

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 warns about [potentially toxic effects of homeopathic medicines](#) used for pain and a host of other conditions
- [Office of National Drug Control Policy leader](#) is a 24 year-old whose qualifications stem from Trump's presidential campaign
- [FDA label change/boxed warnings to prescription cough/cold medicines](#) containing codeine or hydrocodone, now for adult use only.
- [Opioids and STOP Pain Initiative](#) needs legislative support to better understand and treat pain using alternatives to opioids
- Pain pioneer Margo McCaffery passed away. To honor her legacy, please support [ASPMN Research Fund](#).
- Many of the [200 ways to treat pain](#) never get used due to a lack of a broader understanding of pain & its treatment.
- [Opioid misuse among teens reaches a historic low](#) while vaping's popularity is rising & daily marijuana use is steady.
- President Trump signs law to [enhance opioid detection](#) in the mail, customs & borders to stop influx of illicit fentanyl.
- The [opioid crisis hits home](#) as abuse is linked to parental neglect-related child removal for foster home placement.
- [Department of Justice](#) shares data to find pill mills by examining the amount of opioids prescribed, distance patients travel & patient deaths.
- Sobering message: [expect some pain after surgery](#); or expect addiction if striving to be pain free with opioids.
- President Trump uses his "Bully Pulpit," [extending the opioid public health emergency](#) for another 90 days amid criticism of inaction.

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

- Solomon DH, Husni ME, Libby PA, et al. [The risk of major NSAID toxicity with celecoxib, ibuprofen, or naproxen](#): A secondary analysis of the PRECISION trial. *Am J Med.* 2017 Dec;130(12):1415-1422. Beyond a year of daily NSAID therapy, 5% will experience major cardiovascular, GI or renal events with 1% of patients dying. Among the 3 studied drugs, celecoxib had lowest & ibuprofen the highest rate of major toxicity.
- Matthias MS, Johnson NL, Shields CG, et al. I'm not gonna pull the rug out from under you: Patient-provider communication about opioid tapering. *J Pain.* 2017 Nov;18(11):1365-1373. [Conversations about tapering chronic opioid therapy](#) can be eased with insights about patient-centered explanations, negotiation, managing difficulties or misunderstandings and assurance they will not be abandoned.
- Siegel P, Tencza M, Apodaca B, et al. [Effectiveness of occupational therapy interventions for adults with rheumatoid arthritis: a systematic review](#). *Am J Occup Ther.* 2017;71(1):71011. Strong evidence supports [nondrug methods of controlling RA pain](#) used by O.T.'s.
- Gudin, JA, Brennan MJ, Harris ED, et al. Reduction of opioid use and improvement in chronic pain in opioid-experienced patients after topical analgesic treatment: an exploratory analysis. *Postgraduate Med.* 2018 Jan;130(1):42-51. [Topical NSAIDs help many cut use of chronic opioids](#).
- St. Marie BJ, Arnstein PM, Zimmer PA. [Pain and Opioids: Call for Policy Action](#). *Jour Nurse Pract* 2018. 14(1):40-44. Time limited access to full article, summarizing recent White Paper on [Managing chronic pain with opioids](#) highlighting what needs to change in light of the opioid crisis.
- Harbaugh CM, Lee JS, Hu HM, et al. Persistent [opioid use among pediatric patients after surgery](#). *Pediatrics.* 2018 Jan;141(1). pii: e20172439. Nearly 5% of opioid naïve teens get an opioid refill 3-6 months after surgery warranting vigilance to prevent addiction, misuse & adverse effects
- Schmidt-Hansen M, Bennett MI, Arnold S, et al. [Oxycodone for cancer-related pain](#). *Cochrane Database Syst Rev.* 2017 Aug 22;8:CD003870. Oxycodone may have slightly fewer side effects than oral morphine, with equivalent effectiveness. Oral morphine remains the 1st choice.

MGH Cares About Pain Relief
Massachusetts General Hospital
PainRelief@partners.org • [Previous Newsletters](#)

To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Arnstein](mailto:Paul.Arnstein)

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

- Antcliff D, Campbell M, Woby S, et al. Activity pacing is associated with better and worse symptoms for patients with long-term conditions. *Clin J Pain*. 2017 Mar;33(3):205-214. Activity pacing education may help, but varying strategies may help or hurt. Different themes reviewed with “pacing” by adjusting/reducing activities worsening symptoms, while [activity consistency improves chronic pain](#) symptoms & functioning.
- Jensen CD, Stark JT, Jacobson LL, et al. Improved outcomes associated with the liberal use of thoracic epidural analgesia in patients with rib fractures. *Pain Med*. 2017 Sep 1;18(9):1787-1794. [Thoracic epidurals significantly reduce mortality in rib fracture](#) patients with severe injury.
- Zhu A, Benzon HA, Anderson TA. Evidence for the efficacy of systemic [opioid-sparing analgesics in pediatric surgical populations](#): A systematic review. *Anesth Analg*. 2017 Nov;125(5):1569-1587. The available evidence suggests that perioperative acetaminophen, NSAIDs, dexamethasone, ketamine, clonidine & dexmedetomidine may lower postoperative pain & opioid consumption in some pediatric populations.
- Duerden EG, Grunau RE, Guo T, et al. Early procedural pain is associated with regionally-specific alterations in thalamic development in preterm neonates. *J Neurosci* 2017 Dec 18. pii: 0867-17. [Procedural pain in very preterm neonates](#) disrupts thalamic metabolic growth & thalamocortical pathway maturation linked to alterations in somatosensory-system development & poor cognitive/motor outcomes at 3 years.
- Kassianos AP, Ioannou M, et al. The impact of specialized palliative care on cancer patients' health-related quality of life: a systematic review & meta-analysis. *Support Care Cancer*. 2018 Jan;26(1):61-79. [Palliative care cuts pain, nausea & fatigue; improves physical / mental function](#)
- Lee JW, Lee E, Lee GY, et al. [Epidural steroid injection-related events](#) requiring hospitalisation or emergency room visits among 52,935 procedures performed at a single centre. *Eur Radiol*. 2018 Jan;28(1):418-427. Complications hospitalize < 0.5% of epidural steroid patients
- Pergolizzi JV Jr, LeQuang JA, Taylor R Jr, et al. [Going beyond prescription pain relievers to understand the opioid epidemic](#): the role of illicit fentanyl, new psychoactive substances, and street heroin. *Postgrad Med*. 2018 Jan;130(1):1-8. Overlooked contributors to the crisis reviewed.

Pain Resources on the Web:

- [Chronic pain doubles the risk of suicide](#). Learn about the possible links, warning signs & prevention strategies.
- [Is adolescent drug use experimentation, or problematic?](#) Issues, assessments & resources are well delineated in this review.
- [Global year for Excellence in Pain Education](#) bridges gaps between knowledge & practice with tools to teach patients & professionals.

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

- [Periosteal Stimulation Therapy](#) combined exercises reduces pain and functioning with knee arthritis better than TENS.
- Music reduces the intensity of chronic pain and depression; with the [stronger pain relieving effects when music is self-chosen](#).

Pain-Related Education Opportunities

- Sun – Tue, March 4 – 6th American Pain Society 2018 Scientific Summit. [Understanding Pain Mechanisms](#) Anaheim, CA
- Sun, April 29th Integrative Approaches to Pain Management, including nutrition, mind-body & complementary methods. Boston, MA [More info](#)
- Sat, Apr 7th [Integrative Pain Management Conference](#): National Experts, Local Focus. Burlington, VT
- Find an [online opioid risk mitigation course](#) from among several CO*RE approved courses.
- [The 17th World Congress on Pain](#)[®] is less than a year away in Boston, MA, September 12 – 16, 2018.

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, April 17, 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>

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Massachusetts General Hospital

PainRelief@partners.org ● <http://www.mghpcs.org/painrelief>

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