

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

- New Smartphone App helps clinicians [interpret urine drug tests](#) to form the basis of sound clinical judgment when faced with unexpected results.
- FDA strengthens NSAID warnings for [professionals](#) and [patients](#) regarding risk of heart attack or stroke, or interference with low-dose aspirin.
- Should the cardiovascular risks appear in a Black Box as the FDA requires for [Topical NSAIDs](#) despite no evidence of such harm?
- The first hands-free, patch-based [ultrasound device approved by the FDA](#) for the treatment of pain and soft tissue healing.
- FDA Approves [Viberzi](#), a 1st-in class mu & kappa opioid receptor agonist and Delta opioid antagonist for irritable bowel syndrome-diarrhea.

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

- Martikainen IK, Nuechterlein EB, Peciña M, et al. [Chronic back pain is associated with alterations in dopamine neurotransmission in the ventral striatum](#). *J Neurosci*. July 2015, 35(27): 9957-9965. Back pain can alter brain dopamine function that affects pain sensitivity, mood & the endogenous opioid system. This may also have implication to understanding shared risks of chronic pain & substance use disorders.
- Gewandter JS, Dworkin RH, Turk DC, et al [Research design considerations for chronic pain prevention clinical trials: IMMPACT recommendations](#) *Pain* 2015 July 2015, 156 (7):1184-1197. Prospective studies emerging to prevent chronic pain need sound methodology.
- Mishriky BM, Waldron NH, Habib AS Impact of pregabalin on acute and persistent postoperative pain: a systematic review and meta-analysis. *Br J Anaesth*. 2015 Jan;114(1):10-31. [Pregabalin lowers opioid use](#) after surgery but increases dizziness, sedation and visual disturbances without affecting short or long-term pain. There are inconsistent findings that pregabalin may prevent neuropathic pain.
- Hodkinson DJ, Khawaja N, O'Daly O, et al. Cerebral analgesic response to nonsteroidal anti-inflammatory drug ibuprofen. *Pain*. 2015 Jul;156(7):1301-10. [Ibuprofen affects descending pain processing](#) in the spine & brain rather than just blocking peripheral pain signals.
- Craig KD. [Social communication model of pain](#). *Pain* 2015 July 2015, 156 (7):1198-9. Social model expands understanding of pain.
- Hill KP. [Medical marijuana for treatment of chronic pain](#) and other medical and psychiatric problems: A clinical review. *JAMA*. 2015 Jun 23-30;313(24):2474-83. Among many conditions medical marijuana is used for, chronic pain may have the strongest evidence of benefit.
- Fulton-Kehoe D, Sullivan MD, Turner JA, et al. Opioid poisonings in Washington State Medicaid: Trends, dosing, and guidelines. *Med Care*. 2015 Aug;53(8):679-85. Opioid guidelines that restrict high dose chronic use don't address [the cause of most overdose poisonings](#).
- Ingrasciotta Y, Sultana J, Giorgianni F, et al. Association of individual [non-steroidal anti-inflammatory drugs and chronic kidney disease](#): a population-based case control study. *PLoS One*. 2015 Apr 16;10(4):e0122899. Ketorolac, meloxicam & piroxicam. worsen renal function.

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To be added to or removed from the Pain Relief Connection mailing list, send an email to pmarnstein@partners.org

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

- Jimenez N, Galinkin JL. Personalizing pediatric pain medicine: Using population-specific pharmacogenetics, genomics, and other -omics approaches to predict response. *Anesth Analg*. 2015 Jul;121(1):183-7. New models are emerging to better understand factors influencing pain [predict drug response to pain medications](#) among children. Good review of population-specific pharmacogenetics & other technologies.
- Bunzli S, Smith A, Watkins R, et al. "What do people who score highly on the Tampa scale of kinesiophobia really believe? A mixed methods investigation in people with chronic non-specific low back pain. *Clin J Pain*. 2015 Jul;31 (7):621-32. [To overcome the fear of movement](#) that can lead to learned helplessness; one must address mistaken beliefs that pain will produce physical, mental and functional harm.
- Hetmann F, Kongsgaard UE, Sandvik L, Schou-Bredal I. Prevalence and [predictors of persistent post-surgical pain](#) 12 months after thoracotomy. *Acta Anaesthesiol Scand*. 2015 Jul;59(6):740-8. Patients with preoperative pain have 7 times the risk of chronic post-op pain.
- Kenzik K, Pisu M, Johns SA, et al. [Unresolved pain interference among colorectal cancer survivors](#): implications for patient care and outcomes. *Pain Med*. 2015 Jul;16(7):1410-25. Half of colorectal cancer survivors who had pain in early phases of care continued to report pain interference after treatment. The incidence of pain interference was linked to heart failure and pulmonary disease comorbidities, as well as loss of employment. Therefore addressing pain and cardiopulmonary functioning is important to optimize quality of life.

Pain Resources on the Web:

- [Center for Practical Bioethics](#) has good videos and several helpful policy briefs, and a [PAINS project update](#) to improve chronic pain-control.
- The International Association for the Study of Pain has information on [mobile Apps that are helping people with pain](#).
- The CDC compared and contrasted 2009-2013 evidence-based and best practice [guidelines on prescribing opioids](#) for chronic pain.
- Video on [understanding Complex Regional Pain Syndrome](#), its impact and the need for early diagnosis and proper treatment.

CAM (Complementary and Alternative Medicine)

- [Dietary approaches can reduce abdominal pain](#), gas, bloating, constipation & diarrhea in certain bowel diseases by [eliminating certain foods](#).
- A growing base of research supports low level [laser therapy reduces pain](#) and swelling in adults with breast cancer-related lymphedema.
- [Auricular acupressure](#) uses stimulation by seeds taped to specific points on the ear. Cuts low back pain by 50% while reducing analgesic use.
- Video providing [40 minutes of soothing music](#) to assist with pain relief through the use of binaural beat sounds that help induce relaxation.

Pain-Related Education Opportunities

- Tue – Sat, Sept 8 – 12th [PainWeek](#); the largest national multi-track pain conference for frontline clinicians interested in pain. Las Vegas
- Wed – Thur, Sept 23 – 24th Annual Summit on [Pain & Migraine Therapeutic Developments](#). Latest innovations & networking. Washington DC
- Wed – Sat, Sept 16 – 19th [Pain Mgmt Nursing 25th National Conference](#) with multiple tracks, celebrating history & networking. Atlanta, GA

MGH Pain Calendar

- *Pain and Its Management at MGH* – Fri Aug 28th FND 325 8:00 AM – 9:00 AM. No registration required. [email for info](#)
- *Tools and Techniques for Effective Pain Management (Level I)* – Wed, Oct 14th 2015 Founders House 325 from 1:00 PM – 5:00 PM [Sign-up](#).
- Did you miss the [Ketamine for Pain Nursing Grand Rounds](#) session, a multidisciplinary presentation? [check it out here \(internal access\)](#).
- Palliative Care Grand Rounds are Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome.
- *Chronic Pain Rounds* in MGH Ether Dome Mondays at Noon. Email [Tina Toland](#) for details.

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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