers.
- American Geriatrics Society's [printable pocket-reference](#) of the *Beers Criteria for Potentially Inappropriate Medication Use in Older Adults*.

CAM (Complementary and Alternative Medicine)

- An overview of [complementary therapies for fibromyalgia](#) including comparisons of clinical efficacy and risk-to-benefit ratios.
- An interactive web-based guide which compares efficacy and adverse effects of various [herbal therapies for pain management](#).
- The Cleveland Clinic offers a series of yoga videos online, including this brief demonstration for [patients with low back pain](#).

Pain-Related Education Opportunities

- The American Medical Association offers twelve updated online [CME modules on pain management](#), for a small fee.
- Wed-Sat Sept 4 – 7. [PAINWeek](#) An Interprofessional, National Conference on Pain for Frontline Practitioners. Las Vegas, NV.
- Sat-Mon Sept 7 – 9. [Acute Pain Management Symposium](#), a 3-day course on best practices to treat acute pain. Boston, MA.
- Fri Sept 23. [Principles of Palliative Care and Persistent Pain Management: Tools to Integrate into your Practice](#). Day-long CE/CME program sponsored by the Massachusetts Medical Society and St. Anne's Hospital. Waltham, MA.
- Thu-Sun Sep 26 – 29. American Academy of Pain Management (AAPM) [24th Annual Clinical Meeting](#). Orlando, FL.
- Wed-Sat Oct 9 – 12. American Society for Pain Management Nursing (ASPMN) 22nd [National Conference](#). Indianapolis, IN.
- American Pharmacists Association is sponsoring a [free online pharmacy CE course](#), *Encouraging Safe Use of Acetaminophen*.

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Mon, Aug 12. Repeated Fri, Oct 25 Founders House 325 [email for info](#)
- *Chronic Pain Rounds* in MGH Ether Dome, expected to resume in August. Email [Tina Toland](#) for details
- Mon Oct 21. Gain Control of Complex Pain. Submit your complex pain cases for review. O'Keeffe Auditorium 8am – 4pm [email for info](#)

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>

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