

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

- Is [hoarding opioids a predictable outcome](#) of tighter regulatory controls? Two scientists think so from personal experience & understanding behavior.
- [Pain patients suffer when legislators act](#) to curtail opioid prescribing without seeing the disability, suffering, endured by those with chronic pain.
- Progress is being made in the [development of novel selective Na channel blockers](#) to better treat pain without side effects that limit current therapies.
- [CMS strategy to restrain opioid misuse](#), balances risk/benefit of opioid therapy by quantity limits & better access to drug (not pain) treatment.
- CMS announces its plans to [reduce the overutilization of opioids](#) to cut the most egregious cases of overuse, align CDC guidelines & limit access.
- The FDA will discuss the known and suspected [risks and benefits of oxycodone](#); that may grant abuse-deterrent status or pull it from the market.
- In 2016, [¼ of Massachusetts opioid-related deaths involved fentanyl](#), while heroin was present in half of deaths with some both drugs in their bodies.
- The National Committee for Quality Assurance wants [public comments](#) (to 3/22/17) for the [Use of opioids at high dosage or from multiple providers](#).

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

- Pop-Busui R, Boulton AJ, Feldman EL, et al. Diabetic neuropathy: A position statement by the American Diabetes Association. *Diabetes Care*. 2017;40(1):136-54. ADA recommends [1st line adjuvants for painful diabetic neuropathy](#) with opioid use 3rd line after pain consultation.
- Mohamed SA, Abdel-Ghaffar HS, Kamal SM, et al. [Effect of topical morphine](#) on acute and chronic postmastectomy pain: What is the optimum dose? *Reg Anesth Pain Med*. 2016 Nov/Dec;41(6):704-10. Surgical wound irrigation with 15mg of morphine/bupivacaine 0.5% cut need for PCA opioid after surgery and chronic pain. Solutions using 5mg or 10mg morphine had less beneficial short & long-term effects.
- Gomm W, von Holt K, Thomé F, et al. [Association of proton pump inhibitors with risk of dementia](#): a pharmacoepidemiological claims data analysis. *JAMA Neurol*. 2016;73[4]:410-416. Using PPI's for 18 months increased dementia risk by 44%, suggests limiting long-term use.
- Thielke S, Shortreed SM, Saunders K, et al. A prospective study of predictors of long-term opioid use among patients with chronic non-cancer pain. *Clin J Pain*. 2017 Mar;33(3):198-204. Highlights importance of setting [expectations about the duration of opioid therapy](#).
- Guerriero F, Reid MC. New opioid prescribing guidelines released in the US: What impact will they have in the care of older patients with persistent pain? *Curr Med Res Opin*. 2017 Feb;33(2):275-278. Balance concerns for adverse effects with [treating pain in older adults](#) to avoid functional & psychological deleterious effect of pain. Thoughtful review how CDC opioid guidelines can benefit and/or harm older adults.
- Hogan ME, Taddio A, Katz J, et al. Health utilities in people with chronic pain using a population-level survey and linked healthcare administrative data. *Pain*. 2017 Mar;158(3):408-16. [Chronic pain has a greater impact on quality of life](#) than other chronic diseases including heart disease, diabetes, and chronic obstructive pulmonary disease. Only those with Alzheimer's Disease have a lower quality of life.
- Nielsen RV, Fomsgaard JS, Siegel H, et al. [Intraoperative ketamine reduces immediate postoperative opioid](#) consumption after spinal fusion surgery in chronic pain patients with opioid dependency: a randomized, blinded trial. *Pain*. 2017 March 158 (3): 463-470. Patients who received intra-operative Ketamine used 1/3 less opioid in the first 24 hours and had better outcomes 6 months after spine fusion surgery.

MGH Cares About Pain Relief

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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)

- Deer TR, Pope JE, Hayek SM, et al. The Polyanalgesic Consensus Conference (PACC): Recommendations on intrathecal drug infusion systems best practices and guidelines. *Neuromodulation*. 2017 Feb;20(2):96-132. New algorithms of [best practice guidelines for intrathecal drug delivery](#) reduce or eliminate opioids used in these systems; while changing the dose or concentration of other drugs to reduce adverse effects.
- Fayaza A, Watt HC, Langford RM, et al. The association between [chronic pain and cardiac disease](#): A cross-sectional population study. *Clin J Pain*. 2016. Dec;32(12):1062-1068. Chronic pain significantly increases the risk of cardiac diseases independent of the effect of NSAIDs. Stronger intensity pain doubled the risk and disabling pain increased the risk of developing cardiovascular disease by 235% over those without chronic pain.
- Zhang X, Xu Y, Zhou J, et al. Ultrasound-guided alcohol neurolysis and radiofrequency ablation of painful stump neuroma [effective treatments for post amputation pain](#). *J Pain Res*. 2017;10 295–302. Ablation of post-amputation neuroma was effective in relieving both stump & phantom pain 6 months after either alcohol neurolysis or radiofrequency ablation. Radiofrequency appeared better than chemical ablation in this small sample.
- Groenwald CB, Rabbitts JA, Gebert JT, et al. Trends in [opioid prescriptions among children and adolescents](#) in the United States: a nationally representative study from 1996 to 2012. *Pain*. 2016;157:1021-7. Rates of pediatric opioid prescriptions have not increased in a 15 year period.
- Margolis JM, Princic N, Smith DM, et al. Development of a novel algorithm to determine [adherence to chronic pain treatment guidelines](#) using administrative claims. *J Pain Res*. 2017;10 327–339. A novel methodology is described to determine if guideline-based care is being followed.
- Pezalla EJ, Rosen D, Erensen JG, et al. Secular trends in opioid prescribing in the USA. *J Pain Res* 2017;10 383–387. After nearly 10 years of increases through 2011, [2016, opioid prescriptions were down 14% from 2012](#) levels with lower doses and fewer pills per prescription dispensed.

Pain Resources on the Web:

- A free 2nd case-based learning module for (CoEPE) interprofessional pain education "[Beverly](#)" with Burning Mouth Syndrome is now posted for use.
- Experts around the globe showcase [what is known about fibromyalgia](#), weigh in on the pathophysiology, psychosocial contributors & treatments.
- A "[Patient's Guide to Living with Rheumatoid Arthritis](#)" has useful information, personal stories and a good section on nondrug symptom control.
- Evidence-based resources on [safe opioid prescribing available on a phone app](#) to guide clinicians in safe and effective use of these medications.
- Podcast on [Pain & Palliative Care in Children](#) include sections on pain assessment, management (e.g. analgesic principles) & barriers to treatment.
- Entertaining 8-minute TED talk on: [Pain is it a symptom or a disease?](#) presented clearly Dr. Elliot Krane.

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

- Cancer patients are advised to take analgesics, but [rarely encouraged to use nondrug methods](#), even though most patients use them.
- A growing number of studies show [acupuncture helps different types of neuropathic pain](#) (e.g. diabetic, Bell's palsy & carpal tunnel syndrome).
- [Mindfulness can help chronic pain patients](#) with long-term opioid use restore a sense of joy in their life with better emotion regulation & pain coping.
- Cochrane review shows [yoga has a small effect \(not clinically significant\) on chronic non-specific low back pain](#) at 3-6 months without serious harm.
- Combined treatment with [chondroitin and glucosamine for 6 months is no better than placebo](#) at reducing knee joint pain and improving functioning.

Pain-Related Education Opportunities

- March 16 – 19, 2017 [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, 2017 [American Pain Society](#) 36th Annual Meeting, offers innovative, interdisciplinary pain science educational sessions Pittsburgh, PA
- June 26 – 30, 2017 [Evaluating and Treating Pain](#); an annual Harvard Medical School training program in Boston, MA

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Thursday, April 13th, 2017 *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.
- Check for details & schedule of MGH [Interprofessional Pain Rounds](#) in the Ether Dome. Email [Paul Arnstein](#).

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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