

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

- NIH-convened panel calls for individualized, [patient-centered evidence-based, multidisciplinary care](#) for those with chronic pain.
- Coming soon: a daily oral peripheral mu-receptor antagonist to [treat opioid-induced constipation](#) with no risk of abuse or dependency.
- New [abuse-deterrent Zohydro ER](#) joins Hysingla ER as an FDA approved extended release [hydrocodone](#) without acetaminophen.
- FDA accepted application to test a [novel abuse-deterrent morphine](#) that prevents multiple forms of abuse without adding other drugs or irritants.
- Anesthesiology Society reports treatable [women's pain](#) is commonly overlooked, undertreated or over-treated; less often appropriately treated.
- [Hydrocodone rules hit veterans](#) particularly hard; for whom making a monthly appointment is nearly impossible while turning heroes into lepers.

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

- Jimenez N, Jackson DL, Zhou C, et al. Postoperative pain management in children, [parental English proficiency](#), and access to interpretation. *Hosp Pediatr*. 2014 Jan;4(1):23-30. Parental English affects a child's pain intensity, assessment frequency & treatment.
- Fournier JP, Azoulay L, Yin H, et al. Tramadol use and the risk of hospitalization for hypoglycemia in patients with noncancer pain. *JAMA Intern Med*. 2015 Feb 1;175(2):186-93. [Hypoglycemic effect of Tramadol](#) is increasingly being reported, especially first month of therapy.
- Tse MM, Tang SK, Wan VT, et al. The effectiveness of physical exercise training in pain, mobility, and psychological well-being of older persons living in nursing homes. *Pain Manag Nurs*. 2014 Dec;15(4):778-88. A 2 month exercise program by PT & Nurse trainers cut pain 36% and improved biopsychosocial functioning for nearly 400 Nursing Home residents taught [self-initiated exercises and acupuncture](#).
- Hoggart B, Ratcliffe S, Ehler E, et al. A multicentre, open-label, follow-on study to assess the long-term maintenance of effect, tolerance and safety of [THC/CBD oromucosal spray in the management of neuropathic pain](#). *J Neurol*. 2015 Jan;262(1):27-40. Over 9 months, an oromucosal spray of marijuana extract helped by many patients, when added to their neuropathic pain regimen without tolerance or harm.
- Greco MT, Roberto A, Corli O, et al. Quality of cancer pain management: An update of a systematic review of undertreatment of patients with cancer. *J Clin Oncol*. 2014 Dec 20;32(36):4149-54. Despite better treatments [a third of cancer patients with pain remain undertreated](#).
- Blichfeldt-Eckhardt MR, Ording H, Andersen C, et al. [Early visceral pain predicts chronic pain](#) after laparoscopic cholecystectomy. *Pain*. 2014 Nov;155(11):2400-7. Pain the first week after a laparoscopic cholecystectomy is predicts the development of chronic pain.
- Gfrerer L, Maman D, Tessler O, et al. Non- endoscopic deactivation of nerve triggers in migraine headache patients: Surgical technique and outcomes. *Plast Reconstr Surg*. 2014 Oct;134(4):771-8. [New surgery for migraines](#) helped by previous Botox or nerve-block therapy.

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

- Chang J, Versloot J, Fashler SR, et al. Pain assessment in children: Validity of facial expression items in observational pain scales. *Clin J Pain*. 2015 Mar;31(3):189-97. [FACES are not a valid objective scale](#); use only as a “self-report” scales when able to verbally express pain.
- Conaghan PG, Peloso PM, Everett SV, et al. Inadequate pain relief and large functional loss among patients with knee osteoarthritis (OA): evidence from a prospective multinational longitudinal study of osteoarthritis real-world therapies. *Rheumatology*. 2015 Feb;54(2):270-7. [Half OA patients have inadequate relief](#) with bilateral/longer duration OA, women, obesity & comorbidities interfering more with daily living.
- Lim D, Condon P, DeSteno D. Mindfulness and compassion: an examination of mechanism and scalability. *PLoS One*. 2015 Feb 17;10(2):e0118221 Practicing [meditation appears to enhance compassionate responses to others who have pain](#).

Pain Resources on the Web:

- In households where a person with chronic pain lives, it impacts others and [family matters](#) must be addressed.
- New website helps manufacturers, the public, policy makers & FDA develop [Abuse Deterrent opioid Formulations](#) to fight opioid drug abuse.
- NIH developed a summary page on what we know about [Biases / Disparities in Pain Treatment](#) based on age, race, income and other factors.

CAM (Complementary and Alternative Medicine)

- Transcutaneous Electrical Nerve Stimulation helps [cut pain and improve movement after knee replacement surgery](#) that facilitates recovery.
- A growing body of research supports the safety and [helpfulness of Reiki](#) for pain and anxiety in adults with cancer or surgical pain.
- The NIH developed a free [eBook collection of complementary non-drug pain relief methods](#) for download to your computer or mobile device
- [New handy interferential electrical device](#) relieves acute pain & chronic pain, relax spasms, maintains range of motion & improves circulation.
- Yoga, fish oil, melatonin & acupuncture were the most frequent [complementary methods used by children for pain](#) & other common ailments.
- The combination of [oral sucrose and radiant warmth](#) cut immunization pain behaviors in half compared to newborns who got sucrose alone.
- [Susceptibility to neuropathic pain and the effectiveness of transcranial magnetic stimulation for pain control](#) may be genetically determined.

Pain-Related Education Opportunities

- Wed, Mar 18th. Free advancement of science conference addressing the [Complexity of Chronic Pain](#). Washington, DC
- Wed – Sat, May 13 – 16th The [American Pain Society](#) 34th Annual Scientific Meeting Reinvented. Palm Springs, FL
- Tue – Wed, May 26 – 27th The 10th Annual NIH Pain Consortium Symposium, May 26 – 27, 2015
- Tue – Wed, Jun 9 – 10th. [Interprofessional SBIRT Conference](#) Learn to help those with substance use disorder. Pittsburgh, PA
- Mon – Fri, June 1 – 5th Harvard Medical School's [Principles and Practice of Pain Medicine](#) expert faculty. Cambridge, MA
- [Motivational Interviewing](#) for Healthcare Professionals Online Education \$50 – 175 depending on # of CE/CME desired.(Univ of Colorado)

MGH Pain Calendar

- *Pain and Its Management at MGH (Level I) – Friday, Mar 6th. Founders House 325 8:00 – 9:00am. No registration required. [email for info](#)*
- *Tools and Techniques for Effective Pain Management (Level I) – Wednesday, March 11th. Founders House 325 1:00 – 5:00pm [Sign-up](#).*
- *Palliative Care Grand Rounds are Wednesday morning from 8:00 – 9:00 AM in the Ether Dome. [eMail](#) for schedule, details CE Credits*

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
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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