

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

- [Morphine interacts with clopidogrel](#); delaying its onset , reducing its effect & duration of action, thus increasing risk for treatment failures.
- [AHRQ to conduct the definitive systematic review](#) answering key questions on the effectiveness & risks of long-term opioids for pain.
- The FDA urges prescribers to [order analgesics with < 325mg of acetaminophen](#) given unclear benefits and known risks of higher doses.
- Nutritional supplement [Pro-ArthMax was recalled by FDA](#) for containing drugs, including: diclofenac, ibuprofen, naproxen & indomethacin.
- [Opioid consumption for pain increased 6%](#) between 2010-2011; as [rich countries use > 90% of opioids](#) needed worldwide for analgesia.
- The [Interagency Pain Research Coordinating Committee](#) (IPRCC) is developing a national strategy for transforming the prevention, care, education and research called for by the IOM report on Relieving Pain in America. IPRCC is also seeking members to [improve pain care](#).

Journal Watch: All items are accessible MGHers through the [Treadwell home page](#)

- Hood A, Pulvers K, Spady TJ. Timing and gender determine if acute pain impairs working memory performance. *J Pain.* 2013 Nov;14(11):1320-9. [Pain interferes with working memory](#), as women affected more than men during, but not after pain.
- Abdel Shaheed C, Maher CG, Williams KA, et al. Interventions available over the counter and advice for acute low back pain: systematic review and meta-analysis. *J Pain.* 2014 Jan;15(1):2-15. Common [treatments & advice given for acute low back](#) pain usually don't work.
- Moore RA, Derry S, Straube S, et al. Faster, higher, stronger? Evidence for formulation and efficacy for ibuprofen in acute pain. *Pain.* 2014 Jan;155(1):14-21. The [fast-acting ibuprofen](#) has more rapid absorption, faster initial pain reduction, good overall analgesia in more patients at the same dose, and probably longer-lasting analgesia, but with no higher rate of patients reporting adverse events.
- Lee J, Ellis B, Price C, et al. [Chronic widespread pain, including fibromyalgia](#): a pathway for care developed by the British Pain Society. *Br J Anaesth.* 2014 Jan;112(1):16-24. This clinical guideline was developed to: reduce variations in the standards of care and delays in services, while helping clinicians better understand the disorder and explain why opioids are not indicated for this type of pain.
- Burston JJ, Sagar DR, Shao P, et al. Cannabinoid CB2 receptors regulate central sensitization and pain responses associated with osteoarthritis of the knee joint. *PLoS One.* 2013 Nov 25;8(11):e80440. doi: 10.1371/. Cannabinoid receptor CB2 appears to play a role in the [development of common knee arthritis pain](#) and explain related spinal neuro-immune responses leading to targeted CB2 therapy.
- Stevens BJ, Yamada J, Estabrooks CA et al. [Pain in hospitalized children](#): Effect of a multidimensional knowledge translation strategy on pain process and clinical outcomes. *Pain.* 2014 Jan;155(1):60-8. Informed pediatric nurses can cut the risk of severe pain in half.

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- **Journal Watch** (continued) [MGHers can obtain articles through the [Treadwell home page](#)]
- Puntillo KA, Max A, Timsit JF, et al. Determinants of procedural pain intensity in the intensive care unit: The Europain Study. *Am J Respir Crit Care Med*. 2014 Jan 1;189(1):39-47. In a multinational study, the [3 most painful ICU routine procedures](#) are chest tube removal, wound drain removal & arterial line insertion. The specific ICU, whether or not a nurse performed the procedure and patient-specific variables (pre-procedural pain; pain intensity that day; analgesics received) were all predictors of pain intensity at time of the procedure.
- Waternberg N, Matar M, Har-Gil Met, al. The influence of excessive chewing gum use on headache frequency and severity among adolescents.. *Pediatr Neurol*. 2014 Jan;50(1):69-72. A small study showed [chewing gum triggers pediatric migraines](#) & quitting helps.
- Trail-Mahan T, Mao CL, Bawel-Brinkley K. [Complementary and alternative medicine: nurses' attitudes and knowledge](#). *Pain Manag Nurs*. 2013 Dec;14(4):277-86. Back, neck & joint pain drives many to seek relief with CAM methods. Nurses are in a key position to help these patients, but need education and system support to overcome professional and systems barriers needed to integrate their use into practice
- Napoli A, Anzidei M, Marincola BC., et al. Primary pain palliation and [local tumor control in bone metastases](#) treated with magnetic resonance-guided focused ultrasound. *Invest Radiol*. Jun, 2013. 48(6):351-8, 2013 Jun. MR-guided focused ultrasound may be a viable option to external beam radiation therapy for bone metastasis pain. It cut pain & improved function, while restoring bone in responders.

CAM (Complementary and Alternative Medicine)

- [Low-level laser therapy applied to acupuncture points](#) cut knee pain, improved function and quality of life for patients with knee arthritis.
- Different guidelines from around the world recommend [CAM treatments for fibromyalgia](#) including emphasis on self-management strategies
- The “[singing nurse](#)” utilizes his talents and compassion to alleviate his patients’ pain while helping analgesics work quicker and better.

Pain Resources on the Web

- The Institute for Clinical Systems Improvement has a [new algorithm /clinical guideline for using opioids in acute pain](#) that helps cut overuse.
- A web-based module designed for patients with pain is available to help them [set goals and make decisions](#) about lifestyle changes.
- The American Medical Association has excellent CME Pain Education Modules, including a good [overview of pain treatment](#) module.
- Outstanding series on [reducing injection pain in preschoolers](#), their [point of view](#), controlling pain in [infants](#) and [what parents can do](#).

Pain-Related Education Opportunities

- Sat-Wed. Feb. 15-29 Cleveland Clinic sponsored [Pain Management Symposium](#) includes a variety of teaching methods in Las Vegas
- Wed-Sat April 30-May 3, 2014 Early Bird registration for the [American Pain Society](#) 33rd Annual Scientific Meeting in Tampa FL
- Thu- Sun. Mar 6-9, 2014 American Academy of Pain Medicine 30th Annual Meeting has many [skills sessions for pain treatment](#) Phoenix

MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri Feb. 7th. *Founders House* 325 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Wed, Mar 19, 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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