

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

- FDA made significant [announcements](#) about extended-release/long-acting opioids, including [label changes](#), post-market requirements & response to [citizens' petitions](#) for tighter restrictions. The new indication is for pain 'severe enough to warrant around-the-clock opioids.'
- A new type of [neurostimulator is MRI-safe](#) with wires in the new Medtronic device more insulated so MRI magnets don't pick them up.
- New [MAYDAY Pain & Society Fellows](#) were named to join a cohort of interprofessional leaders, advocates & scholars in the field.
- A new [wireless, portable TENS](#) (Transcutaneous Electrical Nerve Stimulation) pain relief pad is now available without a prescription.
- [National Prescription Drug Take-Back Day](#) will be held Saturday, October 26, 2013. Collection sites will be announced by October 1st.
- A phase 3 study shows a new oxycodone/acetaminophen [relieves pain with abuse-deterrent properties](#) not very "likable" to drug abusers.
- [AACN Practice Alert](#) issues evidence-based recommendations calling for better assessment, prevention and treatment of [pain in the ICU](#).

Journal Watch

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

- McNicol ED, Midbari A, Eisenberg E. Opioids for neuropathic pain. *Cochrane Database of Systematic Reviews*. 2013, (8):CD006146 [Opioids cut neuropathic pain for most patients](#) but success in reducing pain 33-50% & improve physical/mental functioning was limited.
- Deschepper R, Laureys S, Hachimi-Idrissi S, et al. [Palliative sedation](#): Why we should be more concerned about the risks that patients experience an uncomfortable death. *Pain*. 2013 Sep;154(9):1505-8. Ethical discussion & best practices to assess/manage sedation.
- Hübscher M, Moloney N, Leaver A, et al. [Relationship between quantitative sensory testing \(QST\) and pain or disability](#) in people with spinal pain-A systematic review and meta-analysis. *Pain*. 2013 Sep;154(9):1497-504. Pain threshold measures using QST devices either fails to detect the neuron sensitization believed to contribute to chronic pain & disability; or these develop by another mechanism.
- Patak LS, Tait AR, Mirafzali L, et al. Patient perspectives of patient-controlled analgesia (PCA) and methods for improving pain control and patient satisfaction. *Reg Anesth Pain Med*. 2013 Jul-Aug;38(4):326-33. [Better PCA design & refinements to therapy](#) and education would promote satisfaction with pain control. Nice algorithm included in article on refining PCA therapy to individual risks & responses.
- Van Oosterwijck J, Meeus M, Paul L, et al. Pain physiology education improves health status and endogenous pain inhibition in fibromyalgia: A double-blind randomized controlled trial. *Clin J Pain* 2013;29:873–882. Patient with fibromyalgia can use their [understand of physiology to lessen pain and anxiety](#) while improving physical functioning, vitality, mental health and general health.

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

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

- Harden RN, Kaye AD, Kintanar T, Evidence-based guidance for the management of postherpetic neuralgia in primary care. *Postgrad Med.* 2013 Jul;125(4):191-202. Review compares and contrasts [evidence-based guidelines for postherpetic neuralgia](#) with sound advice. Gabapentinoids, TCAs & Topical Lidocaine are 1st line; Opioids vary as being 1st, 2nd or 3rd line while topical capsaicin is 2nd or 3rd line.
- Chaparro LE, Furlan AD, Deshpande A, et al. Opioids compared to placebo or other treatments for chronic low-back pain. *Cochrane Database Syst Rev.* 2013 Aug 27;8:CD004959. Evidence supports a [short-term role for opioids with back pain](#), but scientific evidence for its safety, efficacy & superiority to NSAIDs or antidepressants is lacking. Advise being cautious if opioids used for this indication.
- Schuh-Hofer S, Wodarski R, Pfau DB, et al. One night of total sleep deprivation promotes a state of generalized hyperalgesia: A surrogate pain model to study the relationship of insomnia and pain. *Pain.* 2013 Sep;154(9):1613-21. Just [1 night without sleep affects pain & mood](#), creating heightened sensitivity to heat, cold, pressure and pain stimuli while increasing anxiety. Habitual sleep loss has a similar effect.

Pain Resources on the Web

- [The "Great Divide"](#) summarizes a PainWeek discussion delineating controversy about use of opioids for chronic non-cancer pain
- The National Comprehensive Cancer Network has posted their 2.0 version of a 2013 [Clinical Practice Guideline for Managing Cancer Pain](#)
- Risk Evaluation and Mitigation Strategies ([REMS](#)) training on Extended Release/Long Acting opioids is now available on the web.
- Patient brochure from the NSAID Alliance emphasizes [safe use of NSAIDs](#), by using lowest effective dose for short time periods.
- ISMP describes wrong route errors with the On-Q pump and a Nalbuphine - naloxone wrong [drug errors when safety steps are skipped](#).

CAM (Complementary and Alternative Medicine)

- New videos [teaching pediatric distraction](#) methods, including the [involvement of parents](#) & how professionals can [be a distraction coach](#).
- Get endorphin expression with exercise; [overcoming common excuses to not exercise](#) when pain is a barrier to adhering with a regimen
- [Chiropractic care to relieve pain](#) may not be all it's cracked up to be, as nearly half of patients have pain or muscle spasm as a side effect.
- [Multimodal non-drug approaches](#) that target multiple levels of the mind, body and spirit reduce childbirth pain. Could it help other types?

Pain-Related Education Opportunities

- Wed-Sat Oct 9 – 12. American Society for Pain Management Nursing (ASPMN) 22nd Annual [National Conference](#). Indianapolis, IN.
- Mon Oct 21, 8-12:30 pm Fundamentals of Addiction Medicine and [Prescribing Buprenorphine](#) Simches 185 Cambridge St., [email for info](#)

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri Oct. 4th. *Founders House* 325 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Fri, Oct 25. *Founders House* 325 11am – 3pm [email for info](#).
- *Gaining Control of Complex Pain* (Level III) – Mon Oct 21. *O'Keeffe Auditorium* 8am – 4:30pm. [email for info](#)
- *Pain Champions: Mastering Control of Pain* (Level IV) – Friday, Nov 1. *O'Keeffe Auditorium* 8am – 4:30pm. [email for info](#)
- *Chronic Pain Rounds* in MGH Ether Dome. Email [Tina Toland](#) for details.

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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