

# 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

- The DEA [expanded drug take-back programs](#), to allow pharmacies & hospital-based collection receptacles for patients to return unused drugs.
- Mayday trains its final cohort of [Pain and Society Fellows](#) to provide tools needed to raise awareness of and improve the treatment of pain.
- Targiniq ER, an extended release [oxycodone with imbedded Naloxone](#) can prevent abuse by people who try to snorting or inject the drug.
- An estimated 52 million arthritis sufferers may find comfort in knowing [92 new drugs are being developed](#) to help control this painful disease.
- FDA wants input on assessing the benefits & risks of all [opioid medications](#), including abuse-deterrent products October 30<sup>th</sup> & 31<sup>st</sup> 2014.
- The opioid analgesic controversy in Washington DC is stirring, with [calls for the ouster of FDA Commissioner](#) and a [march to the White House](#).

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

- Doi K, Shimoda R, Gibbons G. Improving Pain Management in Orthopedic Surgical Patients with Opioid Tolerance. *Nurs Clin North Am*. 2014 Sep;49(3):415-429. Translation of best practices in [treating opioid-tolerant orthopedic](#) patients across the continuum of care yielded improved outcomes of importance to patients and the organization. These included significantly reduced pain and time spent in PACU.
- Matheson L, Stephenson M, Huber B. Reducing [pain associated with arterial punctures](#) for blood gas analysis. *Pain Manag Nurs*. 2014 Sep;15(3):619-24. Arterial punctures were rated as severe (7/10) intensity without intervention, whereas using lidocaine cut pain to 3/10.
- Broderick JE, Keefe FJ, Bruckenthal P, et al. [Nurse Practitioners can effectively deliver pain coping skills](#) training to osteoarthritis patients with chronic pain: A randomized, controlled trial. *Pain*. 2014 Sep;155(9):1743-54. Pain coping skills taught by nurse practitioners resulted in pain reduction, functional improvement, less distress & better coping skills. Benefits were sustained, but self-efficacy waned over time.
- Mearis M, Shega JW, Knoebel RW. Does adherence to National Comprehensive Cancer Network (NCCN) guidelines improve pain-related outcomes? An evaluation of inpatient cancer pain management at an academic medical center. *J Pain Symptom Manage*. 2014 Sep;48(3):451-8. Failure to [adhere to cancer pain guidelines](#) is associated with inadequate analgesia. Opioid-tolerant patients remain at higher risk for poor outcomes. Quality improvement initiatives should target opioid-tolerant patients and promote adherence to guidelines.
- Young GT, Emery EC, Mooney ER, et al. Inflammatory and neuropathic pain are rapidly suppressed by peripheral block of HCN ion channels. *Pain*. 2014 Sep;155(9):1708-19. [Ivabradine](#), used for angina, appears to have pain relieving properties similar to gabapentin.
- Chou R, Deyo R, Devine B, et al. The [effectiveness and risks of long-term opioid treatment of chronic pain](#). *AHRQ Report No. 218*. Agency for Healthcare Research and Quality; September 2014. Review of science of benefits and harms related to chronic opioid therapy.

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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)

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

- Vanderboom CE, Vincent A, Luedtke CA, et al. Feasibility of [interactive technology for symptom monitoring](#) in patients with fibromyalgia. *Pain Manag Nurs*. 2014 Sep;15(3):557-64. An iPod Touch “Pain Diary” with daily feedback from an RN promoted use of self-management strategies. The device was easy and helpful by most patients who used it daily for a week. It also improved communication with the team.
- Simons LE, Pielech M, Erpelding N, et al. The responsive amygdala: Treatment-induced alterations in functional connectivity in pediatric complex regional pain syndrome. *Pain*. 2014 Sep;155(9):1727-42. Changes are seen in [children’s brain connections](#) with bio-behavioral treatment that is linked to reductions in pain behaviors, fear and anxiety. The amygdala plays an important role in pain & its treatment.
- Mundal I, Gråwe RW, Bjørngaard JH, et al. Psychosocial factors and risk of chronic widespread pain: an 11-year follow-up study--the HUNT study *Pain*. 2014 Aug;155(8):1555-61. Epidemiologic study supports that certain [biopsychosocial & lifestyle factors contribute chronic widespread pain](#), that develops in 12% of people each decade. Anxiety, depression, smoking, weight & sleep are risk factors.

## CAM (Complementary and Alternative Medicine)

- Be careful how you explain possible harm from treatments as [nocebo effects](#) (opposite of placebo effects) are quite strong.
- [Improving older adults’ sleep patterns](#) produces lasting improvements in pain, other arthritis symptoms & fear of activity.
- [Teaching children movement therapy \(e.g. yoga\) and relaxation techniques](#) appears to help prevent or manage painful conditions.

## Pain Resources on the Web:

- NIH Pain Consortium has new [information pages](#) posted, including many topics that address [general and specific types of pain](#).
- Online lesson helps patients recognize & manage [opioid side effects](#), from constipation, nausea and vomiting to sexual dysfunction.
- The updated “[Knowledge and Attitudes Survey Regarding Pain](#)” tool has been added to the [City of Hope pain resource website](#).

## Pain-Related Education Opportunities

- Thu, Oct 9<sup>th</sup> [Massachusetts Pain Initiative](#) presents a fall program in Marlboro MA 9 – 3PM featuring clinical & policy leaders. [Inquire](#)
- Tue Oct 14<sup>th</sup> “[Improving Pain Control in Peace and War](#)” DeBlois Auditorium of Tufts University 145 Harrison Ave Boston 4-5 pm.
- Thu Oct 30<sup>th</sup> “[21<sup>st</sup> Century War: the Continuum of Pain & Other Sequelae](#)” 260 Longwood Ave, Boston, 5:30PM Free; [Dinner](#) is extra.
- Sat Oct 25<sup>th</sup> New York [Latest Innovations in Pain Management](#). Top notch faculty; emerging therapies; networking opportunities. [Inquire](#)
- Fri Nov 14<sup>th</sup> The Scope of Pain – Course on [safe, effective approaches to chronic opioid therapy](#). 7:30AM – 12:00N. Boston

## MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri October 3<sup>rd</sup>. Founders House 325 8AM – 9AM. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Wed, Jan, 14<sup>th</sup> 2015 Founders House 325 8AM – 12:30PM [email for info](#).
- [Palliative Care Grand Rounds](#) are Wednesday morning from 8AM – 9AM in the Ether Dome

### MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient’s phone then order: (see handbook f <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://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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