

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 1-2
CIH.....	Page 2

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

In the News

- SAMHSA offers some [free pocket guides](#) to help professionals understand and use medication-assisted treatments for opioid use disorder.
- [Medline recalls acetaminophen 325mg tabs](#) (100/bottle) that are mislabeled 500mg strength tablets in lot # 45810.
- Senate & Emergency Room physician [groups ask Medicare to stop asking patients about pain](#) care quality; stating this promotes opioid use.
- [Joint Commission clarifies and defends pain standards](#) that assessing & treating pain is part of quality care without demanding more opioids.
- U.N. to consider [addressing unbalanced drug policies](#) that pit law-enforcement against public-health and scientific need for access to opioids.
- IV opioid abusers are [shooting up in and around hospitals](#) or [where Narcan is easily available](#) so they can be rescued from the brink of death.
- An [update of the IOM Report on Pain in America \(2011\)](#) will reexamine research, care & education to emphasize prescription opioid abuse.
- [Maine passes tough new law to curb opioid](#) abuse and diversion passed in Maine, that includes limits on dose, duration and other elements.
- Busy legislators craft laws to find bipartisan solutions [addressing opioid access, drug abuse & addiction](#) treatment.
- The National Rx [Drug Take-Back Day](#) April 30th 10AM – 2PM aims to safely dispose of unused drugs. MGH event will be May 3rd & 4th.

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

- Cline MA. Increasing RN Accountability in professional practice: development of a [pain reassessment documentation scorecard](#). *J Nurs Adm.* 2016 Mar;46(3):128-31. Epic-generated report monitoring pain reassessment increased HCAHPS pain scores 5% in less than 2 years.
- Sidiropoulou T, Giavasopoulos E, Kostopanagiotou G, et al. Perioperative pregabalin for postoperative pain relief after thoracotomy. *J Anesth Surg* 2016 3:(2):1-6 Perioperative [pregabalin contributes to desired outcomes](#), including less pain, nausea and vomiting, better patient satisfaction scores and prevention of chronic neuropathic pain. Dose of 75mg Q12H started day before surgery until 5days post-op was used.
- Krebs EE, Paudel M, Taylor BC, et al. Osteoporotic fractures in men (MrOS) study research group. Association of opioids with falls, fractures, and physical performance among older men with persistent musculoskeletal pain. *J Gen Intern Med.* 2016 May;31(5):463-9. [Older men taking opioids for chronic musculoskeletal pain](#) did not have more falls, fractures, progressive functional impairment, or death over a 9 year period.
- Forsth P, Olafsson G, Carlsson T, et al. A randomized, controlled trial of [fusion surgery for lumbar spinal stenosis](#). *N Engl J Med.* 2016 Apr 14;374(15):1413-23. Less invasive decompression surgery has same outcomes at 5 years as riskier lumbar decompression surgery + fusion.
- Nahin RL. [Categorizing the severity of pain](#) using questions from the 2012 National Health Interview Survey. *J Pain Res.* 2016 Mar 1;9:105-13. The frequency and bothersome nature of pain yields population-level data on psychological distress, disability days & healthcare use.
- Rabbitts JA, Zhou C, Groenewald CB, et al. Trajectories of [postsurgical pain in children](#): risk factors and impact of late pain recovery on long-term health outcomes after major surgery. *Pain.* 2015 Nov;156(11):2383-9. Post-op pain increases for 2 weeks in 12% of children before declining at 4 months, leading to poorer outcomes at 1 year. Parental pain catastrophizing before surgery was a significant predictor.

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 pmarnstein@partners.org

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

- Gauntlett-Gilbert J, Gavriloff D, Brook P. [Benzodiazepines May be Worse than Opioids](#): Negative Medication Effects in Severe Chronic Pain. *Clin J Pain*. 2016 Apr;32(4):285-91. High benzodiazepines doses are riskier than high dose opioids; with the combination deemed unsafe.
- Lee E, Takita C, Wright JL, et al. Characterization of risk factors for adjuvant radiotherapy-associated pain in a tri-racial/ethnic breast cancer population. *Pain*. 2016 May;157(5):1122-31. Race, baseline pain, youth, illness severity & rads [increase the risk of post-radiation pain](#).
- Murphy JL, Phillips KM, Rafie S. [Sex differences between Veterans](#) participating in interdisciplinary chronic pain rehabilitation. *J Rehabil Res Dev*. 2016;53(1):83-94. Women receive fewer analgesics and report less sustainable benefits from integrated pain programs.
- Stamm TA, Pieber K, Crevenna R, Dorner TE. Impairment in the activities of daily living in older adults with and without osteoporosis, osteoarthritis and chronic back pain: a secondary analysis of population-based health survey data. *BMC Musculoskelet Disord*. 2016 Mar 28;17(1):139. [Pain intensity interferes with all types of daily activities in older adults](#) with anxiety or depression compounding its effect.
- American Academy of Pediatrics. Prevention & Management of [Procedural Pain in the Neonate](#): An update. *Pediatrics*. 2016 Feb;137(2):1-13. Neonates (especially preterm) are at risk of neurodevelopmental impairment resulting from preventable exposure to repeated or strong pain.

Pain Resources on the Web:

- The National Cancer Institute PDQ research review examines the [benefits and harms of Cannabis or Cannabinoid](#) – based treatments.
- [RELIEF](#); is a new website for the public that provides free news, articles, interviews and webinars on the latest pain research.
- The [Centre for Pediatric Pain](#) Research has updated resources and tools to help clinicians, researchers and children with pain.

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

- [Shuangbai San, a Chinese herb](#), when externally rubbed on the abdomen can reduce mild liver cancer pain.
- [Mindfulness & yoga or CBT](#) cut pain-related distress & improved functioning than usual low back pain care at 6 & 12 months.
- Professional societies collaborate to form guidelines on [herbal and nutritional products for migraine](#) sufferers.
- [Craniosacral Therapy](#) is safe for chronic neck pain with some sustained benefits in pain, quality of life and functioning noted at 2 & 5 months.

Pain-Related Education Opportunities

- Wed – Sat, May 11th – 14th, 2016, the [American Pain Society 35th Annual Scientific Meeting](#) will be held in Austin, TX.
- Mon, April 25, 2016, 3PM – 4PM, Improving Self-Management Support for Chronic Pain via Mobile Health Tools. [Register here](#).
- Sun – Tues, June, 5th – 7th, 2016 [International Conference on Opioids](#) will review the latest evidence on benefits & harms. Boston, MA
- Mon, May 23, 2016, 8AM – 4PM [Pain Management Nursing Certification Preparation](#) class. Newton Wellsley Hospital
- Tues – Wed, May 31st – June 1st, 2016 [NIH Pain Consortium](#) on advances in pain research and Innovative models/methods. Bethesda.
- Mon – Fri, June, 20th – 24th, 2016 [Evaluating & Treating Pain](#). Top-notch pain training through Harvard Medical School CME

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* (Level II) – Tuesday, June 7, 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
- *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
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>

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