

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

- [Legislators amended and reauthorized NASPER](#), the controlled substance prescription drug monitoring program is [expanded to work out kinks](#).
- Centers for Medicare & Medicaid Services (CMS) [policy refuses to pay for abuse deterrents opioids](#) now, that may cost more in the long run.
- Mixed reviews characterize the [draft](#) of [CDC Opioid Prescribing Guidelines](#), created with considerable input from an [anti-opioid lobbying](#) group.
- [Centers of Excellence in Pain Education](#) (CoEPEs) refined to develop, evaluate & distribute professional training modules on pain management.
- Does the DEA have the right to [search medical records without probable cause](#) to identify patients or prescribers who may overuse opioids?
- The [FDA warns against using tramadol in children](#) under the age of 17, because of severe breathing problems that have been reported.

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

- Boscarino JA, Hoffman SN, Han JJ. [Opioid-use disorder among patients on long-term opioid therapy](#): impact of final DSM-5 diagnostic criteria on prevalence and correlates. *Subst Abuse Rehabil*. 2015 Aug 19;6:83-91. New DSM-5 criteria yields same lifetime prevalence of iatrogenic opioid use disorders (35%); but sorted by severity shows 59% have few symptoms, 28% have mild, 10% moderate & 3% have severe symptoms.
- Motov S, Rockoff B, Cohen V, et al. Intravenous subdissociative-dose Ketamine versus Morphine for analgesia in the emergency department: a randomized controlled trial. *Ann Emerg Med*. 2015 Sep;66(3):222-229. [Ketamine 0.3 mg/kg appears comparable to Morphine at 0.1 mg/kg](#) in safety and efficacy for acute pain at 30 and 60 minutes; with more ketamine-induced side effects observed at 15 minutes.
- Chung F, Liao P, Yang Y, et al. Postoperative sleep-disordered breathing in patients without preoperative sleep apnea. *Anesth Analg*. 2015 Jun;120(6):1214-24. Nearly [20% develop sleep apnea](#) postoperatively. Age, smoking and preop respiratory disorders predict patients at risk.
- Liu C, Ulualp SO. Outcomes of an alternating ibuprofen and acetaminophen regimen for pain relief after tonsillectomy in children. *Ann Otol Rhinol Laryngol*. 2015 Oct;124(10):777-81 Alternating [acetaminophen and ibuprofen relieved pain in 90% of children](#) after tonsillectomy.
- Taddio A, McMurtry CM, Shah V, et al. Reducing pain during vaccine injections: clinical practice guideline. *CMAJ*. 2015 Aug 24. pii: cmaj.150391. [Epub ahead of print]. Excellent and timely review of the state of the art and science of [reducing vaccine-related pain](#).
- Voon P, Hayashi K, Milloy MJ, et al. Pain among [high-risk patients on methadone](#) maintenance treatment. *J Pain*. 2015 Sep;16(9):887-94. Methadone treatment patients with severe pain are twice as likely to self manage pain with risky behaviors & need better pain control.
- Valkenburg AJ, van den Bosch GE, de Graaf J, et al. Long-term effects of [neonatal morphine infusion](#) on pain sensitivity: follow-up of a randomized controlled trial. *J Pain*. 2015 Sep;16(9):926-33. Newborns who get morphine infusions have no lingering harms 8 years later.
- Louveau A, Smirnov I, Keyes TJ, et al. Structural and functional features of central nervous system lymphatic vessels. *Nature*. 2015 Jul 16;523(7560):337-41. [Discovery of CNS lymphatic](#) leads to speculation that exercise & sleep are vital for elimination of CNS toxins.

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 pmarnstein@partners.org

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

- Drulovic J, Basic-Kes V, Grgic S, et al. The prevalence of pain in adults with multiple sclerosis: A multicenter cross sectional survey. *Pain Med.* 2015 Aug;16(8):1597-602. [Two-third of those with MS will have related pain](#), that may be linked to disability, depression & anxiety.
- Rhee KY, Goetzl L, Unal R, et al. The relationship between plasma Inflammatory cytokines and labor pain. *Anesth Analg.* 2015 Sep;121(3):748-51. Maternal IL-1 β levels signal are linked to pain levels which may [predict readiness for labor to proceed with less pain](#).
- Ware LJ, Herr KA, Booker SS, et al. Psychometric evaluation of the revised Iowa Pain Thermometer (IPT-R) in a sample of diverse cognitively intact and impaired older adults: A pilot study. *Pain Manag Nurs.* 2015 Aug;16(4): 475-82. The [revised Iowa Pain Thermometer](#) is reliable and valid with advantages over the numeric rating scale in a sample of diverse older adults, including cognitively intact and impaired persons.
- Astrup GL, Rustoen T, Miaskowski C, et al. Changes in and predictors of pain characteristics in patients with head and neck cancer undergoing radiotherapy. *Pain.* 2015 May; Vol. 156 (5), pp. 967-79. Pain worsens with radiotherapy for about 6 months, but certain factors are modifiable to [cut pain in patients with head/neck cancer](#) by treating symptoms such as difficulty swallowing, fatigue and seeking support.

Pain Resources on the Web:

- Marvelous interactive professional training on talking to patients about [Pathways to Safer Opioid Use](#) leading to better decisions & outcomes.
- The potential role [abuse-deterrent opioids](#) have in promoting patient access while preventing the misuse of opioids and reducing overdoses.
- As the [Global Year of Neuropathic Pain](#) closes out, there remains many valuable multilingual resources addressing etiology and treatments.
- A treasure-trove of [resources to help patients self-manage chronic pain](#). Some information is free, whereas full access is by subscription.
- Animation describing reasons why some people with chronic pain should [reduce or stop opioids](#) & focus [shift to other therapies](#) & wellness.
- Scientific advisories and [guidelines relative to regional anesthesia, analgesia](#), for safely treating patients with acute and/or chronic pain.

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

- [Core muscle exercises combined with diaphragmatic breathing](#) reduces low back pain, catastrophizing, & pain-related fear before an activity.
- Movement based therapies like the [Alexander Technique](#) can enhance self-efficacy, reduce pain and lower costs.
- Veterans would use more [complementary & integrative pain control techniques](#) would be used if told how to access them.
- Increasingly, academic medical centers and large health systems are using [Complementary and Integrative Medicine](#) to help people with pain.
- [Whole body vibration](#) can reduce pain intensity and strengthen the quadriceps and balance of people with chronic knee osteoarthritis.

Pain-Related Education Opportunities

- Sat. Oct. 17, 2015 [Eastern Pain Association's](#) 50th Anniversary & Annual Scientific meeting. New York, NY
- Extended Release/Long Acting [Opioid Risk Evaluation Mitigation Strategies](#) (REMS training) are online with free CE credits available.

MGH Pain Calendar

- Request "[Ketamine for Pain](#)" educational materials or an in-service. Click [here](#)
- *Tools and Techniques for Effective Pain Management* (Level I) – Wed, Oct 14, 2015 *Founders House* 325 from 1:00 PM – 5:00 PM [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 Mondays at Noon. 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
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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