

# 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

- Novartis received FDA approval for [Ilaris](#), a new subcutaneous drug given once monthly for active systemic juvenile idiopathic arthritis.
- FDA to hold a scientific workshop and open public hearing in July to discuss issues surrounding [equianalgesic opioid conversion tables](#).
- The use of [valproate products in pregnant women](#) for migraine prevention may cause lowered IQ in children, according to FDA warning.
- The University of Wisconsin Pain & Policy Studies Group released a report, "[Achieving Balance in State Pain Policy](#): A Progress Report Card", evaluating and grading the degree to which each state has adopted laws that remove barriers to safe and effective pain relief.
- The AAOS updated evidence-based clinical guidelines for [knee osteoarthritis](#). Earlier recommendations for hyaluronic acid injections were removed. The guideline scope includes pharmacologic, nondrug and procedural interventions less invasive than knee arthroplasty.

## Journal Watch

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

- Faigeles B, Howie-Esquivel J, Miaskowski C, et al. (2013). Predictors and use of nonpharmacologic interventions for [procedural pain](#) associated with turning among hospitalized patients. *Pain Mgt Nursing*. 14(2):85-93. Use of a calming voice and deep breathing were the two most common non-pharmacological techniques used when turning patients. Gender and ethnicity were predictors of their use.
- CNT (Coxib and traditional NSAID Trialists') Collaboration. (2013). Vascular and upper gastrointestinal effects of non-steroidal anti-inflammatory drugs: meta-analyses of individual participant data from randomised trials. *The Lancet*. Epub ahead of print. A comprehensive meta-analysis of [daily high-dose NSAID](#) use confirmed and characterized cardiovascular and GI risks between different drugs; diclofenac had a cardiovascular risk similar to coxibs, and all NSAIDs were found to double the risk of heart failure and GI bleed.
- Coggon D, Ntani G, Palmer KT, et al. (2013). Disabling musculoskeletal [pain in working populations](#): Is it the job, the person, or the culture? *Pain*. 154(6):856-63. Nurses, office workers and laborers from 18 countries reported significantly different levels of disabling pain unrelated to socioeconomic factors, commonly believed risks & access to health services or worker compensation. A pattern noted was nurses' vulnerability (10-43%) to disabling back pain; with office workers more often (2-32%) reporting disabling hand & wrist pain.

MGH Cares About Pain Relief  
Massachusetts General Hospital

[PainRelief@partners.org](mailto: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](mailto:PainRelief@partners.org)

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

- Longo G, Osikowicz M, Ribeiro-da-Silva A. (2013). [Sympathetic fiber sprouting](#) in inflamed joints and adjacent skin contributes to pain-related behavior in arthritis. *J Neuroscience*. 33(24): 10066-10074. Abnormal sympathetic fibers in the epidermis were discovered in arthritis-induced rat models; allodynia and hyperalgesia were reversed with sympathetic block, suggesting potential treatment avenues.
- Rasu RS, Sohraby R, Cunningham L, et al. (2013). Assessing chronic pain treatment practices and evaluating adherence to chronic pain [clinical guidelines in outpatient practices](#) in the United States. *Journal of Pain*. 14(6), 568-578. Studying a dataset of 8.9 billion outpatient visits in the U.S. (2000-2007), 690 Million (13%) of all visits were for chronic pain. Data support racial disparities in access to care; and care is provided mostly by PCPs (only 2% visits to pain specialists). NSAIDs were prescribed in 95% of cases, even for diagnoses and patient groups that guidelines warn about ineffectiveness or safety concerns. Opioids, adjuvants & nondrug therapies are underused.
- McHugh, R.K., DeVito, E.E., Dodd, D., et al. (2013). [Gender differences](#) in a clinical trial for prescription opioid dependence. *Journal of Substance Abuse Treatment*. 45(1), 38-43. Before treatment men were more likely to initiate prescription opioid use from non-medical sources and misuse the drug. Women had poorer (physical, mental, emotional) functioning; both were equally responsive to treatment.

## **Pain Resources on the Web**

- American Chronic Pain Association's [Ability Chart](#) is a tool for patients to identify specifically how arthritis impacts their daily functioning.
- GlobalRPH's [Advanced Opioid Converter](#) is an online calculator to guide clinicians in determining equivalent doses of opioid analgesics.
- The NIH Pain Consortium has posted videos of its annual meeting on "Integrated Self-Management Strategies for Pain" ([Day 1](#), [Day 2](#)).

## **CAM (Complementary and Alternative Medicine)**

- The latest issue of the American Chronic Pain Association's quarterly newsletter, [Chronicle](#), focuses on CAM therapies.
- Because [neck pain](#) is so common, patients often turn to CAM. This article compares three types of manipulative therapies for neck pain.
- A guided online cognitive-behavioral therapy program, [Pain Course](#), was found to improve anxiety, disability, depression and pain scores.

## **Pain-Related Education Opportunities**

- Tue July 9, 10am – 12p. [Challenges in the Assessment and Management of Chronic Pain](#), a free, online CME opportunity.
- 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) 22<sup>nd</sup> [National Conference](#). Indianapolis, IN.
- American Pharmacists Association is sponsoring a [free online pharmacy CE course](#), *Encouraging Safe Use of Acetaminophen*.

## **MGH Pain Calendar**

- *Tools and Techniques for Effective Pain Management* – Mon, Aug 12. Repeated Fri, Oct 25 *Founders House 325* [email for info](#)
- *Chronic Pain Rounds* expected to resume in August. 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](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](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](mailto: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](mailto:PainRelief@partners.org)