



# 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**

- Final call for doctors, nurses, pharmacists, social workers & scientists to serve as Mayday [Pain & Society](#) media, policy & legal scholars.
- The first long-acting oxycodone/acetaminophen (7.5mg/325mg) combination drug called [Xartemis XR](#) was recently granted FDA approval.
- FDA approved a new lower dose (20mg & 40mg) indomethacin ([Tivorbex](#)) capsules for acute mild/moderate pain designed to work faster.
- The FDA also approved a TENS device (“Cefaly”) for use to prevent [migraine headaches](#) by electrically stimulating the trigeminal nerve.
- The FDA is warning consumers to not purchase or use [Arth-Q](#); a “dietary supplement” found to contain unlabeled drugs like ibuprofen.
- Washington Post asks “[Why are patients shut out?](#)” of the debate over prescription pain medicine that is medically necessary for so many.
- Urge patients to get rid of all unused, unwanted drugs during [National Prescription Drug Take-Back Day](#) on Saturday, April 26, 2014 10-2.
- After professionals had [turned off CADD-Solis pump](#), patients have turn them back on for potentially dangerous unauthorized drug access.
- April 22<sup>nd</sup> the FDA discusses a [proposed new immediate release oxycodone/morphine combination](#) drug. Write by April 8<sup>th</sup> / view on web.

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

- Jahn P, Kuss O, Schmidt H, et al. Improvement of pain related [self-management for cancer patients](#) through a modular transitional nursing intervention: a cluster randomized multicenter trial. *Pain*. 2014 Apr;155(4):746-54. Ten to thirty minutes of Nurse-provided education & counseling from 1<sup>st</sup> – last day in hospital reduced barriers to pain management, improved adherence, pain & quality of life.
- Gordon RM, Corcoran JR, Bartley-Daniele P, et al. [A transdisciplinary team approach to pain management](#) in inpatient health care settings. *Pain Manag Nurs*. 2014 Mar;15(1):426-35. An ASPMN Position Statement delineating the merits of a team approach to pain management. It supersedes that of multidisciplinary or interdisciplinary approaches in by having a unified patient centered treatment plan.
- Fillingim RB, Bruehl S, Dworkin RH et al. The ACTTION-American Pain Society Pain Taxonomy (AAPT): An Evidence-Based & Multidimensional Approach to Classifying Chronic Pain Conditions. *J Pain*. 2014 Mar;15(3):241-9. Experts propose a needed structure for [a new taxonomy of chronic pain conditions](#). This approach to forms a new testable foundation for pain-related research and practice.
- Verhoeven K, Dick B, Eccleston C, et al. The role of executive functioning in children's attentional pain control: An experimental analysis. *Pain*. 2014 Feb;155(2):413-21. Children with good inhibition & working memory skills performed a distraction task better. Those with good switching abilities focused better. [Distraction reduces pain in children](#) by shift attention away from it regardless of executive functioning.
- Harris RE, Napadow V, Huggins JP, et al. Pregabalin rectifies aberrant brain chemistry, connectivity & functional response in chronic pain patients. *Anesthesiology*. 2013;119:1453-64. Brain scans show [pregabalin cuts pain](#) by changing nerve structure, function & chemistry.

**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](#)]

- Esteve R, Marquina-Aponte V, Ramírez-Maestre C. [Postoperative pain in children](#): association between anxiety sensitivity, pain catastrophizing, & female caregivers' responses to children's pain. *J Pain*. 2014 Feb;15(2):157-168. Pre-op caregiver catastrophizing about their child's pain & solicitous behaviors (babying them) are linked to higher levels of pain and anxiety in children after surgery.
- Clarke H, Soneji N, Ko DT, et al. Rates and risk factors for prolonged opioid use after major surgery: population based cohort study. *BMJ*. 2014 Feb 11;348:g1251. [After surgery, 97% of older adults stop opioids within 3 months](#). Predictors of continued need are listed.
- American Society of Anesthesiologists task force on perioperative management of patients with obstructive sleep apnea. [Practice guidelines for the perioperative management of patients with obstructive sleep apnea](#): An updated report. *Anesthesiology*. 2014 Feb;120(2):268-86. Expert opinion on weak evidence supports using opioid-sparing regional analgesia techniques to reduce or eliminate the need for systemic opioids during & after surgery. When opioids are used, continuous pulse oximetry may cut risks with OSA patients.
- Kashikar-Zuck S, Cunningham N, Sil S, et al. Long-term outcomes of [adolescents with juvenile-onset fibromyalgia](#) in early adulthood. *Pediatrics*. 2014 Mar;133(3):e592-600. More than 80% of teens with juvenile-onset fibromyalgia continued to have symptoms 6 years later. As expected, levels of pain, anxiety and depression were higher in teens with fibromyalgia condition than among healthy controls.

## CAM (Complementary and Alternative Medicine)

- [Virtual reality helps amputees](#) reduce phantom limb pain, other phantom sensations & improve residual limb / prosthesis functioning.
- [Pulsed Electromagnetic Therapy](#) is safe & easy to use for many pains, including: muscle strain, plantar fasciitis, osteoarthritis & neck pain.
- [Spinal Manipulation Therapy](#) temporarily lowers pain sensitivity by cutting central sensitization, which could account for its effect.
- An Evidence-based guideline supports the use of [cannabis to relieve pain & spasticity](#) for multiple sclerosis when ingested but not smoked.

## Pain Resources on the Web:

- Check out the resources at [www.capc.org](http://www.capc.org) for to advance palliative care skills and resources information
- Patient education guide to [filling and refilling opioid prescriptions](#) emphasizing key safety points
- The [State Pain Policy Advocacy Network](#) delineates pending, existing and desired legislation by state

## Pain-Related Education Opportunities

- Thu-Sun April 3-6 2014, [Integrative Health for Pain Relief](#). State of CAM science on for pain Maui HI
- Wed April 9<sup>th</sup> Webinar at 2:00-3:30pm on [Reducing Opioid Risk with SBIRT](#) CEs available
- Wed Apr 30 [MassPI](#) hosts 2 talks: A Nation in Pain & [Using pharmacogenetics](#) to tailor care. 8-noon
- Wed-Sat April 30-May 3, 2014 Early Bird registration for the [American Pain Society](#) 33<sup>rd</sup> Annual Scientific Meeting in Tampa FL
- Thu –Fri Jun 12-13 the [Art & Science of Palliative Nursing](#) offered through Harvard University 8:00-4:30 Brookline MA

## MGH Pain Calendar

- *Pain and Its Management at MGH* (Level I) – Fri April 4<sup>th</sup>. *Founders House 325* 8am – 9am. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management* (Level II) – Fri, Jun 20, 2014 *Haber Auditorium* 8am – 12:30pm [email for info](#)
- *Gain Control of Complex Pain* (Level III) – Fri, Jun 27, 2014 *Haber Auditorium* 8am – 12:30pm [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
- Mon Apr 7 Why Can't They Just Stop? [Understanding Substance Abuse](#) Treatment Strategies 7:30-4 O'Keefe Auditorium

## GH 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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