

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

- The IASP Global Year Against [Orofacial Pain](#) began with a lot of resources TMD, Trigeminal neuralgia (TN) and other painful conditions.
- The FDA is requiring [color changes to the Transdermal Fentanyl patches](#) so they can be seen more easily.
- Zohydro ER is the first [FDA-approved Hydrocodone Extended Release](#) opioid product without a dose-limiting non-opioid. As a Schedule II ER opioid, REMS labeling limits its indication to pain that failed other treatments & is severe enough to require sustained, scheduled use.
- The FDA approved a 15mcg/hour [new strength of Butrans](#) (buprenorphine) to facilitate titration of the transdermal patch applied 1x a week.
- [National Prescription Drug Take-Back Day](#) educated millions on the need for safe disposal of unused medications to prevent their abuse.
- Electronic versions of ER/LA opioid REMS education are available on [Medscape](#) with an [iBook](#) version posted on [the CO*RE website](#)
- The FDA supports making [all hydrocodone products a Schedule II drug](#). An affirmative FDA / DEA would make this happen early 2014.
- [Lawmaker criticized the Veterans Affairs](#) (VA) handling of pain because it does not involve pain specialists focuses too heavily on drugs.

Journal Watch

All items are accessible via MGH computers/library. MGHers can obtain other articles from through the [Treadwell home page](#)

- Carragee EJ, Chu G, Rohatgi R, et al. Cancer risk after use of recombinant bone morphogenetic protein-2 for spinal arthrodesis. *J Bone Joint Surg Am*. 2013 Sep 4;95(17):1537-45. The [use of bone growth factor during back surgery](#) was associated with major surgical complications in 11.% of patients. Most concerning was a nearly 7-fold increased risk of developing cancer within 2 years of surgery.
- Lockett T, Davidson PM, Green A, et al. Assessment and management of adult cancer pain: a systematic review and synthesis of recent qualitative studies aimed at developing insights for managing barriers and optimizing facilitators within a comprehensive framework of patient care. *J Pain Symptom Manage*. 2013 Aug;46(2):229-53. Tailoring interventions to the needs and preferences of the patient and family empower / educate them to pursue the multidisciplinary approach needed to [overcome barriers to pain relief](#).
- Kelley M, Demiris G, Nguyen H, et al. Informal [hospice caregiver pain management concerns](#): A qualitative study. *Palliat Med*. 2013 Jul;27(7):673-82. The most often identified area of burden for caregivers is the management of their loved one's pain & medications.
- Zale EL, Lange KL, Fields SA, et al. The relation between pain-related fear and disability: a meta-analysis. *J Pain*. 2013 Oct; 14(10): 1019-30. The [fear of causing or worsening pain is immobilizing](#) to the extent that clinicians should address it to lower disability.

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 PainRelief@partners.org

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

- Derry CJ, Derry S, Moore RA. Single dose oral ibuprofen plus paracetamol (acetaminophen) for acute postoperative pain. *Cochrane Database Syst Rev*. 2013 Jun 24;6:CD010210 . A single dose of [acetaminophen & ibuprofen cuts pain with fewer side effects](#) better than a single agent. Dental surgery patients achieved a 50% reduction in pain in 70% of cases and delayed or cut the need for opioids.
- Griffiths J, Hatch RA, Bishop J, et al. An exploration of social & economic outcome and associated health-related quality of life after critical illness in general intensive care unit survivors: a 12-month follow-up study. *Crit Care*. 2013 May 28;17(3):R100. Patients continue having problems [1 year after an ICU stay, including 70% with moderate or extreme pain](#); reduced mobility, quality of life & more caregiver burden
- Marin Gabriel MA, Del Rey Hurtado de Mendoza B, Jimenez Figueroa L, et al. Analgesia with breastfeeding in addition to skin-to-skin contact during heel prick. *Arch Dis Child Fetal Neonatal Ed*. 2013 Nov;98(6):F499-503 . [Skin to skin contact plus breast feeding](#) reduces crying and other signs of pain better than skin-to-skin contact (SSC) or sucrose with or without SSC for term neonates during heel prick
- Sanga P, Katz N, Polverejan E, et al. [Efficacy, Safety, and Tolerability of Fulranumab](#), an Anti-Nerve Growth Factor Antibody, in the Treatment of Patients with Moderate to Severe Osteoarthritis Pain. *Pain*, 2013 Oct;154(10):1910-9. A new subcutaneous drug derived from the human monoclonal anti-NGF antibody showed promise as a non-opioid treatment for chronic hip or knee osteoarthritis pain.
- Sia AT, Lim Y, Lim EC, et al. Influence of mu-opioid receptor variant on morphine use and self-rated pain following abdominal hysterectomy. *J Pain*. 2013 Oct;14(10):1045-52. Evidence mounts that [OPRM1 gene explains difference in pain & post-op morphine use](#)

Pain Resources on the Web

- Chronic pain or [fibromyalgia](#) adds stress to any relationship, but people can [keep pain from hurting a marriage](#) through concrete steps.
- Nice review of [CAM for osteoarthritis](#) on Medscape (free registration) discussing merits of diet, exercise, yoga and other CAM methods
- The [Critical Care Pain Observation Tool](#) (ccPOT) is reviewed with discussions by those who validated it and patient video clips they evaluate.

CAM (Complementary and Alternative Medicine)

- Ice packs plus morphine cut postoperative pain and medication use; supporting the value [of combining nondrug and pharmacotherapy](#).
- [Heat cuts labor pain](#) when applied to a woman's back, lower abdomen, groin, and/or perineum every 30 minutes until dilated to 8cm.
- A systematic review and meta-regression analysis showed that [Low Level Laser Therapy](#) helps certain forms of chronic neck pain.

Pain-Related Education Opportunities

- Fri – Sun Nov 15-17, 2013 American Headache Society addresses [diagnosis, management, and treatment of headache](#) Scottsdale, AZ
- Thu- Sat Nov 21-24, 2013 – 12th annual American Society of Regional Anesthesia and [Pain Medicine](#) meeting in Phoenix, Arizona

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri Nov. 8th. *Founders House* 325 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Wed, Mar 19, 2013 *Haber Auditorium* 11am – 3pm [email for info](#).
- *Palliative Care Grand Rounds* occur weekly on Wednesdays at 8:00am. email: [Margaret Spinale](#)
- *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: #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Prescription and Non-prescription Pain Medications; @3283 for Postoperative Pain 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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