

# PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

*Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services*

## Inside this issue:

In the News.....Page 1  
 Journal Watch.....Page 1-2  
 CIH.....Page 2

Pain Resources on the Web.....Page 2  
 Pain Education Opportunities.....Page 2  
 MGH Pain Calendar & Resources.....Page 2

## In the News

- President Obama signed into law the [21st Century Cures Act](#), address health challenges like addiction, cancer, & Alzheimer's disease.
- DEA [opioid investigations came to a grinding halt](#) despite signals of diversion in the peak of the crisis as “pill mills” flourished.
- The Nurses’ Health Study, supports prior research (in both sexes) that chronic use of [ibuprofen or acetaminophen is linked to hearing loss](#).
- Are [Medicaid regulations designed to curtail prescription painkiller abuse](#) solving the problem or making the access to pain treatment worse?
- Massachusetts law now requires [nursing homes to stock naloxone](#) and to train staff in its use to care for residents with addiction.
- FDA strengthens their block box warning that non-aspirin [NSAIDs can cause heart attacks or strokes](#) as early as the first weeks use.
- [DEA registration renewal](#) will continue to offer online renewals after January 1, 2017, reversing a [proposed lengthy reinstatement process](#).
- In 2015, [opioid deaths rose to 33,091](#) largely driven by a 20% increase in heroin deaths & a 72% increase in illicitly made fentanyl overdoses.
- A cluster of unintentional fentanyl & U-47700 overdoses seen North/Central California because [tainted “Norco” purchased from illicit sources](#).

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

- Antman KH, Berman HA, Flotte TR, et al. Developing core competencies for the prevention and management of prescription drug misuse: A [medical education collaboration in Massachusetts](#). *Acad Med*. 2016 Oct;91(10):1348-1351. Massachusetts moves to advance competencies for professional training schools, medical residents, and interprofessional teams to address prescription drug misuse & pain management.
- Soffin EM, YaDeau JT. [Enhanced recovery after surgery](#) (ERAS) for primary hip and knee arthroplasty: a review of the evidence. *Br J Anaesth*. 2016 Dec;117(suppl 3):iii62-iii72. ERAS components include preop education, periop nutrition & analgesia, & early mobilization after surgery.
- Scholten W, Henningfield JE. Negative outcomes of unbalanced opioid policy supported by clinicians, politicians, and the media *J Pain Palliat Care Pharmacother*. 2016;30(1):4-12. International guidelines list ways to [prevent diversion of prescription opioids while ensuring patient access](#) to appropriate medicines. Restrictive policies should be based on an accurate evaluation of how drugs are misused &/or diverted.
- Brennan F, Carr D, Cousins M. [Access to pain management—Still very much a human right](#). *Pain Med*. 2016 Oct;17(10):1785-1789. The U.N., WHO, & other international groups concur to access to pain management is a human rights & public policies should not be infringed on them.
- Mohr AL, Friscia M, Papsun D, et al.. Analysis of novel synthetic opioids U-47700, U-50488 and Furanyl Fentanyl by LC-MS/MS in postmortem casework. *J Anal Toxicol*. 2016 Nov;40(9):709-717. [Designer opioids](#) responsible for fatal overdoses go undetected by most labs.
- Hogan TM, Howell MD, Cursio JF, et al. Improving Pain Relief in Elder Patients (I-PREP): An Emergency Department Education and Quality Intervention. *J Am Geriatr Soc*. 2016 Dec;64(12):2566-2571. The I-PREP education and QI program substantially improved [assessment, pain relief and timely documentation for older adults in the ED](#) presenting with moderate to severe musculoskeletal or abdominal pain.
- Mercadante S, Portenoy RK. [Breakthrough cancer pain](#): twenty-five years of study. *Pain*. 2016 Dec;157(12):2657-63. Breakthrough cancer pain has good evidence to support the use of oral or transmucosal opioids to control it, despite some controversy about the concept & therapy

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To be added to or removed from the Pain Relief Connection mailing list, send an email to [pmarnstein@partners.org](mailto:pmarnstein@partners.org)

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

- Zempsky WT, Schmitz ML, Meyer JM. Safety and efficacy of needle-free powder lidocaine delivery system in adult patients undergoing venipuncture or peripheral venous cannulation: A randomized, double-blind, placebo-controlled trial. *Clin J Pain*. 2016 Mar;32(3):211-7. The [needle-free powder lidocaine](#) applied 1-3 min before venous access procedures in adults significantly reduced or eliminated procedural pain.
- Brown CH 4th, LaFlam A, Max L, et al. Delirium after spine surgery in older adults: Incidence, risk factors, and outcomes. *J Am Geriatr Soc*. 2016 Oct;64(10):2101-2108. [Delirium is linked to strong pain](#), over-hydration & antidepressants as risks for older spine surgery patients.
- Peerdeman KJ, van Laarhoven AI, Keij SM, et al. Relieving patients' pain with expectation interventions: A meta-analysis. *Pain*. 2016, 157:1179-1191. Verbal suggestions [influencing expectations cut procedural pain](#) better than other psychosocial interventions tested.
- Nicholas MK, Asghari A, Blyth FM, et al. Long-term outcomes from [training in self-management of chronic pain in an elderly](#) population: A randomised controlled trial. *Pain*. 2017 Jan;158(1):86-95. Pain, distress, disability, depression & fear-avoidance remain lower at 1 year.
- Bromberg MH, Law EF, Palermo TM. [Suicidal Ideation in adolescents](#) with and without chronic pain. *Clin J Pain*. 2017 Jan;33(1):21-27. Suicidal Ideation (SI) is common during adolescence and may have lethal outcomes; but pain is not a predictor of SI like it is for adults.
- Craner JR, Gilliam WP, Sperry JA. Rumination, magnification, and helplessness: how do [different aspects of pain catastrophizing](#) relate to pain severity and functioning? *Clin J Pain*. 2016 Dec;32(12):1028-35. Helplessness contributes most to pain intensity, disability & depression
- Valeri BO, Ranger M, Chau CM, et al. [Neonatal invasive procedures predict pain intensity at school age](#) in children born very preterm. *Clin J Pain*. 2016 Dec;32(12):1086-1093. Neonatal procedural pain affects school age pain during blood draws, independent of other factors.

## Pain Resources on the Web:

- CDC has a pocket guide available for [Tapering Opioids](#) for chronic pain includes link to an [opioid dose calculator](#).
- Is [Virtual Reality for pain](#) weird science or a valuable tool to direct as much of a patient's cognitive attention as possible away from pain.
- Good [patient education](#) handout regarding [over-the-counter pain relievers](#) (ibuprofen, acetaminophen, etc) to minimize non-opioid toxicity.
- A [balanced approach to older adults with chronic pain](#) to address the societal burden of opioid misuse (just add to cart, it's free).

## Complementary Integrative Health (formerly called Complementary Alternative Medicine [CAM])

- Review of trends and the [strength of evidence for complementary approaches](#) for treating specific chronic and recurring pain conditions.
- [Patients listening to their preferred music](#) on a Pandora® station broadcast did not lower pain or post-procedure anxiety for women in labor.

## Pain-Related Education Opportunities

- Jan 9<sup>th</sup> 1-2pm [Aging, Decision Making, and Pain Management: Webinar Series Introduction](#) : Dr. Loeckenhoff, Cornell University (free)
- March 16-19<sup>th</sup>, [Pain as a Public Health Issue](#) is the AAPM theme for physicians and treatment teams at its annual conference in Orlando FL.
- May 17–20<sup>th</sup> [American Pain Society](#) 36th Annual Meeting, offers innovative, interdisciplinary pain science educational sessions Pittsburgh
- June 25<sup>th</sup>-29<sup>th</sup>, the 2<sup>nd</sup> annual [North American Pain School](#), is now accepting applications from emerging pain scholars. Montebello, Canada

## MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, January 24<sup>th</sup>, 2016 *Founders House 325 @ 8AM – 1PM* [Sign-up](#).
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: [Margaret Spinale](#) for more information.
- Interprofessional Pain Rounds, Ether Dome. For details and schedule email [Paul Arnstein](#) for more information.
- Virtual Nursing Grand Rounds (Nursing Education on Demand) addressed the topic of [PCA & Epidural Analgesia Monitoring](#)

### 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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