

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

- FDA considers need for a [statement of medical necessity on opioid prescriptions](#) if prescribed above an “appropriate” amount.
- [Shortages of some pre-filled opioid syringes](#) on the horizon raise some concerns about safety, storage and wastage.
- Official definitions of pain types now include a “[nociceptive pain](#)” mechanism that evades detection of actual or threatened tissue damage.
- Despite this report confusing physical dependence from addiction, [could hospitals be liable for not providing a taper plan?](#)
- [Kellyanne Conway is named the Opioid Czar](#) to coordinate the Trump Administration efforts to address opioid overdoses.
- [Cortical remapping was observed in a child](#) after hand amputations & brain remodeled to a more normal pattern after double hand transplant.
- [Codeine is still being prescribed for children](#) after tonsillectomy/adenoidectomy despite a 2013 FDA warning of its unpredictable effect.
- Bipartisan senators reintroduced the [Marijuana Effective Studies Act](#) to stimulate research needed to determine its safety & efficacy
- Aspirin or acetaminophen taken during pregnancy increases odds of [developing cerebral palsy](#). Ibuprofen is not linked to this finding.
- [Patients admitted for opioid-related exposure](#) died at an alarming rate over a 20 year span, supporting need for treatment referral/resources.
- [Pope Francis statement supports palliative care](#), that treats pain & loneliness in dying persons without resorting to overzealous treatment.
- Health & Human Services reveals its strategy to [advance the practice of pain management using fewer opioids](#) & reduce inappropriate use.
- [Mayday Pain & Society Fellowship program resumes](#) to help experts provide leadership & convey evidence-based pain care. Apply now!
- Painful procedures have a distinct brain activity pattern, which is greater in [stressed babies](#) despite no behavioral signs suggestive of pain.
- Proof of concept established for a potential disease modifying [drug that reduces pain & improves function for knee OA](#).

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

- Monitto CL, Hsu A, Gao S, et al. Opioid prescribing for the treatment of acute [pain in children on hospital discharge](#). *Anesth Analg*. 2017;125:2113-2122. Children who underwent orthopedic or Nuss surgery needed more post-discharge opioid doses than after other surgery types with higher pain intensity at discharge. Some families were informed about how to dispose of leftover pills but few did.
- Lin YC, Wan L, Jamison RN. Using [integrative medicine in pain mgmt](#): An evaluation of current evidence. *Anesth Analg*. 2017;125:2081-93. Acupuncture has the strongest evidence of benefit, with yoga, relaxation, tai chi, massage & manipulation also found helpful for chronic pain.
- Wilson M, Gogulski HY, Cuttler C, et al. [Cannabis use moderates the relationship between pain and negative affect in adults with opioid use disorder](#). *Addict Behav* 2017;77:225-231 Frequent cannabis use blurs the distinction between pain & distress making opioid M.A.T. difficult.
- Schug SA, Bruce J. Risk stratification for the [development of chronic postsurgical pain](#). *PAIN Reports*: [Nov/Dec 2017. 2\(6\):p e627](#). Chronic postsurgical pain is more common & problematic than once thought. Genetic, psychosocial, pain, & medical/surgical risks are reviewed.
- Ilhan E, Chee E, Hush J. The [prevalence of neuropathic pain](#) is high after treatment for breast cancer: a systematic review. *Pain*. 2017 Nov;158(11):2082-91. This type of pain is more prevalent in breast cancer than for other types of cancer, warranting further attention.
- Luo J, Min S. Postoperative [pain management in the post-anesthesia care unit](#): an update. *J Pain Res*. 2017;10 2687–98. Review of new objective (physiologic & clinical) assessments, multimodal analgesia & novel interventions to best treat pain in the PACU.

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

- Lumley MA, Schubiner H, Lockhart NA, et al. [Emotional awareness and expression therapy](#), cognitive behavioral therapy, and education for fibromyalgia: a cluster-randomized controlled trial. *Pain*. 2017 Dec;158(12):2354-63. Targeting emotional awareness / expression is more effective at reducing pain & other symptoms, while improving biopsychosocial functioning than education alone for patients with fibromyalgia.
- Silvestre J, Reddy A, de la Cruz M., et al. Frequency of [unsafe storage, use, and disposal practices of opioids among cancer patients presenting to the emergency](#) department. *Palliative Supportive Care*, 2017. Dec;15(6):638-43. Three-quarters of cancer patients fail to safely store opioids or dispose of unused opioids properly. Only 15% lock their opioids; but about 75% would use a lockbox if provided.
- Han B, Compton WM, Blanco C, et al. Rx opioid use, misuse, & use disorders in U.S. adults: 2015 National Survey on Drug Use and Health. *Ann Intern Med*. 2017;167:293-301. [Nearly 5 million Americans misuse opioids](#), often for physical pain using left-over prescribed opioids.
- Henry SG, Bell RA, Fenton JJ, et al. Goals of chronic pain management: Do patients and primary care physicians agree and does it matter? *Clin J Pain*. 2017 Nov;33(11):955-961. Primary care physicians recognize the value in functional goals and avoiding chronic opioids, but 48% of [chronic pain patients' top priority was to reduce pain](#) intensity; compared to it being the top priority for about 5% of physicians .
- Topham D, Drew D. Quality improvement project: Replacing the numeric rating scale with a Clinically Aligned Pain Assessment (CAPA) Tool. *Pain Manag Nurs*. 2017 Dec;18(6):363-371. [Multifaceted pain assessment](#) improves satisfaction better than a pain intensity focus.
- Ruskin DA, Gagnon MM, Kohut SA, et al. A [mindfulness program adapted for adolescents](#) with chronic pain: Feasibility, acceptability, and initial outcomes. *Clin J Pain*. 2017 Nov;33(11):1019-1029. Mindfulness-based interventions can help teens with chronic pain better cope.
- Abrecht CR, Brovman EY, Greenberg P, et al. A contemporary medicolegal analysis of outpatient medication management in chronic pain. *Anesth Analg*. 2017;125(5):1761-1768. [Malpractice claims regarding opioids](#) between 2009 – 2013 (50% of patients died) were commonly related to poor judgment, sleep apnea, long-acting opioids, non-adherence &/or substandard documentation; with \$72,000 average award.
- Fudin, J, Raouf M, Wegrzyn EL, et al. [Safety concerns with the Centers for Disease Control opioid calculator](#). *J Pain Res*. 2018.11: 1–4.

Pain Resources on the Web:

- [Position paper on Cancer Pain](#) updates health professionals' duty to provide evidence-based pain control methods.
- Enhanced Recovery After Surgery (ERAS) protocols delineate [best ways to cut pain & improve post-op healing](#)
- Set aside at [thirty self-care relaxing minutes](#). Repeat daily to achieve mastery, then preach what you practice!.

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

- [Virtual reality innovations to treat pain](#), possibly more effective and engaging than distraction & imagery.
- [Vibrating gloves for arthritic hands](#) help reduce chronic hand pain, but don't improve sleep, mood or functioning.
- (Transcutaneous electrical nerve stimulation) [TENS appears to lower neuropathic pain 1-2 points](#), but better studies are needed
- Web-based tool that helps parents determine how "distractable" their child is and how to use the [Distraction in Action](#) tool for a child's pain.

Pain-Related Education Opportunities

- Thu, January 11th 5 – 8pm. [Caring for patients who use opioids: Responsible prescribing & practical strategies](#). Charlestown MA
- Sun, April 29th Integrative Approaches to Pain Management, including nutrition, mind-body & complementary methods. Boston MA [More info](#)
- Find an [online opioid risk mitigation course](#) from among several Collaborative on REMS Education (CO*RE) approved courses.
- Sun – Tue, March 4 – 6th American Pain Society 2018 Scientific Summit. [Understanding Pain Mechanisms](#) Anaheim, CA
- [17th World Congress on Pain](#)[®] is less than a year away in Boston. September 12 – 16, 2018 [Special registration rates](#) through 12/31/17

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, January 23, 2018 *Founders House* 325 @ 8AM – 1PM [Sign-up](#) here.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: [Margaret Spinale](#) for more information.

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: see handbook <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://www.massgeneral.org/centerforpainmedicine/>

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 [Paul Amstein](#)