

# 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

- Thoughtful op-ed on importance of professional / consumer education & [need for smart public policy](#) including abuse-deterrent opioids.
- A National group developed a [consensus document on prescribing & dispensing opioids](#) to verify the legitimate medical need for drugs.
- [Senators hold the FDA accountable](#) for approving a Hydrocodone-only product that is not abuse deterrent and/or tamper-resistant .
- FDA advisors did not see enough evidence for [cardiac safety of naproxen](#) to change the label indicating it is safer than other NSAIDs.
- [Topical diclofenac](#) sodium 2% solution now comes in a user-friendly metered dose pump bottle for osteoarthritis - induced knee pain
- The DEA released their proposed rule to [tighten regulations for Hydrocodone](#), making it a Schedule II drug after a brief comment period.
- Horrendous consequences for patients and families result when [access to cheap, effective analgesia is hampered by over-regulation](#).
- Children whose mothers used [acetaminophen during pregnancy](#) were at higher risk for developing behavioral problems by 7 years old.

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

- Fisher J, Urquhart R, Johnston G. Use of [opioid analgesics among older persons with colorectal cancer](#) in two health districts with palliative care programs. *J Pain Symptom Manage*. 2013;46:20-9. About 1/3 of patients are prescribed any opioid 6 months before death. Those with palliative or long-term care were twice as likely to receive opioids; but more men, older age & newly diagnosed were untreated.
- Brandlistuen RE, Ystrom E, Nulman I, et al. Prenatal paracetamol exposure and child neurodevelopment: a sibling-controlled cohort study *Int J Epidemiol*. 2013 Dec;42(6):1702-13. Children exposed to long-term use of [acetaminophen during pregnancy had substantial adverse developmental outcomes at 3 years](#) of age including poorer gross motor skills despite higher activity levels. The duration of use matters.
- Paul JE, Buckley N, McLean RF, et al. Hamilton [acute pain service safety study](#): using root cause analysis to reduce the incidence of adverse events. *Anesthesiology*. 2014;120:97-109. Rates of hypoventilation, hypotension & pump errors were cut, but more had bad pain.
- Faiz HR, Rahimzadeh P, Visnjevac O, et al., [Intravenous acetaminophen is superior to ketamine](#) for postoperative pain after abdominal hysterectomy: results of a prospective, randomized, double-blind, multicenter clinical trial. *Jo Pain Res*, Jan 2014 (7): 65–70. Pain after a hysterectomy was better controlled among patients who received perioperative acetaminophen than those who received ketamine.
- Baranowski AP, Lee J, Price C, et al. [Pelvic pain: a pathway for care](#) developed for both men and women by the British Pain Society. *Br J Anaesth*. 2014 Mar;112(3):452-9. Patients with pelvic pain have multiple issues that cross many professional boundaries & are best managed by the coordinated involvement of interdisciplinary teams to address physical pain, emotional distress & functional disabilities.

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

- Perniola A, Fant F, Magnuson A, et al. Postoperative pain after abdominal hysterectomy: a randomized, double-blind, controlled trial comparing continuous infusion vs. patient-controlled intraperitoneal injection of local anaesthetic. *Br J Anaesth.* 2014 Feb;112(2):328-36. A significant [opioid-sparing effect of intraperitoneal patient-controlled analgesia](#) provided a faster return of GI function & shorter stays.
- Drummond GB, Bates A, Mann J, et al. Characterization of breathing patterns during patient-controlled opioid analgesia. *Br J Anaesth.* 2013;111:971-8. Using different measures, [extremely common abnormal breathing patterns are seen with PCA opioids](#) after surgery.
- Acosta C, Djouhri L, Watkins R, et al. TREK2 expressed selectively in IB4-binding C-Fiber nociceptors hyperpolarizes their membrane potentials and limits spontaneous pain. *J Neurosci.* 2014 Jan 22;34(4):1494-509. A [natural brake to limit spontaneous pain](#) was found.
- Emerson NM, Zeidan F, Lobanov OV, et al. [Pain sensitivity is inversely related to regional grey matter](#) density in the brain. *Pain.* 2014 Mar;155(3):566-73. People with chronic neuropathic pain have less grey matter volume that may represent a loss of inhibitory neurons.
- Mancini F, Nash T, Iannetti GD, et al. [Pain relief by touch](#): a quantitative approach. *Pain.* 2014 Mar;155(3):635-42. Touch cut awareness of laser-evoked pain when touch was provided at the time and in the area of noxious stimuli while visual & auditory stimuli were subdued.
- Singla NK, Desjardins PJ, Chang PD. A comparison of the clinical and experimental characteristics of four acute surgical pain models: Dental extraction, bunionectomy, joint replacement, and soft tissue surgery. *Pain.* 2014 Mar;155(3):441-456. [Acute pain treatments](#) are derived from research done on one of 4 model that are fraught with methodological limits given patient, professional & setting variability.

## CAM (Complementary and Alternative Medicine)

- A thorough review of [Mindfulness Meditation programs](#) show it has a moderate effect on pain & other health concerns with lasting benefits.
- [Vitamin D supplements](#) for 25 weeks was shown to cut fibromyalgia pain and morning fatigue in women with low vitamin D concentrations.

## Pain Resources on the Web:

- Sub-optimal pain relief has been linked to ICU deaths. Evidence-based approaches to [assessing pain in critical care units](#) are available.
- The American Society for Pain Management Nursing recently posted a Position Statement on [Pain Management at the End of Life](#).
- Informative videos on [safe and effective use of NSAIDs](#) for patients and an [adjuvant drug adverse effects](#) clip for professionals is posted.
- [PAINS resources](#) by an alliance of leaders working in professional societies, policy groups, people with pain, payers & the private sector.

## Pain-Related Education Opportunities

- Thu- Sun. Mar 6-9, 2014 American Academy of Pain Medicine 30th Annual Meeting Phoenix has many [skills sessions for pain treatment](#)
- Wed-Sat April 30-May 3, 2014 Early Bird registration until March 24<sup>th</sup> for the [American Pain Society](#) 33<sup>rd</sup> Annual Scientific Meeting Tampa,

## MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri, March 7, 2014 *Founders House* 325 8am – 9am No registration required [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Wed, March 19, 2014 *Haber Auditorium* 11am – 3pm [email for info](#)
- [Palliative Care](#) Grand Rounds on Wednesdays at 8:00am and [Chronic Pain Rounds](#) Mondays at noon are held in the MGH Ether Dome.

### MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: (see handbook f <http://handbook.partners.org/pages/168> for listing: #120 Acute Pain #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications; 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>

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