

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 FDA writes [an open letter to all prescribers](#) urging them to become educated before prescribing ER/LA opioids per their REMS.
- The White House's [2013 National Drug Control Strategy](#) includes online education on [prescribing opioids prudently](#) to cut overdoses.
- The FDA approves abuse-deterrent labeling for [reformulated OxyContin](#) and [bans generic formulations of OxyContin](#) from being sold.
- [Lubiprostone receives FDA approval](#) for the treatment of constipation from chronic opioid therapy in adults with chronic non-cancer pain.
- The [AMA urges FDA to reject PROP](#), the proposal that limit chronic opioid prescribing, because of weak evidence for requested change.
- The National Consensus Project for Quality Palliative Care: [Clinical Practice Guidelines for Quality Palliative Care](#), 3rd Ed. is available.

Journal Watch

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

- Guglielminotti J, Mentre F, Gaillard J, et al. (2013). Assessment of pain during labor with pupillometry: a prospective observational study. *Anesth Analg.* 116(5):1057-62. Changes in pupil size and light response may help measure [pain levels in non-verbal patients](#) during labor
- Smith EM, Pang H, Cirrincione C, et al. (2013). Effect of duloxetine on pain, function, and quality of life among patients with [chemotherapy-induced painful peripheral neuropathy](#): a randomized clinical trial. *JAMA.* 309(13):1359-67. After 5 weeks, 59% of duloxetine patients reported less pain (1 point on 0-10 scale) & better functioning than placebo, but 11% dropped out from side effects.
- Ceelie I, de Wildt SN, van Dijk M, et al. (2013). Effect of intravenous paracetamol on postoperative morphine requirements in neonates and infants undergoing major noncardiac surgery: a randomized controlled trial. *JAMA.* 309(2):149-54. After major chest or abdominal surgery, [infants used only one-third the morphine dose when IV acetaminophen](#) boluses were provided over a 48 hour period.
- Arnstein P, Herr K. (2013). Risk evaluation and mitigation strategies for older adults with persistent pain. *J Gerontol Nurs.* 39(4):56-66. Learn the [safe, effective use of prescription & OTC analgesics in the older adult](#) with chronic pain and earn CE credits.
- Jarrett A, Church T, Fancher-Gonzalez K, et al. (2013). Nurses' knowledge and attitudes about pain in hospitalized patients. *Clin Nurse Spec.* 27(2):81-7. Improved nurse knowledge & attitudes led to [greater patient satisfaction](#) (HCAHPS) with how their pain was managed.
- de Graaf J, van Lingen RA, Valkenburg AJ, et al. (2013). Does [neonatal morphine use](#) affect neuropsychological outcomes at 8 to 9 years of age? *Pain.* 154(3):449-58. Children treated with continuous morphine for pain as ventilated neonates did not show long term impairment in cognition, executive function such as behavioral regulation, or general functioning 8 years later.

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

- Rockett MP, Simpson G, Crossley R, et al. (2013). [Characteristics of pain](#) in hospitalized medical patients, surgical patients, and outpatients attending a pain management centre. *Br J Anaesth*. Feb 18. [Epub ahead of print] Medical and surgical patients had similar levels of pain, but medical patients were more likely to have multiple pain problems, and be assessed and treated insufficiently for pain.
- Meier K, Jensen TS, Christensen BM, et al. (2013). Reduced areas of [spontaneous neuropathic pain](#) after spinal cord stimulation treatment. *Clin J Pain*. [EPub] Spinal cord stimulation lowers intensity & area of neuropathic pain. Only intensity improved quality of life.
- Trevino CM, deRoom-Cassini T, Brase K. (2013). Does opiate use in traumatically injured individuals worsen pain and psychological outcomes? *J Pain*. 14(4):424-30. Nearly 80% of trauma patients still have [high pain levels & opioid use 4 months post injury](#). It could not be determined whether the injury, the pain intensity, psychosocial factors or opioid use was driving this transformation to chronic pain.

Pain Resources on the Web

- The [City of Hope Pain & Palliative Care Center](#) offers many free resources, including [pain assessment tools](#), for download.
- Spring and summer are prime travel seasons. This one-page handout teaches patients about [traveling with their opioid pain medications](#).
- Some [useful analogies and metaphors](#) that can be used to explain chronic pain not only to children and families, but adults as well.

CAM (Complementary and Alternative Medicine)

- [Reflexology](#) found to provide pain relief when used as a complement to conventional pain management.
- The physiological [mechanisms behind acupuncture](#) are becoming better understood and more accepted by “mainstream” medicine.
- A brief video demonstrating a simple [yoga stretching exercise](#) for lower back pain. Attention to detail matters in this exercise.

Pain-Related Education Opportunities

- Wed-Sat May 8-11 The [American Pain Society](#) 32nd Annual Scientific Meeting for pain clinicians, researchers & educators. New Orleans
- May 17, 7:30am – 12:00pm. Massachusetts Pain Initiative: [Neuropathic Pain: Diagnosis and Treatments](#). Marlborough, MA.
- May 29 – 30. The NIH is hosting its 8th Annual Pain Consortium Symposium on [Self-management of Chronic Pain](#). Free. Bethesda, MD
- June 9 – 11. [International Conference on Opioids](#). Intensive 2+ day program on uses, abuses and legal ramifications of opioids. Boston.
- [Apply for a scholarship](#) to attend PAINWeek, the largest educational conference for all clinicians interested in pain. Las Vegas, Sep 4-7.

MGH Pain Calendar

- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: email: [Tina Toland](#) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am.* email: [Margaret Spinale](#)
- Pain and its Measurement at MGH Friday May 3rd 8:00 – 9:00am Founders 325 Repeated June 7th email: [for info](#)
- *Tools and Techniques for Effective Pain Management – Monday, June 3, 2013 Founders House 325* email: [for info](#)

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>

MGH Cares About Pain Relief

Massachusetts General Hospital

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