

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
CAM.....	Page 2

Pain Resources on the Web.....	Page 2
Pain Education Opportunities.....	Page 2
MGH Pain Calendar & Resources.....	Page 2

In the News

- FDA allows [generic extended-release oxycodone](#) sales despite protests that it is not tamper resistant/abuse deterrent.
- [National Prescription Drug Take-Back Day](#) initiatives have yielded 2.8 million pounds of prescription drugs from circulation.
- Partnership Attitude Tracking Survey finds [1 in 4 teens has misused or abused](#) a prescription drug at least once in their lifetime.
- FDA announces a two-day meeting intended to obtain public input on creating an assessment and [standardization process for REMS](#).
- The [APA released DSM-5](#) with a section on opioid-related disorders, but they do not separate substance abuse from dependence.

Journal Watch

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

- Andrews JS, Cenzer IS, Yelin E, et al. (2013). [Pain as a risk factor for disability or death](#). *J Am Geriatr Soc*. 61(4):583-9. When older adults' baseline daily functioning was controlled for, pain level was not found to be direct predictor of future functional disability or death.
- Gomes T, Redelmeier DA, Juurlink DN, et al. (2013). Opioid dose and [risk of road trauma](#) in Canada: a population-based study. *JAMA Intern Med*. 173(3):196-201. Drivers prescribed higher dosages of opioids have a significantly increased risk of personal injury.
- Pinto PR, McIntyre T, Ferrero R, et al. (2013). Predictors of [acute postsurgical pain](#) and anxiety following primary total hip and knee arthroplasty. *J Pain*. 14(5):502-15. Low preoperative pain and high optimism are linked to lower pain and less anxiety after surgery.
- Butler SF, Cassidy TA, Chilcoat H, et al. (2013). Abuse rates and routes of administration of [reformulated extended-release oxycodone](#): Initial findings from a sentinel surveillance sample of individuals assessed for substance abuse treatment. *J Pain*. 14(4):351-358. A sample of 140,496 showed a 41% reduction in abuse compared to the original formulation, with a reduction in non-oral abuse of 66%.
- Waldron NH, Jones CA, Gan TJ, et al. (2013). Impact of [perioperative dexamethasone](#) on postoperative analgesia and side-effects: systematic review and meta-analysis. *Br J Anaesth*. 110(2):191-200. Single IV dose slightly reduced post-op pain, opioid use & LOS.
- Turk DC, O'Connor AB, Dworkin RH, et al. (2012). Research design considerations for clinical studies of [abuse-deterrent opioid](#) analgesics: IMMPACT recommendations. *Pain*. 153(10):1997-2008. Excellent summary of a consensus meeting between pain experts, governmental agencies, manufacturers, and patients to agree on definitions and research methods to ensure impact on acute/chronic pain patients and substance abusers are studied to ensure safety and efficacy of opioids for vulnerable populations is not compromised.

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 PainRelief@partners.org

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

- Leonard MT, Issner JH, Cano A, et al. (2013). Correlates of spousal empathic accuracy for pain-related thoughts and feelings. *Clin J Pain*. 29:324-33. Those who view their spouse's situation as considerably worse than it actually is (catastrophize) find it harder to develop the [spousal empathy](#) that is needed for better chronic pain outcomes, and adds to the stress of being the spouse of a person with pain.
- Heuch I, Hagen K, Swart JA. (2013). Body mass index as a risk factor for developing chronic low back pain: a follow-up in the Nord-Trøndelag Health Study. *Spine*, 38(2):133-9. [Obesity can be a risk factor](#) for low back pain, but persistent pain does not cause obesity.
- McCabe SE, West BT, Boyd CJ. (2013). Medical use, [medical misuse, and nonmedical use](#) of prescription opioids: Results from a longitudinal study. *Pain*. 154(5):708-13. More than half of "medical misusers" and "nonmedical users" of opioids do so to relieve pain.

Pain Resources on the Web

- The [Geriatric Pain website](#) provides a wealth of assessment and management tools for nurses who work in long-term care environments.
- Patient resource with [downloadable tracking tools](#) for patients to log pain severity, its impact on function, and management interventions.
- [Make the Connection](#) is an online resource and support network for veterans' health issues, including chronic pain. Created by the VA.

CAM (Complementary and Alternative Medicine)

- [Time to Talk](#), an NIH educational campaign with downloadable tools, encourages patients to discuss their use of CAM with providers.
- [Headaches and Complementary Health Approaches](#), an overview by the NIH of how various forms of CAM can help alleviate migraines.
- An introduction to [guided imagery](#), including an overview of how it works as well as an audio clip to demonstrate.

Pain-Related Education Opportunities

- Pain Research, Education and Policy (PREP) program at Tufts offers a [summer course](#) on interprofessional team management of pain.
- Tue Jun 4, 11:00am. [VHA video seminar](#): *The Veteran experience of chronic pain from musculoskeletal injuries: the WRIISC experience*.
- Thu-Sun June 27 – 30. [International Headache Congress](#) 2013, for providers who treat head, neck & orofacial pain. Boston, MA
- Wed-Sat Sept 4 – 7. [PAINWeek](#) National Conference on Pain for Frontline Practitioners. Las Vegas, NV.
- Sat-Mon Sept 7 – 9. [Acute Pain Management Symposium](#), a 3-day course on best practices to treat acute pain. Boston, MA.
- Wed-Sat Oct 9 – 12. American Society for Pain Management Nursing (ASPMN) 22nd [National Conference](#). Indianapolis, IN

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Monday, June 3, or Monday, Aug 12. Founders House 325 [email for info](#)
- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* email [Tina Toland](#) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am until June 26, to resume in September.* email: [Margaret Spinale](#)

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**

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 PainRelief@partners.org