

# 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

- A bipartisan [Senate bill would impose strict opioid prescription limits](#) (1 week) to treat acute pain and prohibit refills. Chronic pain would be exempted.
- [Medicaid aims to reduce prescription opioid use](#) among society's most vulnerable population by restricting access, limiting options & quantity allowed.
- [Novel opioid shows promise for low back pain sufferers](#), with 51% of patients having pain cut in half with less euphoria due to slowed CNS entry.
- [National Commission to combat the opioid crisis](#) created by Executive Order to oversee provider education, prescription practices & PDMP programs.
- Reformulating Oxycodone HCl to prevent abuse didn't work, so recently the [FDA recommended that Opana ER be withdrawn for safety reasons](#).
- [FDA Commissioner nominee Gottlieb](#) stated opioid crisis is top priority he can take on by preventing approvals of new opioids to end the opioid crisis.
- [Pharmaceutical Fentanyl may be vulnerable to tampering & diversion](#) due to West-Ward Pharmaceutical's labeling method according to the ISMP.
- 1<sup>st</sup> public address since release, "[Implementation of the National Pain Strategy](#)" webinar on Thur, May 11<sup>th</sup> 8:30 – 4:30PM. Sign-up by May 5<sup>th</sup> to join.

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

- Deer TR, Levy RM, Kramer J, et al. Dorsal root ganglion stimulation yielded higher treatment success rate for complex regional pain syndrome and causalgia at 3 and 12 months: a randomized comparative trial. *Pain*. 2017;158(4):669-681. [Dorsal root ganglion stimulation](#) provides better relief than conventional treatment or spinal cord stimulation for neuropathic pain affecting the lower extremities.
- Mathieson S, Maher CG, McLachlan AJ, et al. Trial of pregabalin for acute and chronic sciatica. *N Engl J Med*. 2017;376:1111-20. A RCT of 207 patients showed [pregabalin no better for sciatica than placebo](#) for pain, disability or other outcomes (ex. side effects) at 8 & 52 weeks
- Bennell KL, Nelligan R, Dobson F, et al. Effectiveness of [an internet-delivered exercise and pain-coping skills training](#) intervention for persons with chronic knee pain: a randomized trial. *Ann Intern Med*. 2017 Apr 4;166(7):453-462. A novel PainCOACH program covers 8 modules ( $\leq 45$  minutes each) PT visits via Skype improve pain, quality of life, self-efficacy and pain catastrophizing at 3 and 9 months.
- Jungquist CR, Vallerand AH, Sicoutris C, et al. Assessing and managing acute pain: A call to action. *Am J Nurs*. 2017 Mar;117(3 Suppl 1):S4-S11. [Treat severe acute pain effectively](#) to prevent increased costs, readmissions, patient dissatisfaction & chronic pain development.
- Jensen MP, Tome-Pires C, de la Vega R, et al. What determines whether a pain is rated as mild, moderate, or severe? The importance of pain beliefs and pain interference. *Clin J Pain*. 2017. May;33(5):414-421. [Verbal rating scales reflect patient perceptions about pain](#) interference & beliefs about their pain more than numeric scales. Pain severity is a composite of intensity, perception & activity interference.
- Doyle HH, Eidson LN, Sinkiewicz DM, et al. Sex differences in microglia activity within the periaqueductal gray of the rat: A potential mechanism driving the dimorphic effects of morphine. *J Neurosci*. 2017 Mar 22;37(12):3202-14. Gender-specific patterns of glial activation in the brain's PAG may explain [why females need 2 – 3 times more morphine](#) than males to produce comparable levels of analgesia.
- Wen H, Schackman BR, Aden B, et al.. States with prescription drug monitoring mandates saw a reduction in opioids prescribed to Medicaid enrollees. *Health Aff (Millwood)*. 2017 Apr 1;36(4):733-741. [Mandatory PMP registration lowered opioid prescribing by 10%](#).

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)

- American Society of Anesthesiologists (ASA). Practice advisory for the prevention, diagnosis, and management of infectious complications associated with neuraxial techniques: *Anesthesiology*. 2017 Apr;126(4):585-601. [Recognize/treat early signs of neuraxial infection](#).
- Newlove-Delgado TV, Martin AE, Abbott RA, et al. [Dietary interventions for recurrent abdominal pain in childhood](#). *Cochrane Database Syst Rev*. 2017 Mar 23;3:CD010972. Recurrent abdominal pain in children may benefit from added probiotics; best strain & dose remains unclear.
- Quan, M. The cardiovascular safety of Nonsteroidal Anti-Inflammatory Drugs: Putting the evidence in perspective. *Clinician Reviews*. 2017. Apr. 27 Sup.(1):S1-S6. [NSAIDs increase risk of cardiovascular death by 50% over 5 years](#), and doubles risk of death from GI bleed.
- Tashjian VC, Mosadeghi S, Howard AR, et al. [Virtual reality for management of pain](#) in hospitalized patients: results of a controlled trial. *JMIR Ment Health* 2017;4:e9. Virtual reality reduced pain in 2/3 of patients compared with 40% of patients finding relieve with AV distraction.
- Cepeda MS, Coplan PM, Kopper NW, et al. ER/LA opioid analgesics REMS: Overview of ongoing assessments of its progress and its impact on health outcomes. *Pain Med*. 2017 Jan;18(1):78-85. Overdose deaths by ER/LA opioids decline 25% since [REMS training](#) started.
- Zhu C, Tang J, Ding T, et al. Neuron-restrictive silencer factor-mediated downregulation of mu-opioid receptor contributes to the reduced morphine analgesia in bone cancer pain. *Pain*. 2017 May;158:879-890. Mechanism explains [why bone cancer resists opioid treatment](#).

## Pain Resources on the Web:

- Clinical Guidelines for [Pharmacologic](#) and [Nonpharmacologic Therapies for Low Back Pain](#) are updated by ACP.
- New [Resource Guide To Chronic Pain Management](#) integrates Medical, Interventional, Behavioral, Pharmacologic and Rehabilitation Therapies
- [Non-drug techniques that prevent pediatric procedural pain](#) via Podcast includes using social media to promote best pediatric pain practices.
- NCCN revised [2017 guidelines on Cancer Pain Assessment and Management](#) with opioid-sparing updates. Free registration required to access.
- "[Holistic Nurses' Pain Relief Tools](#) for Patients & Self-Care" reviews simple breathing, relaxation, massage, aromatherapy & other comfort methods.
- An opioid addicted [physician in recovery reveals how he controlled pain](#) after a serious injury requiring a painful surgery supervised opioid use.
- Chronic pain & opioid addiction are misunderstood with that conflation strongly impacted pain treatment resulting in [Pain is being lost in the chaos](#).

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

- The current research support that [ultrasound is not an effective way to relieve myofascial pain](#) or improve mobility.
- [Distraction or imagery cuts post-op pain more in children](#) age 2 – 18, more than educational interventions.
- After [C-section Pulsed Electromagnetic Fields](#) cut pain, analgesic use, wound exudate and edema; with a high patient satisfaction levels.
- [Acupuncture for migraine prophylaxis](#) has sustained benefits in headache frequency, duration and pain intensity.

## Pain-Related Education Opportunities

- 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* – Friday, June 9<sup>th</sup>, 2017 *Founders House* 325 @ 8AM – 1PM [Sign-up](#) here.
- 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)