

# 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

- Governor Baker signs [opioid law](#) designed to educate professionals, tighten prescribing, and facilitate treatment of addiction.
- CDC released its [opioid guidelines for chronic opioid therapy](#) despite submitted concerns from federal agencies, companies and consumers.
- The [National Pain Strategy](#) was [released](#) by the DHHS and is the first sweeping public-private effort to reduce the burden of chronic pain.
- Massachusetts [nurses can be trainers](#), and like others capable of helping those at risk for overdose can obtain naloxone of emergency use.
- FDA granted [tentative approval to Xtampza ER](#); a tamper resistant oxycodone capsule, that must win patent litigation before final approval.
- Responding to critics, FDA outlines their [strategy to ensure all types of opioids are safer](#) and to approve new, safer analgesics alternatives.
- The [5 opioid crisis facts](#) you should know about heroin and prescription analgesic when used for pain or illicit reasons.
- [FAAH inhibitor for pain study halted](#) following six hospitalizations and one death in a [French trial](#) that leaves more questions than answers.
- FDA announced [all immediate-release opioids will have label changes](#) affecting indications and new boxed warnings about the serious risks.
- The FDA released a guidance document to make [generic abuse-deterrent opioids](#) readily available as part of their [opioid safety strategy](#).

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

- Chou R, Gordon DB, de Leon-Casasola OA, et al. Management of postoperative pain: a clinical practice guideline. *J Pain*. 2016 Feb;17(2):131-57. Optimal [postoperative pain management](#) requires a good preoperative assessment & multimodal care tailored for patient & surgery.
- Caes L, Boerner KE, Chambers CT, et al. A comprehensive categorical and bibliometric analysis of published research articles on pediatric pain from 1975-2010. *Pain*. 2016 Feb;157(2):302-13. A review of past 35 years of [pediatric pain research](#), with future directions delineated.
- Schirle L, McCabe BE. State variation in opioid and benzodiazepine prescriptions between independent and nonindependent advanced practice registered nurse prescribing states. *Nurs Outlook*. 2016 Jan-Feb;64(1):86-93. States that grant full [prescriptive authority for APRNs](#) have lower opioid & benzodiazepine prescription rates than those with more restrictive prescribing laws.
- Wade KF, Lee DM, McBeth J, et al.. Chronic widespread (CW) pain is associated with worsening frailty in European men. *Age Ageing*. 2016 Mar;45(2):268-74. [Men 40-79 years with chronic pain were 70% more likely to become frail](#) in 4 years than counterparts without CW pain.
- Compton WM, Jones CM, Baldwin GT. Relationship between [nonmedical prescription-opioid use & heroin use](#). *N Engl J Med*. 2016 Jan 14; 374(2):154-63. Frequent nonmedical use of prescription opioids may progress to heroin use, so prudent prescribing & education is needed.
- Fudin J, Pratt Cleary J, Schatman ME. The MEDD myth: the impact of pseudoscience on pain research and prescribing-guideline development. *J. Pain Res*. 2016 (9):153—156. Critique of the [science behind morphine-equivalent daily dose limits](#) now part of guidelines.

MGH Cares About Pain Relief

Massachusetts General Hospital

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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)

- Berthelot JM, Darrieutort-Lafitte C, Le Goff B, et al. Strong opioids for non-cancer pain due to musculoskeletal diseases: Not more effective than acetaminophen or NSAIDs. *Joint Bone Spine*. 2015 Dec;82(6):397-401. Chronic high dose [opioids aren't more effective than alternatives](#)
- Randhawa K, Bohay R, Cote P, et al. The effectiveness of noninvasive interventions for Temporomandibular Disorders (TMD): A systematic review by the Ontario protocol for traffic injury management (OPTIMa) collaboration. *Clin J Pain*. 2016 Mar;32(3):260-78. A systematic review shows that cognitive-behavioral therapy, intraoral myofascial therapy, and self-care management are [effective therapeutic options for TMD](#)
- Massart R, Dymov S, Millecamps M, et al. [Overlapping signatures of chronic pain](#) in the DNA methylation landscape of prefrontal cortex and peripheral T cells. *Sci Rep*. 2016 Jan 28;6:19615. DNA studies links chronic pain-related brain changes to T-cells, which could serve as a marker for those at risk for developing chronic pain as well as a better understanding it's the neuro-immunologic impact of chronic pain.
- Morales-Espinoza EM, Kostov B, Salami DC, et al. Complexity, comorbidity and healthcare costs associated with chronic widespread pain in primary care. *Pain*. 2016 Apr;157(4):818-26. Patients with [chronic widespread pain](#) had greater morbidity, mortality & incur 3-times more cost.
- Reddi D. Preventing [chronic postoperative pain](#) *Anaesthesia* 2016, 71(Suppl.1) 64–71. Postoperative pain accounts for as much as 25% of the causes of chronic pain. A review of known precursors, and targets to prevent the development of this common condition are reviewed
- Worley SL. New directions in the treatment of chronic pain: [National Pain Strategy will guide prevention, management, and research](#). *P T*. 2016 Feb;41(2):107-14. How the National Pain Strategy will lead to tangible benefits to health professionals, people with pain & our society.

## Pain Resources on the Web:

- National Comprehensive Cancer Network posted an updated [Cancer Pain Guideline](#) (free registration required)
- The [Arthritis Foundation](#) has a lot of useful information on pain management, including traditional and complementary therapy.

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

- Research shows [herbs help low back pain](#); including cayenne, devil's claw, white willow bark, comfrey, arnica & lavender.
- FDA warn some [diet supplements & nonprescription drugs](#) bought from unconventional places may be scams or harmful.
- Description of [integrative approaches used for chronic pain](#) in the low back & elsewhere (free medscape registration).
- By sustaining nonjudgmental awareness, [mindfulness meditation reliably cuts pain](#), and is not reversed by Narcan.

## Pain-Related Education Opportunities

- Wednesday, April 13, 2016, 8 AM – 12 PM [The National Pain Strategy: What It Means to You](#). MassPI, Holiday Inn Marlboro, MA
- Wednesday – Saturday, May 11 – 14, 2016, the [American Pain Society 35th Annual Scientific Meeting](#) will be held in Austin, TX.
- The first [North American Pain School](#) is seeking applicants for the inaugural class to be held June 26–30th, 2016 in Montebello, QC, Canada.
- Fri April 29<sup>th</sup> 8-4 [Integrative Nursing Conference](#). Featuring Janet Quinn, a pioneer in Therapeutic Touch. Quincy MA
- Sun–Tues Jun 5-7, [International Conference on Opioids](#) will review the latest evidence on benefits & harms. Boston

## MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* (Level II) – Tuesday, June 7, 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
- *Chronic Pain Rounds* in MGH Ether Dome. 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](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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