

# 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

- In recent years, drug overdose deaths involving most prescription opioids dropped while [heroin & synthetic overdoses more than doubled](#).
- [Arthritis pain limits activities](#) for over 23 million Americans, but exercise or [acetaminophen](#) is not safe and effective in all cases.
- [Avoid fatal overdoses](#) to prescribed medications, including opioids, by providing detailed education about safe medication use.
- [Antidepressants deaths rose nearly 40% in the past 15 years](#) including amitriptyline used for neuropathic pain. Half of fatalities were suicides.
- [FDA advisors voted to remove Opana ER \(oxycodone\) from the market](#) as HIV, hepatitis C & vascular problems arose from IV drug abuse.
- People taking [ibuprofen or diclofenac have a 31-50 % increased risk of cardiac arrest](#) than those taking naproxen, celecoxib or no NSAID.
- The Institute for Clinical & Economic Review wants your comments about the value of nondrug [interventions for chronic low back & neck pain](#).

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

- Jungquist CR, Smith K, Nicely KL, et al. Monitoring hospitalized adult patients for opioid-induced sedation and respiratory depression. *Am J Nurs*. 2017 Mar;117(3 Suppl 1):S27-S35. Evidence-based [recommendations for clinical & electronic monitoring of IV & epidural opioids](#).
- Lutz S, Balboni T, Jones J, et al. [Palliative radiation therapy for bone metastases: update of an ASTRO evidence-based guideline](#). *Pract Radiat Oncol*. 2017;7(1):4-12. Single-fraction radiotherapy is effective for painful spine metastases with acceptable long-term toxicity.
- Manchikanti L, Kaye AM, Knezevic NN, et al. Responsible, Safe, and Effective Prescription of Opioids for Chronic Non-Cancer Pain: American Society of Interventional Pain Physicians (ASIPP) Guidelines. *Pain Physician*. 2017;20(2S):S3-S92. [New opioid guidelines for chronic pain](#) build on CDC guidelines, while supporting chronic opioid therapy when safe & effective. Good nonmedical use content section.
- Lovejoy TI, Morasco BJ, Demidenko MI, et al. [Reasons for discontinuation of long-term opioid therapy](#) in patients with & without substance use disorders (SUD). *Pain*. 2017 March 158 (3): 526–34. In VA system, 85% of opioid discontinuations were initiated by clinicians rather than patients. Among those with SUD half were alcoholics & 30% had opioid use disorder detected by close monitoring. Ensuring that patients have access to other pain treatments after stopping opioids is important to prevent exacerbation of psychiatric disorders and SUDs.
- Drake G, de C Williams AC. Nursing education Interventions for managing acute pain in hospital settings: A systematic review of clinical outcomes & teaching methods. *Pain Manag Nurs*. 2017 Feb;18(1):3-15. [Education improves nursing assessment & documentation of pain](#).
- 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 Mar;158(3):463-470. Lower opioid use in the postoperative period with better outcomes at 6 months for [opioid-dependent spinal fusion patients receiving intraoperative ketamine](#).
- Baker DW. (2017) History of The Joint Commission's pain standards: Lessons for today's prescription opioid epidemic. *JAMA* 2017 Mar 21;317(11):1117-1118 The [pendulum has swung](#) from under-treating to overtreating pain & back, reversing gains made in pain control.

MGH Cares About Pain Relief

Massachusetts General Hospital

[PainRelief@partners.org](mailto:PainRelief@partners.org) • <http://www.mghpcs.org/painrelief>

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)

- Beaudoin FL, Gutman R, Merchant RC, et al. [Persistent pain after motor vehicle collision](#): comparative effectiveness of opioids vs NSAIDs prescribed from the emergency department—a propensity matched analysis. *Pain*. 2017; Feb;158(2):289-295. Analgesic choice at ED discharge doesn't contribute to persistent moderate-severe musculoskeletal pain 6 weeks after an MVC, but predicts continued use of prescription opioids.
- Nahin RL. Severe pain in veterans: the impact of age and sex, and comparisons to the general population. *J Pain*. Mar;18(3):247-254. [Veterans have more frequent, severe & enduring pain](#) than civilians, especially when younger; as [guidelines warn against opioids in veterans under age 30](#).
- Manchikanti L, Kaye AM, Knezevic NN, et al. Responsible, Safe, and Effective Prescription of Opioids for Chronic Non-Cancer Pain: American Society of Interventional Pain Physicians (ASIPP) Guidelines. *Pain Physician*. 2017;20(2S):S3-S92. [New opioid guidelines for chronic pain](#) build on CDC guidelines, while supporting chronic opioid therapy when safe & effective. Good nonmedical use content section
- McDonald EM, Kennedy-Hendricks A, McGinty EE, et al. Safe storage of opioid pain relievers among adults living in households with children. *Pediatrics*. 2017 Mar;139(3). Education is needed as 2/3 of homes with children don't [safely store opioids](#) by locking them.
- Holliday SM, Hayes C, Dunlop AJ, et al. Does brief chronic pain management education change opioid prescribing rates? A pragmatic trial in Australian early-career general practitioners. *Pain*. 2017;158:278-288. Although a training [session reduced prescribing in hypothetical patients](#), the change in knowledge & attitudes demonstrated in the classroom didn't significantly affect a change in later clinical practice.

## Pain Resources on the Web:

- NIH Pain Consortium Centers of Excellence in Pain Education have a [teaser trailer](#) and new Naloxone or [case-based content](#) is worth reviewing.
- [CO\\*RE's professional education programs](#), not in their 7<sup>th</sup> year, help clinicians balance the risks of opioid analgesics with the benefits of pain relief.
- [Chronic Pain Anonymous](#) has a 12 step approach to overcome the emotional & spiritual debilitation of chronic pain through support, hope & peace.

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

- [Internet-based chronic pain self-management](#) have gaps that require a personalized approach to promote self-management.
- Live [music therapy combined with relaxation lowered pain & anxiety in adolescents](#) after spine fusion surgery.
- Older adults failed to maintain significant improvements in pain, functioning & depression 9 months after [Acceptance & Commitment Therapy](#).
- [Virtual Reality & Augmented Reality for phantom limb pain](#) hold promise, but stronger research designs are needed to understand their effects.

## Pain-Related Education Opportunities

- Monday, April 3<sup>rd</sup>, Policy & clinical experts discuss [challenge of balancing regulatory restrictions & access](#) to opioids. Boston (lunch provided)
- Wednesday, April 5<sup>th</sup>, Mass Pain Initiative: Interactive, Interprofessional, Opioid-sparing [Solutions for Confident Pain Mgmt](#). Marlborough, MA
- May 17– 20<sup>th</sup> [American Pain Society](#) 36<sup>th</sup> Annual Meeting, offers innovative, interdisciplinary pain science educational sessions. Pittsburgh, PA
- June 11 – 13<sup>th</sup> [International Conference On Opioids](#); evolving research, policy & practice implications of opioid treatments. Boston, MA
- June 26 – 30<sup>th</sup> [Evaluating and Treating Pain](#); an annual training program convening thought leaders across the range of pain topics. Boston, MA

## MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Thursday, April 13<sup>th</sup>, 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](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>

MGH Cares About Pain Relief  
Massachusetts General Hospital

[PainRelief@partners.org](mailto:PainRelief@partners.org) ● <http://www.mghpcs.org/painrelief>

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