

# 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

- Comment on the draft [National Pain Strategy](#) to improve the way pain is taught & treated as [called for by the IOM](#) by 5pm EST on May 20<sup>th</sup>
- The FDA provides new guidance to industry regarding the development, testing and labeling of [abuse deterrent opioid formulations](#).
- Doctors [may be sued for prescribing generic Lyrica for pain](#) before the Pfizer patent for the indication of pain expires in July 2017.
- The latest [updates from the NIH Pain Consortium](#) are available in their quarterly newsletter addressing research, education & policy
- Media report may be more harmful to the fetus than using [opioids during pregnancy](#) failing to address harm of pain and non-opioids.

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

- Abdallah FW, Morgan PJ, Cil T, et al. Comparing the DN4 tool with the IASP grading system for chronic neuropathic pain screening after breast tumor resection with and without paravertebral blocks: A prospective six-month validation study. *Pain* 2015 Apr;156(4):740-9. Women receiving [paravertebral blocks cut chronic post-mastectomy pain risk by 50%](#) at 6 months compared to those who received standard care.
- Vowles KE, McEntee ML, Julnes PS, et al. Rates of opioid misuse, abuse, and addiction in chronic pain: a systematic review and data synthesis. *Pain*. 2015 Apr;156(4):569-76. Evidence suggests that [21-29% of chronic pain patients misuse opioids, with addiction rates <12%](#).
- Tighe PJ, Le-Wendling LT, Patel A, Zou B, Fillingim RB. Clinically derived [early postoperative pain trajectories](#) differ by age, sex, and type of surgery. *Pain*. 2015 Apr;156(4):609-17. In general, pain scores drop by 1/10 points per day after surgery, surgical site & sex influence rate.
- Dahan A, Olofsen E, Niesters M. [Pharmacotherapy for pain: efficacy and safety issues examined by subgroup analyses](#) *Pain* 2015 Apr.156():S119-S126. Risk-benefit composite developed to identify subgroup response to specific analgesic regimens to guide therapy.
- Kaasalainen S, Ploeg J, Donald F, et al. Positioning clinical nurse specialists and nurse practitioners as change champions to implement a pain protocol in long-term care. *Pain Manag Nurs*.2015 Apr;16(2):78-88. [APRNs improve pain management](#) through protocol & quality steps
- Chen HJ, Chen YM. Pain assessment: validation of the physiologic indicators in the ventilated adult patient. *Pain Manag Nurs*. 2015 Apr;16(2):105-11. For vented patients able to self-report, heart rate and blood pressure [measures of vital signs are unrelated to pain intensity](#).
- Attal N, Bouhassira D. Pharmacotherapy of neuropathic pain: which drugs, which treatment algorithms? *Pain*. 2015 Apr;156 Suppl 1:S104-14. Examination of new evidence updates 2012 guidelines for [selecting 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> line therapies for chronic neuropathic pain](#).
- Finnerup NB, Attal N, Haroutounian S, et al. [Pharmacotherapy for neuropathic pain](#) in adults: a systematic review and meta-analysis. *Lancet Neurol*. 2015 Feb;14(2):162-73. Latest evidence suggests SNRI may be best for neuropathic pain, with modest effects at best.

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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)

- van Dijk JF, van Wijck AJ, Kappen TH, et al. The [effect of a preoperative Ed film](#) on patients' postoperative pain in relation to their request for opioids. *Pain Manag Nurs*. 2015 Apr;16(2):137-45. An Ed film on reserving opioids for moderately severe & severe pain did not change the rate of requesting opioids for lesser pain; but did lower pain scores & barriers to pain control to those who were educated with a different film.
- Machado GC, Maher CG, Ferreira PH, et al. Efficacy & safety of paracetamol for spinal pain and osteoarthritis: systematic review and meta-analysis of randomised placebo controlled trials. *BMJ*. 2015 Mar 31;350:h1225. Evidence [acetaminophen doesn't help back or arthritic pain](#).
- Kossowsky J, Donado C, Berde CB. Immediate rescue designs in pediatric analgesic trials: a systematic review and meta-analysis. *Anesthesiology*. 2015;122:150-71. [Pediatric rescue analgesia](#) research summarizes use of opioids & effective pedi opioid-sparing strategies.
- Singer AE, Meeker D, Teno JM, et al. Symptom trends in the last year of life from 1998 to 2010: a cohort study. *Ann Intern Med*. 2015;162:175-83. Despite advances in our ability to prevent and reduce pain at the end-of-life, over a 12 year period the [prevalence of persistent pain at the end of life](#) rose from 54% to 61% of >7,200 patients. Associated depression and confusion rose even more.
- Groenwald CB, Wright DR, Palermo TM. Healthcare expenditures associated with pediatric pain-related conditions in the United States. *Pain*. 2015 May;156(5):951-7. The [U.S. spends more on pediatric pain](#) than on asthma, obesity or ADHD. And needs better treatment options.

## Pain Resources on the Web:

- Newly [updated ER/LA Opioid REMS](#) education module with available 2 CME/CE credits through Medscape (free registration).
- Check out the 2015 American Chronic Pain Association [Resource Guide To Chronic Pain Medication & Treatment](#)
- Let's use clear consistent language when referring to a person with a [Substance Use Disorder](#) to prevent harm associated with stigmas.
- Play an [opioid treatment planning](#) role using an immersive, interactive training tool to cut opioid-related harm. CMEs available.
- On line CE program for RN, NP, PA [Failure Is Not An Option: The Need For Continuous Patient Monitoring](#) of opioid therapy.
- The [American Pain Society](#) refined its website, tailored to the needs of multidisciplinary researchers, educators & clinicians in the field of pain.
- See the results of a [large survey done on OTC pain relievers](#) in response to FDA proposed rule change to make  $\geq 500$ mg Tabs prescription.
- New IASP online newsletter addresses [helping patients self manage chronic pain](#), mood and disability.

## CAM (Complementary and Alternative Medicine)

- [Positive mental attitude helps chronic pain](#) indirectly by therapies designed to offset the impact of negative emotions.
- Online Mind-Body Skills Training helps [healers heal themselves](#); turning stress & burnout into resilience, mindfulness & empathy
- [Music & audio books](#) reduce pediatric postoperative pain as demonstrated in a randomized clinical trial comparing stories, music & silence.

## Pain-Related Education Opportunities

- Wed May 13<sup>th</sup> [Caring for Veterans in Pain In the Community Setting](#) 8am – 12noon Mass Pain Initiative spring conference Marlboro. MA
- Tue – Wed, May 26 – 27, NIH [Pain Consortium highlights key research](#) latest discoveries & advances Bethesda, MD.

## MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri Mar. 6<sup>th</sup>. *Founders House 325* 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level I) – Wed, June 2<sup>nd</sup> 2015 *Founders House 325* @ 1-5pm Sign-up. [Sign-up](#)
- Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome. [eMail](#) for schedule, details, CE Credits
- *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>

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