

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 National Association of [Attorney Generals call for tamper-resistant generic opioids](#) to fight the prescription drug abuse epidemic.
- [Zorvolex](#), a new dose & form of oral diclofenac taken without food for mild-moderate acute pain that may lower [prescription NSAID risks](#).
- [The presence of chronic or neuropathic pain may measurable by ion channel density](#) according to PET scans done on small animals.
- The Monitoring the Future study of high school seniors shows a [continued downward trend in the prevalence of prescription opioid use](#).
- The American College of Physicians provides a sneak preview of its [2014 position paper on prescribing medications with abuse potential](#)
- Overregulation of opioids produced a [pandemic of needless suffering](#) around the world with billions of people at risk for under-treatment.
- How do professionals [make informed evidence-based decisions](#) when “there is no evidence to suggest” the best course of action?

Journal Watch

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

- Slade GD, Fillingim RB, Sanders AE, et al. Summary of Findings From the OPPERA Prospective Cohort Study of Incidence of First-Onset Temporomandibular Disorder (TMD): Implications and Future Directions. *Pain*, 2013 Dec;14(12 Suppl):T116-24. Summarizing [new insights about chronic facial pain](#) gained from nearly 3,000 patients longitudinally about biopsychosocial factors to study & address
- Petter M, Chambers CT, McGrath PJ, et al. The role of trait [mindfulness in the pain experience of adolescents](#). *J Pain*. 2013 Dec;14(12):1709-18. Trait mindfulness buffers the negative effect catastrophizing & ruminating has on pain perception & functioning.
- Liu J, Lan L, Li, G, et al. [Migraine-related gray matter](#) and white matter changes at a 1-year follow-up evaluation. *J Pain*. 2013 Dec;14(12):1703-8. Gray, (not white) matter reductions in the brain's pain centers seen within 1 year diagnosis with migraine without aura.
- Dworkin RH, O'Connor AB, Kent J, et al. [Interventional management of neuropathic pain](#): NeuPSIG recommendations. *Pain*. 2013 Nov;154(11):2249-61. Available research supports limiting injections to PHN and radiculopathy & stimulators to failed-back and CRPS.
- Doorenbos AZ, Gordon DB, Tauben D, et al. A [blueprint of pain curriculum](#) across prelicensure health sciences programs: One NIH Pain Consortium Center of Excellence in Pain Education (CoEPE) experience. *J Pain*. 2013 Dec;14(12):1533-8. Nursing & Medical school training spends only 1-2% time focused on pain The need for curricula changes, case-based & team-based clinical learning is outlined.

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](#)]

- Pincus T, Holt N, Vogel S, et al. [Cognitive and affective reassurance](#) and patient outcomes in primary care: a systematic review. *Pain*. 2013 Nov;154(11):2407-16. Patient education & counseling yields better outcomes, while rapport & empathy improve patient satisfaction.
- Gustin SM, Peck CC, Macey PM, et al. Unraveling the [effects of plasticity and pain on personality](#). *J Pain*. 2013 Dec;14(12):1642-52. Anatomic evidence shows chronic pain reduces gray-matter volume that creates brain changes linked to depression and personality.
- Taylor LE, Stotts NA, Humphreys J, et al. A biopsychosocial-spiritual model of chronic pain in adults with sickle cell disease. *Pain Manag Nurs*. 2013 Dec;14(4):287-301. Biopsychosocial models of pain may overlook [spiritual aspects providing an important source of strength](#).
- Smith SM, Dart RC, Katz NP. Classification and [definition of misuse, abuse, and related events](#) in clinical trials: ACTION systematic review and recommendations. *Pain*. 2013 Nov;154(11):2287-96. Media & laws to protect the public from drug abuse and addiction are based on research without clear definitions. A panel of experts compared/contrasts definitions to urge a more consistent use of terms.
- Seminowicz DA, Shpaner M, Keaser ML et al. Cognitive-behavioral therapy increases prefrontal cortex gray matter in patients with chronic pain. *J Pain*. 2013 Dec;14(12):1573-84. [CBT therapy increased gray matter mass](#) in key sensory, motor & affective brain areas.
- Patel KV, Guralnik JM, Dansie EJ, et al. Prevalence and impact of pain among older adults in the United States: Findings from the 2011 National Health and Aging Trends Study, *Pain*. 2013 Dec;154(12):2649-57. Half of older adults have bothersome pain. Obesity, gender, musculoskeletal conditions & depression are contributing factors. [Multiple pains are more disabling](#) than those in a single location.
- Aparicio VA, Ortega FB, Carbonell-Baeza A, et al. Fibromyalgia's key symptoms in normal-weight, overweight, and obese female patients *Pain Manag Nurs*. 2013 Dec;14(4):268-76. Both overweight and obese patients had more pain, fatigue, morning tiredness & stiffness than their normal-weight counterparts. Thus maintaining [a healthy weight may help patients with fibromyalgia](#) reduce bothersome symptoms.

CAM (Complementary and Alternative Medicine)

- Fibromyalgia patients had less pain & fatigue with movement after a [30 minute TENS application](#) to the upper or lower back (their choice)
- FDA approved the first [Transcranial Magnetic Stimulator](#) designed to relieve the pain of migraines with a visual, sensory or motor aura.
- [Wii exercise programs](#) (wakeboard, Frisbee dog, jet ski & canoe game) improves physical & mental health for people with low back pain.

Pain Resources on the Web

- [Chronic Pain is like having 4 flat tires](#); is a video explaining to chronic pain patients why self-management is a vital part of multimodal therapy
- American Headache Society urges us to [Choose Wisely](#) before recommending five controversial interventions for stable migraines.

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri. January 10th *Founders House 325* 8am–9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Thu, Jan 30, 2014 *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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