

# 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  
CIH.....Page 2

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

## In the News

- Is the [FDA - Exparel settlement](#) related to off-label use (e.g. beyond bunionectomy & hemorrhoidectomy) of approved drugs a slippery slope?
- [CDC preliminary data](#) indicates 2014 rise in [drug overdose deaths](#) fueled by heroin & clandestine labs that synthesize [illicit Fentanyl](#).
- [CDC release of opioid prescribing guidelines](#) (see [p. 49-50](#)) is [delayed](#) for a 30 day “[public comment](#)” before, due on January 13<sup>th</sup>, 2016.
- “Drug Czar” Michael Botticelli says [America’s war on drugs](#) is a misguided policy that needs refocus away from failed policies & practices.
- Massachusetts Department of Public Health will allow training [medical residents to access the Prescription Monitoring Program](#).

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

- Schmidt-Hansen M, Bennett MI, Hilgart J. [Oxycodone for cancer pain](#) in adult patients. *JAMA*. 2015 Sep 22-29;314(12):1282-3. Oxycodone is comparable in effectiveness to the gold standard of morphine as a 1<sup>st</sup> line strong opioid for cancer pain that may be better tolerated by some.
- Stinson JN, Jibb LA, Nguyen C, et al. Construct validity and reliability of a real-time multidimensional smartphone app to assess pain in children and adolescents with cancer. *Pain*. 2015 Dec;156(12):2607-15. [Pediatric pain measure App](#), with an [online video](#) describing it.
- Manworren RCB, Gilson AM. Nurses’ Role in Preventing Prescription Opioid Diversion. *AJN*. 2015 Aug;115(8): 34-40. Although medically necessary, [nurses have a duty to educate on potential opioid dangers](#), provide anticipatory guidance and monitoring of patient use.
- American Geriatrics Society 2015 Beers Criteria Update Expert Panel. *J Am Geriatr Soc*. 2015 Nov. 63(11) 2227–46. [Avoid Indocin, Talwin, Ketorolac & muscle relaxants in elders](#). With a history of heart failure, GI ulcers, kidney disease; no NSAIDs. Elders with past falls/fractures, should avoid anticonvulsants, antidepressants, opioids or benzodiazepines. Tramadol is inappropriate in patients with a history of seizures.
- Peng K, Liu HY, Wu SR, et al. Effects of combining dexmedetomidine and opioids for postoperative intravenous Patient-controlled Analgesia: A systematic review and meta-analysis. *Clin J Pain*. 2015 Dec;31(12):1097-104. [Dexmedetomidine plus PCA](#) enhances efficacy and safety.
- Dear BF, Gandy M, Karin E, et al. The Pain Course: A randomised controlled trial examining an internet-delivered pain management program when provided with different levels of clinician support. *Pain*. 2015 Oct;156(10):1920-35. [Internet-delivered CBT](#) for pain can be effectively delivered in 5 parts via internet over a 2 month period with different levels of clinician support to lower pain, disability, anxiety and depression.
- Attanasio L, Kozhimannil KB, Jou J, et al. Women’s experiences with [neuraxial labor analgesia](#) in the listening to mothers II survey: A content analysis of open-ended responses. *Anesth Analg*. 2015;121:974-80. Timing, communication & expectations influence the perceived benefits.
- Chou R, Hashimoto R, Friedly J, et al. [Epidural corticosteroid injections for radiculopathy and spinal stenosis](#): A systematic review & meta-analysis. *Ann Intern Med*. 2015;163:373-81. Epidural steroids briefly help radiculopathy (no long term benefits) & don’t help spinal stenosis.

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 [pmarnstein@partners.org](mailto:pmarnstein@partners.org)

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

- Sturgeon JA, Dixon EA, Darnall BD, et al. Contributions of physical function and satisfaction with social roles to emotional distress in chronic pain: A collaborative health outcomes information registry (CHOIR) study. *Pain*. 2015 Dec;156(12):2627-33. Higher pain is linked to anger and depression. This emotional distress worsens with diminished physical functioning and, more importantly, the [social impact of pain](#).
- Kaynar M, Koyuncu F, Buldu I, et al. [Comparison of the efficacy of diclofenac, acupuncture, and acetaminophen](#) in the treatment of renal colic. *Am J Emerg Med*. 2015;33:749-53. For renal colic in the ED, Acupuncture worked quickly to best relieve pain at 10 minutes. In 1 hour IV Diclofenac was best; and both IV Acetaminophen and IV Diclofenac were similarly superior at 2 hours after therapy administration.
- Rini C, Porter LS, Somers TJ, et al. [Automated, internet-based pain coping skills](#) training to manage osteoarthritis pain: A randomized controlled trial. *Pain*. 2015 May;156(5):837-48. Osteoarthritis pain, disability, pain-related anxiety, self-efficacy for pain management were improved by an 8-module "PainCOACH" internet-based intervention, with self efficacy scores improving the most.
- Andrae MH, Carter GM, Shaparin N, et al. Inhaled cannabis for chronic neuropathic pain: A meta-analysis of individual patient data. *J Pain*. 2015 Dec;16(12):1221-32. Short-term reductions in chronic neuropathic pain were reported by fewer than 20% of patients.; many dropped out
- Carriere JS, Thibault P, Milioto M, et al. Expectancies mediate relationships between pain catastrophizing, fear of movement and return to work outcomes after whiplash injury, *J Pain*. 2015 Dec;16(12):1280-7. [Address expectations, catastrophizing & fear](#) to facilitate return to work.

## Pain Resources on the Web:

- The risk of [opioid overdose death increases nearly 4-fold with benzodiazepines](#), but co-prescribing is common. Avoid concurrent use.
- The PASTOR tool used by the Army, yields an [accurate biopsychosocial pain assessment](#) to refine a multimodal pain treatment plan.
- The Oregon Pain Management Commission has an [excellent pain education program online](#) for a variety of health professionals.
- Chronic [opioid therapy for pain must be individualized](#) in a way that clinical guidelines don't capture (Medscape: free registration)

## CIH (Complementary Integrative Health approaches; formerly called Complementary Alternative Medicine [CAM])

- [TENS is as effective for older adults](#) as those who are younger, but higher amplitudes appear necessary to achieve the same effect
- [Music](#) can be clinically useful to reduce pain, anxiety & distress in both [adult](#) and in [pediatric](#)/adolescent surgical patients.
- Although it may not cut pain, [acupuncture use in palliative care](#) is safe and reduces many other bothersome discomforts.

## Pain-Related Education Opportunities

- Sat, Jan 23<sup>rd</sup>: Massachusetts Response to the Opioid Crisis Sheraton Hotel Framingham MA 8am-Noon [More info](#)
- Thu – Sun, Feb 18 – 21<sup>st</sup> Ensuring access to pain care: [Engaging pain medicine and primary care teams](#). Palm Springs, CA
- Sun, Apr 17<sup>th</sup> General [principles of pain management](#) for Family Practice/ Williamsburg, VA, or self-directed learning CME
- Wed – Sat, May 11 – 14, 2016, the [American Pain Society 35th Annual Scientific Meeting](#) will be held in Austin, TX.

## MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* (Level II) – Thursday, January 21<sup>st</sup>, 2016 Founders House 325 @ 8 – 1pm [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday mornings from 8:00 AM – 9:00 AM, Ether Dome. email: [Margaret Spinale](#) for more information
- *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: (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 ● <http://www.mghpcs.org/painrelief>

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