

# PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

## Inside this issue:

In the News.....Page 1  
Journal Watch.....Page 1  
CAM.....Page 2

Pain Resources on the Web.....Page 2  
Pain Education Opportunities.....Page 2  
MGH Pain Calendar & Resources.....Page 2

## In the News

- [Creative chronic pain program for children](#) cuts pain, med use & improves functioning while preparing them to prevent & manage pain in school.
- American Pain Society [agenda for the 21st Century](#) is to improve education, research & clinical practice to raise awareness and cut costs.
- The final report on the NIH sponsored meeting last call [The Role of Opioids in the Treatment of Chronic Pain](#), is now available.
- The former Office of Alternative Medicines, then NCCAM, is now called the [National Center for Complementary and Integrative Health](#).
- Medicare Part D considers applying [dose & duration restrictions for opioid](#) therapy deemed inappropriate by the Pew Trust.
- Rates of [opioid diversion, abuse & deaths lowered](#) in past 3 yrs after several yrs of trending up; suggesting an impact of education & policy.
- [CADD Solis pump can be turned back on after powered down](#) without an access code that could result in unofficial dosing or drug diversion.

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

- Hoggart B, Ratcliffe S, Ehler E, et al. A multicentre, open-label, follow-on study to assess the long-term maintenance of effect, tolerance and safety of [THC/CBD oromucosal spray](#) in the management of neuropathic pain. *J Neurol*. 2015 Jan;262(1):27-40. THC/cannabidiol oral spray cut pain and side effects for nearly 400 neuropathy patients without demanding dose escalation or exhibiting safety concerns.
- Stanley TH. The Fentanyl story. *J Pain*. 2014 Nov 1;15(12):1215-1226. Rationale for [Fentanyl's popularity](#) is reviewed. Given its tolerability, cost, effectiveness and ease of manufacturing into products with good bioavailability by different routes.
- Shebl FM, Hsing AW, Park Y, et al. Non-Steroidal Anti-Inflammatory Drugs Use Is Associated with Reduced Risk of Inflammation-Associated Cancers: NIH-AARP Study. *PLoS One*. 2014 Dec 31;9(12):e114633. NSAID use is linked to a [10-20% reduced risk of cancer](#).
- Singla NK, Chelly JE, Lionberger DR, et al. Pregabalin for the treatment of postoperative pain: results from three controlled trials using different surgical models. *J Pain Res* 2015;8 9–20. In 3 RCTs, [Pregabalin is not better than placebo in cutting postoperative pain](#).
- Ruskin D, Laloo C, Amaria K, et al. Assessing [pain intensity in children with chronic pain](#): convergent & discriminate validity of the 0-10 numerical rating scale in clinical practice. *Pain Res Manag*. 2014 May-Jun;19(3):141-8. The numeric scale is a valid measure of chronic pain in children as young as 8 years old; although younger children had more variability, suggesting that it isn't reliable < 8 years old.
- Karlsen H, Peder A, Anja G, et al. Postoperative pain treatment after total hip arthroplasty: a systematic review. *Pain* 2015. Jan. 156(1): 8–30. A comprehensive systematic review shows opioid-sparing treatments (e.g. local anesthetics, NSAIDs, intrathecal opioids & nerve block) can help reduce pain and side effects, but no single approach stands out as a best practice following [total hip replacement surgery](#).

MGH Cares About Pain Relief  
Massachusetts General Hospital

[PainRelief@partners.org](mailto:PainRelief@partners.org) ● <http://www.mghpcs.org/painrelief>

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)

- Taddio A, Parikh C, Yoon EW, et al. Impact of parent-directed education on parental use of pain treatments during routine infant vaccinations: a cluster randomized trial. *Pain*. 2015;156:185-91. [Teaching parents pain relief methods](#) helps prevent vaccination pain.
- Narayana A, Katz N, Shillington AC, et al. National Breakthrough Pain Study: prevalence, characteristics, and associations with health outcomes. *Pain*. 2015; 156:252-9. [Breakthrough pain](#) is a highly prevalent disabling condition affecting physical and mental health.
- Rafer L, Austin F, Frey J, et al.. Effects of jazz on postoperative pain and stress in patients undergoing elective hysterectomy. *Adv Mind Body Med*. 2015 Winter;29(1):6-11. [Either music & quiet in the PACU](#) appear to comfort patients with less pain, anxiety & signs of stress.
- Marmura MJ, Silberstein SD, Schwedt TJ. The acute treatment of migraine in adults: the American Headache Society evidence assessment of migraine pharmacotherapies. *Headache*. 2015 Jan;55(1):3-20. A systematic review supports the use of acetaminophen, NSAIDs, triptans, dihydroergotamine, butorphanol nasal spray & Excedrin combinations, but not Fioricet as [effective migraine treatments](#).

## **Pain Resources on the Web:**

- An excellent [interview with Dr. Margaret Hamburg](#), FDA commissioner, on balancing risks/benefits of current & future analgesics.
- [Patient education sheet on pain and addiction](#). This tool may help you recognize signs of an emerging addiction and explain risks to patients.
- The NIH has a number of [pain information brochures](#) to help the public and professionals understand pain, related conditions and treatments.
- The FDA has a short video on [safe disposal of unused medication](#) as part of their Drug Information Rounds series.
- American Academy of Pain Management lists the [priority public policy issues](#) you should watch for given a new cohort of legislators.

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

- [Pilates](#) improves pain, function and quality of life in patients with chronic low back pain: a randomized controlled trial.
- Devil's claw, turmeric & bromelain are [dietary supplements](#) (combined in AINAT caps) that cut pain without side effects.
- Strong evidence is emerging that [immersive virtual reality cuts acute pain](#) with beneficial effects on functioning; with virtually no side effects.
- A [magnet-activated implanted electrical stimulation device](#) may reduce RA pain by modulating the immune system.

## **Pain-Related Education Opportunities**

- Friday, February 20, 2015 from 12:00 PM to 1:30 PM (EST) Maryland [National Coalition of Chronic Pain Providers & Professionals](#)
- Online [Motivational Interviewing](#) class for health professionals costs \$50-175 depending on number of CE/CME desired.
- Tuesday – Wednesday, June 9<sup>th</sup> – 10<sup>th</sup>. Pittsburg [Interprofessional SBIRT Conference](#). Learn to help those with substance use disorder.

## **MGH Pain Calendar**

- *Pain and Its Management at MGH* (Level I) – Friday, Feb 6<sup>th</sup>. *Founders House 325* 8:00 – 9:00am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level I) – Wednesday, March 11<sup>th</sup>. *Founders House 325* 1:00 – 5:00pm [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday morning from 8:00 – 9:00 AM in the Ether Dome. [eMail](#) for schedule, details CE Credits

### **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>

**MGH Cares About Pain Relief**  
**Massachusetts General Hospital**

[PainRelief@partners.org](mailto:PainRelief@partners.org) ● <http://www.mghpcs.org/painrelief>

To be added to or removed from the Pain Relief Connection mailing list, send an email to [PainRelief@partners.org](mailto:PainRelief@partners.org)