

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

- FDA will update the labeling of all Proton Pump Inhibitors and [naproxen with warnings of risk for lupus](#) or other skin disorders.
- Illicit fentanyl rather than improper prescribing accounts for two-thirds of the opioid [overdose deaths](#), that continue to rise in [Massachusetts](#).
- [IV Acetaminophen](#) (Ofirmev) will soon be available in pre-mixed bags rather than only single use vials available only in 24 vial cartons.
- A bigger problem than over-prescribing, 300 new psychoactive drugs have flooded our streets providing [legal and sometimes deadly “highs.”](#)
- Voters made [Colorado the 6th state to allow physician-assisted suicide](#) to those expected to die within 6 months from a terminal illness.
- Intended to get drug users off the street by [falsifying drug tests](#), a lab-worker’s plan backfired and may set tens of thousands of prisoners free.
- The potent synthetic opioid U-47700 or “[pink](#)” is [sometimes sold as counterfeit pain relievers](#) is made illegal to possess or use by the DEA.
- [Surgeon General’s report on addiction](#) points to alcohol, heroin, prescription nonopioid/opioid drugs as a leading source of morbidity / mortality.
- New patient education focused [questions to ask before receiving an opioid prescription](#); including addiction risk, safe storage, use & disposal.

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

- Barbour KE, Boring M, Helmick CG, et al. Prevalence of severe joint pain among adults with doctor-diagnosed arthritis — United States, 2002–2014. *MMWR Morb Mortal Wkly Rep.* 2016 Oct 7;65(39):1052-1056. [Severe arthritis pain increased 37%](#); most for women & minorities
- Bräscher AK, Becker S, Hoeppli ME, et al. Different brain circuitries mediating controllable and uncontrollable pain. *J Neurosci*, 2016, 36(18):5013-5025. [Controlling pain activates descending mechanisms](#) that remain dormant when pain is allowed to escalate uncontrolled
- Bernhofer EI, Hosler R, Karius D. Nurses’ written responses to pain management values education: A content analysis. *Pain Manag Nurs.* 2016 Dec. 17 (6):384–91. Improved knowledge lacks the impact that [insight into personal values](#) have on changing patient-centered care.
- Alviar MJ, Hale T, Dungca M. Pharmacologic interventions for treating phantom limb pain (PLP). *Cochrane Database Syst Rev.* 2016 Oct 14; 10:CD006380 [Morphine, gabapentin, and ketamine](#) helped PLP, local anesthetics had mixed results & Botox A or amitriptyline ineffective.
- Wuytack F, Smith V, Cleary BJ. Oral non-steroidal anti-inflammatory drugs (single dose) for perineal pain in the early postpartum period. *Cochrane Database Syst Rev.* 2016 Jul 14;7:CD011352. Low quality evidence shows [NSAIDs better than placebo for postpartum perineal pain](#)
- Manglik A, Lin H, Aryal DK, et al. Structure-based discovery of opioid analgesics with reduced side effects. *Nature.* 2016 Aug 17;537(7619): 185-190. Researchers screened millions of small molecules to activate the mu receptors to [relieve pain without respiratory or reward effects](#).
- Zouikr I, Bartholomeusz MD, Hodgson DM. Early life programming of pain: focus on neuroimmune to endocrine communication. *J Transl Med.* 2016 May 6;14(1):123.. [Immune-endocrine interactions](#) are key to understanding the multisystem causes and impact of chronic pain.
- Macfarlane, G.J. (2016) The [epidemiology of chronic pain](#). *Pain*, 157(10), 2158-2159. Half who have an acute painful episode go on to develop chronic pain. Older age, history of childhood trauma, suboptimal pain control and psychosocial risk factors increase the likelihood.

MGH Cares About Pain Relief

Massachusetts General Hospital

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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)

- García MC, Dodek AB, Kowalski T, et al. Declines in opioid prescribing after a private insurer policy change - Massachusetts, 2011-2015. *MMWR Morb Mortal Wkly Rep.* 2016 Oct 21;65(41):1125-1131. [Payer policy change cut opioid prescribing rates by 15%](#) in the first 3 years.
- GBD 2015 Disease and Injury Incidence and Prevalence Collaborators (2016). Global, regional, & national incidence, prevalence, and years lived with disability for 310 diseases and injuries, 1990–2015: a systematic analysis for the Global Burden of Disease Study 2015. *Lancet.* 2016 Oct 8;388(10053):1545-1602. Low [back & neck pain remains the leading global cause of disability](#). Arthritis is increasingly disabling.
- McCabe SE, Veliz P, Schulenberg JE. Adolescent context of exposure to prescription opioids and substance use disorder (SUD) symptoms at age 35: a national longitudinal study. *Pain* 2016 Oct.157(10) 2171-2178. A large longitudinal study shows [appropriate teen medical use of prescription opioids doesn't lead to addiction](#); but teen nonmedical use doubled rates of SUD at age 35 over those with no opioid exposure.
- Sun EC, Darnall B, Baker LC, et al. Incidence of and risk factors for chronic opioid use among opioid-naive patients in the postoperative period. *JAMA Intern Med.* 2016 Sep 1;176(9):1286-93. On average [<1% of surgical patients progress to chronic opioid use](#), with men, older age, & preoperative drug or alcohol abuse, and those with preoperative depression, benzodiazepine or antidepressant use at increased risk
- Ziegler L, Mulvey M, Blenkinsopp A, et al. [Opioid prescribing for patients with cancer in the last year of life](#): a longitudinal population cohort study. *Pain.* 2016 Nov;157(11):2445-2451. Despite cancer pain prevalence, most don't receive strong opioids that are withheld until the end.
- Gladden RM, Martinez P, Seth P. Fentanyl law enforcement submissions & increases in synthetic opioid-involved overdose deaths-27 states 2013-2014. *MMWR Morb Mortal Wkly Rep.* 2016;65(33):837-843. [Overdoses are primarily driven by unlawfully obtained synthetic opioids](#).

Pain Resources on the Web:

- SAMHSA launched a [smartphone app designed to improve opioid prescribing](#), expand Medication Assisted Treatment and naloxone access.
- Biopsy-confirmed small-fiber polyneuropathy methods now reveal a [new understanding of fibromyalgia](#) & other widespread pain syndromes.
- [Understanding the Genetics of Pain](#) is key developing the patient-oriented research need to better understand and treat chronic pain.
- Brief video highlights [3 key points in the management of fibromyalgia](#) with a multimodal approach to symptom clusters in primary care.
- Excellent resource book on [Opioid Prescribing and Monitoring: How to Combat Opioid Abuse & Misuse Responsibly](#)

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

- Three months of [osteopathic manipulation for chronic low back pain](#), has sustained benefits.
- [Low-level laser](#) therapy effectively treats nipple lesions, and breastfeeding-induced pain while prolonging exclusive breastfeeding.
- Many IBS-D patients on low [FODMAP diets](#) had [30% less pain than those on the currently recommended IBS-D diet](#).
- [Cold packs after cardiac surgery](#) cut pain at rest the first 2 days, but didn't help pain with deep breathing exercises.

Pain-Related Education Opportunities

- Dec 6-8th the first live streamed only, three day professional conference with international thought leaders discussing the [Science of Pain](#).
- March 16-19th, [Pain as a Public Health Issue](#) is the AAPM theme for physicians and treatment teams at its annual conference in Orlando FL.
- June 25th-29th, the 2nd annual [North American Pain School](#), is now accepting applications from emerging pain scholars (Montebello, Canada).

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, September 13th, 2016 *Founders House 325 @ 8AM – 1PM* [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: [Margaret Spinale](#) for more information.
- Check for details & schedule of [Interprofessional Pain Rounds](#) at Massachusetts General Hospital held 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
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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