

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

- FDA committee recommends approving an [abuse-deterrent hydrocodone via the oral, nasal and IV routes](#) called Vantrela ER
- President signs the [Comprehensive Addiction & Recovery Act](#), with less funding than requested, to treat addiction as a disease, not a crime.
- Nursing commits to help [solve the opioid abuse problem](#) through professional training and promoting the use of State monitoring programs.
- Teva Pharma has voluntarily suspended the sale, marketing & distribution of a battery-operated [patch for migraine](#) that may burn or scar pts.
- [White House takes more steps to address the opioid epidemic](#), including removing payment links to pain HCAHPS scores.
- Petition the White House to [do more to fund and implement the National Pain Strategy](#) to transform the way pain is understood and managed.
- Treatment of opioid abuse with [buprenorphine made more accessible](#) by raising limit from 100 to 275 patients per prescribing physician.
- The CDC [warns to stop using docusate liquid](#) while they investigate an outbreak of infections caused by *Burkholderia cepacia* complex.
- [Acetaminophen education is working](#) as overdoses have decline steadily since 2009 with enhanced [public awareness](#) and FDA actions.
- Governors from [46 states sign a compact to fight opioid addiction](#), by curbing Rx, facilitate a path to recovery, & understand the problem.

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

- Da Costa BR. Effectiveness of non-steroidal anti-inflammatory drugs for the treatment of pain in knee and hip osteoarthritis: a network meta-analysis. *Lancet* May 21;387(10033):2093-105. [Acetaminophen alone is ineffective for OA regardless of dose](#). Among NSAIDs, Diclofenac 150mg/day was deemed the most effective in improving both pain and function. Of 7 non-opioids tested, COX-2 selective meds are better.
- Baker KS, Gibson S, Georgiou-Karistianis N, et al. Everyday [executive functioning in chronic pain](#): Specific deficits in working memory and emotion control, predicted by mood, medications, and pain interference. *Clin J Pain*. 2016 Aug;32(8):673-80. Deficits in working memory & emotional control not explained by opioids alone have implications for patient engagement with treatment & retention of therapeutic teaching.
- Bräscher AK, Susanne Becker S, Hoeppli ME, et al. Different brain circuitries mediating controllable and uncontrollable pain. *J Neurosci*, 4 May 2016, 36(18):5013-5025. The [importance of controlling pain in otherwise healthy persons](#) is emphasized as once pain is controlled descending modulators are activated to maintain control. This didn't occur in the setting of uncontrolled pain which increased pain perception.
- Busse J, Wang L, Guyatt G, et al. [Predictors of persistent pain after breast cancer surgery](#): a systematic review and meta-analysis of observational studies. *CMAJ*. 2016. [Epub ahead of print]. Up to 60% of women with breast cancer develop chronic post-mastectomy pain, with younger age, radiation therapy, axillary lymph node dissection and more severe acute postoperative pain posing the greatest risk.
- Dasgupta N, Funk MJ, Proescholdbell S, et al. Cohort study of the impact of high-dose opioid analgesics on overdose mortality. *Pain Med*. 2016 Jan;17(1):85-98. In a study of over 2 million patients prescribed opioids, the [risk of death from opioid overdose](#) does not substantially increase until the dose exceeds 200 MME; unless the patient receives benzodiazepines, which increases the overdose risk 10-fold.

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

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

- Stephens G, Derry S, Moore RA Paracetamol (acetaminophen) for acute treatment of episodic tension-type headache in adults. *Cochrane Database Syst Rev.* 2016 Jun 16;6:CD011889. [For common tension headaches](#), 650mg of acetaminophen is ineffective, but 1GM may help.
- de Kruijf M, Stolk L, Zillikens MC, et al. Lower sex hormone levels are associated with more chronic musculoskeletal pain in community-dwelling elderly women. *Pain.* 2016 Jul;157(7):1425-31. [Sex hormone levels in the lowest tercile](#) are associated with a 20-40% increased risk of developing chronic musculoskeletal pain, independent from lifestyle and health-related factors, in community-dwelling elderly women.
- Verrills P, Sinclair C, Barnard A. A review of spinal cord stimulation systems for chronic pain. *J Pain Res* 2016;9 481–492. Review of technological [advances in spinal cord stimulators](#), (SCS) including evidence of safety & efficacy of different stimulation patterns for back, leg and foot pain. Dorsal root ganglion SCS and high-frequency SCS appears superior to traditional methods of spinal cord stimulation .
- Vierola A, Suominen AL, Lindi V, et al. Associations of sedentary behavior, physical activity, cardiorespiratory fitness, and body fat content with pain conditions in children: The physical activity and nutrition in children study. *J Pain.* 2016 Jul;17(7):845-53. Six--8 year old children who were most sedentary were nearly twice as likely to have pain than those who have [lower body fat and better levels of physical fitness](#).
- Meara E, Horowitz JR, Powell W, et al. State [legal restrictions and prescription opioid use](#) among disabled adults. *N Engl J Med.* 2016 Jul 7;375(1):44-53. The passage of 81 restrictive laws & drug monitoring programs hasn't cut potentially hazardous opioid prescribing patterns.

Pain Resources on the Web:

- Changes in the brain that have been demonstrated with [persistent pain are reversible](#), instilling hope that we can find a cure for chronic pain.
- A patient's [deeply rooted spiritual beliefs](#) often affect how they manage their pain, cope, or make decisions about its treatment & adherence.
- Hear what the future holds in emerging pain treatments, [A Bright Future for Pain Drug Development: A conversation with William Schmidt](#)
- Edna, is a 70 y/o chronic low back pain patient developed as an [interprofessional training module](#) complete with a [508 compliant text version](#).

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

- [Massage therapy does effectively alleviate pain](#), anxiety & enhance quality of life compared to no treatment & should be offered to patients.
- An evidence-based review finds [acupuncture to prevent migraines](#) at least as effectively as medication options.
- A summary of the evidence current summary [of natural "anti-inflammatory" products](#) believed to control pain.
- [Qigong/Yoga fails](#) to reduce pain or improve quality of life in older adults (90% women) with chronic low back pain in a random controlled trial.

Pain-Related Education Opportunities

- Wed – Sat, Sept 7 – 10th [National Pain Management Nursing Conference](#) (ASPMN) will be held in Louisville, Kentucky
- Wed – Sun, Sept 21 – 25th [American Academy of Pain Management's 27th Annual Meeting](#) in San Antonio, TX
- Sat, Oct 8th Eastern Pain Society Annual Meeting in New York, NY [Conference Agenda](#)
- Wed, Oct 26th 8am – 4pm Check Mass Pain Initiative presents "[Unintended Consequences of the Opioid Epidemic](#)" Marlboro, MA

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, September 13th, 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
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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