

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

- [National Take Back Day](#) October 28, to facilitate safe & convenient way to dispose unused prescription drugs, while educating the public.
- Several [drugs indicated for the treatment of Opioid-Induced Constipation](#) are reviewed with updated prescribing indications by the FDA.
- [Opioid deaths continue to rise in Massachusetts](#), with 81% having illicit fentanyl in their system vs, 15% with prescribed opioid found at time of death.
- [Patient connects On-Q local anesthetic to his peripheral IV line](#), a potentially lethal error, that was identified & fixed by nurse before harm occurred.
- [Hydromorphone shortages reported](#) by different companies without clear reasons given; and resolution estimates ranging from weeks to a year.
- [Maine cut prescribed opioids](#) by 15% in past year although in that State, [only 7% of fatal overdoses are linked to legitimate prescription](#).
- International [pain society denounces the use of brain imaging to diagnose chronic pain](#) given its limitations, unclear specificity & legal/ethical concerns.
- Two PCORI studies receive [millions to expand access to nondrug pain relief strategies](#) and help change prescriber habits.
- [Illicit fentanyl overdoses rose 5-fold](#) in 3 years, exceeding deaths from heroin & prescription opioids (pending confirmation by the CDC).
- National Survey in 2016 shows 2/3 of [those who misuse opioids](#) do so to treat pain with more than half obtaining pain pills from a friend or relative.
- [New Surgeon General prioritizes the opioid epidemic](#) as an anesthesiologist & appointed the State Health Commissioner of Indiana by Pence.
- [McCaskill blames Insys, for its role in the opioid epidemic](#) by misleading insurers into paying for Subsys (sublingual fentanyl) for cancer pain.
- Congress prepares to discuss the implementation of [CARA Act to combat the opioid crisis](#) for a week in October; need is irrefutable, funding uncertain.
- Massachusetts Department of Public Health sent prescribers a [list of non opioid pain relievers](#), although many are off-label, with limited indications.

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

- Golightly LK, Simendinger BA, Barber GR, et al. [Hypoglycemic effects of tramadol analgesia in hospitalized patients: a case-control study](#). *J Diabetes Metabol Dis*. 2017;16:30-38. Tramadol, now a top 25 prescribed drug, is linked to hypoglycemia with blood glucose test recommended.
- Fitzgerald M. New model of [vincristine-induced neuropathic pain in children](#): a first step towards prediction and prevention. *Pain*. 2017; Sep;158(9):1627-1628. Animal and human studies identify factors that increase the risk of delayed onset chemotherapy induced neuropathic pain.
- Mansell G, Hill JC, Main CJ, et al. [Mediators of treatment effect in the Back In Action trial](#): Using latent growth modeling to take change over time into account. *Clin J Pain*. 2017 Sep;33(9):811-819. Fear-avoidance beliefs mediate treatment effects on disability outcomes & should be measured.
- Serpell M, Latymer M, Almas M, et al. Neuropathic pain responds better to increased doses of pregabalin: an in-depth analysis of flexible-dose clinical trials *J Pain Res*. D2017, May; 1769—76 [Pregabalin cuts neuropathic pain](#) at 150-300mg/day doses for some, but others need higher doses.
- Masel EK, Landthaler R, Gneist M, et al. Fentanyl buccal tablet for breakthrough cancer pain in clinical practice: results of the non-interventional prospective study ErkentNIS. *Support Care Cancer*. 2017; Aug doi: 10.1007/s00520-017-3853-y The safety, onset of action, potency & tolerability of [transmucosal fentanyl has good-excellent effect on cancer pain](#) for 89-99% of patients; was well tolerated; and cut breakthrough pain episodes.

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

- Cooper TE, Wiffen PJ, Heathcote LC, et al. Antiepileptic drugs for chronic non-cancer pain in children and adolescents. *Cochrane Database Syst Rev.* 2017 Aug 5;8:CD012536. Despite adult effectiveness, there's [no pediatric evidence to support antiepileptic drugs for chronic pediatric pain](#).
- Kosola S, Mundy LK, Sawyer SM, et al. [Pain and learning in primary school](#): a population-based study. *Pain.* 2017 Sep;158(9):1825-1830. Most school aged children reported at least a day of pain in the past month with 17% reporting chronic pain, which is linked to poorer reading scores.
- Keller DS, Tantchou I, Flores-Gonzalez JR, et al. [Predicting delayed discharge in a multimodal Enhanced Recovery Pathway](#). *Am J Surg.* 2017 Oct;214(4):604-609. Colorectal surgery patients with chronic pain are 10 times more likely to have extended length of stay than those without pain.
- Goodman BS, House LM, et al. Anticoagulant and antiplatelet management for spinal procedures: A prospective, descriptive study & interpretation of guidelines *Pain Med* 2017 Jul 1;18(7):1218-24. Risk/benefits of [antiplatelet & anticoagulant drugs for interventional spine procedures](#) examined.
- Bruce RD, Merlin J, Lum PJ, et al. 2017 HIVMA of IDSA clinical practice guideline for the management of chronic pain in patients living with HIV. *Clin Infect Dis.* 2017. New Guidelines [for managing chronic pain in persons living with HIV](#), while being aware of possible drug interactions.

Pain Resources on the Web:

- Policy overreliance on “morphine equivalent daily dose,” [expecting precision from an imprecise tool](#) is problematic.
- [Pediatric chronic pain: an important, costly & often neglected problem](#) for a children & adolescence whose pain will continue into adulthood.
- The [National Fibromyalgia & Chronic Pain Association](#) web-based newsletter providing related information, advocacy & research.
- Useful Narcan information for prescribers, pharmacists & others on prescribing, [dispensing & educating about naloxone](#) rescue kits.
- White paper by the Nurse Practitioner Healthcare Foundation on [Managing Chronic Pain with Opioids: A Call for Change](#)
- The [American Society of Regional Anesthesia and Pain Medicine](#) web page has valuable educational resources
- The [role of Substance P in transmitting pain signals](#), and related therapeutic targets are revisited despite early treatment failures.
- Interesting presentation that explores the questions [are perioperative opioids obsolete?](#) & why is multimodal analgesia underutilized?
- Understanding certain tumor-produced proteins (PD-L1/PD-1) may reveal [insights about cancer pain](#) & a new target for treatment.

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

- [Diet as a chronic pain treatment](#); state of science review of how diet influences inflammation & subsequent pain sensitivity.
- [Systematic review](#) showed that [acupuncture, activity & other CIH approaches reduce headaches](#).
- [Pilates helps with chronic low back pain](#) reduce pain, fear of movement, while improving core strength & overall functioning.
- More than the “Placebo Effect” imaging studies suggest [acupuncture changes the nervous system](#)
- Use of [acupuncture in the Emergency Department](#) for common ailments gains traction in Australia.

Pain-Related Education Opportunities

- Thurs, October 26th biopsychosocial approach: Managing Pain from the Inside Out, offered by the Mass Pain Initiative. Marlboro, MA [register](#)
- Tue, November 14th [Essentials in Pain Management](#): Update 2017, from physiology to virtual reality, NY
- Fri, November 17th [Pain Care for Primary Care](#) with excellent topics/speakers offered in San Francisco

MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, September 26, 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.

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: see handbook <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://www.massgeneral.org/centerforpainmedicine/>

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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To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Amstein](#)