

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

- [Emergency boxes that dispense Narcan](#) may soon be available on city streets to save lives, but a 911 call is needed to access the drug to avoid theft.
- FDA [warns against pediatric use of codeine & tramadol](#) in children under age 12 & obese teens due to breathing problems or rapid metabolizers.
- From 2012 to 2016 [the amount of hydrocodone prescribed is down 34%](#) so it is no longer the most prescribed drug in America. (free registration)
- NIH shares draft [Federal Pain Research Strategy](#) to better prevent/manage acute & chronic pain. Send your [comments](#) by June 6th.
- [Chronic pain patients in Maine struggle](#) to cope with mandated caps on opioid doses unless they are being treated for addiction or at the end of life.
- CMS proposes [3 new Pain Communication HCAHPS questions](#) to be in effect 2018; & financial incentives in FY2020. [Submit comments](#) by June 13th
- Massachusetts data shows pain treatment isn't driving overdose deaths as [70% fatalities are from illicit fentanyl, versus 9% for prescribed opioids](#).
- Concrete plans are in motion to improve the health & quality of life for those living with chronic pain by [implementing the National Pain Strategy](#).
- Updated MA [Nursing Advisory Ruling on Pain](#) demands nurses & leaders promote safe, effective, evidence-based & patient-centered care.
- [The White House opioid commission](#) includes a past congressman in recovery (Kennedy), Gov. Baker & a Harvard addiction researcher (Badras).
- Patients who self-administer illicit opioids are making hospitals explore [bathroom redesign to facilitate overdose rescues](#).
- Secretary Price reveals the [HHS plan for fighting the opioid crisis](#), that includes promoting safe opioid use & better addiction surveillance & treatment.
- FDA drafts a revised blueprint of [prescriber education on pain & opioids](#) (#FDA-2017-D-2497). [Submit comments](#) to include RNs & all opioids by July 10th

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

- Waldfogel JM, Nesbit SA, Dy SM, et al. [Pharmacotherapy for diabetic peripheral neuropathy pain and quality of life](#): a systematic review. *Neurology* 2017 May 16;88(20):1958-67. Duloxetine or venlafaxine appear more effective than pregabalin, tricyclics, atypical opioids & botulinum toxin.
- Sohal D, Mangu PB, Laheru D. Metastatic pancreatic cancer: American Society of Clinical Oncology clinical practice guideline summary. *J Oncol Pract* 2017;13:261-4. Guidelines strongly recommend [aggressive pain care & palliative care consults for pancreatic cancer](#) to cut symptom burden.
- Bally M, Dendukuri N, Rich B, et al. [Risk of acute myocardial infarction with NSAIDs](#) in real world use: bayesian meta-analysis of individual patient data. *BMJ* 2017;357:j1909. A clearer linkage between NSAID use and MI exists; beginning as soon as the 8th day of taking ibuprofen or naproxen.
- Mankowski C, Poole CD, Ernault E, et al. Effectiveness of the capsaicin 8% patch in the management of peripheral neuropathic pain in European clinical practice: the ASCEND study. *BMC Neurol*. 2017;17(1):80. A [capsaicin 8% patch is effective for different neuropathy types](#) and is tolerated.
- Terkawi AS, Mavridis D, Sessler DI, et al. [Pain management modalities after total knee arthroplasty](#): A network meta-analysis of 170 randomized controlled trials. *Anesthesiology*. 2017 May;126(5):923-937. Combined femoral & sciatic nerve block appears better than other common options.
- Monticone M, Ambrosini E, Rocca B, et al. Group-based multimodal exercises integrated with cognitive-behavioural therapy improve disability, pain and quality of life of subjects with chronic neck pain: A randomized controlled trial with one-year follow-up. *Clin Rehabil*. 2017 Jun;31(6):742-52. A [cognitive-behavioural therapy plus physiotherapy is better than physiotherapy alone](#) to yield a sustained reduction of neck pain and disability.

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)

- Hah JM, Sturgeon JA, Zocca J, et al. [Factors associated with prescription opioid misuse](#) in a cross sectional cohort of patients with chronic non cancer pain. *J Pain Res*. 2017 May. 10:979-87. Under 7% chronic pain patients misuse prescription opioids. A history of illicit drug use, a current opioid prescription & poor sleep increase the risk of misuse. Increasing sleep duration by an hour can decrease the risk of opioid misuse by 20%.
- Candido KD, Kuser TM, Knezevic NN. [New cancer pain treatment options](#). *Curr Pain Headache Rep*. 2017 Feb;21(2):12. Modified cancer pain algorithms include nerve blocks, neuroablation, neuromodulation & intrathecal drug delivery systems; provide safe, effective 3rd-4th line treatments.
- MacPherson H, Vertosick EA, Foster NE, et al. The [persistence of the effects of acupuncture](#) after a course of treatment; a meta-analysis of patients with chronic pain. *Pain*. 2017;158(5):775-783. Acupuncture is superior to both sham & no acupuncture for different pain s, with a sustained benefit.
- Holley AL, Wilson AC, Palermo TM. [Predictors of the transition from acute to persistent musculoskeletal pain in children & adolescents](#): a prospective study. *Pain*. 2017 May;158(5):794-801. Surprisingly prevalent, persistent pain during adolescence diminishes physical activity, quality of life, school attendance, participation in hobbies, and social activities in a way that disturbs appetite, sleep & mental health. Many problems persist into adulthood
- Martinez V, Pichard X, Fletcher D. Perioperative pregabalin administration does not prevent chronic postoperative pain. Systematic review with a meta-analysis of randomized trials. *Pain*. 2017.158(5): 775-83. Examining all available data, perioperative [pregabalin doesn't prevent chronic pain](#).
- Schneiderhan J, Clauw D, Schwenk TL. [Primary care of patients with chronic pain](#). *JAMA*. 2017 May. doi: 10.1001/jama.2017.5787. Chronic pain is best managed by a compassionate, knowledgeable clinician who promotes patient self-efficacy & patient-centered functional improvement over time.
- Geurts JW, Joosten EA, van Kleef M. Current status and future perspectives of spinal cord stimulation in treatment of chronic pain. *Pain*. 2017 May; 158 (5): 771–4. Good review of [newer technologies in spinal cord stimulation](#) may be more efficacious but could be offset by safety disadvantages.
- Skrepnik N, Spitzer A, Altman R, et al. Assessing the impact of a novel smartphone application compared with standard follow-up on mobility of patients with knee osteoarthritis following treatment with Hylan G-F 20: A randomized controlled trial. *JMIR Mhealth Uhealth*. 2017. 9;5(5):e64. [A smartphone app used in conjunction with a wearable activity monitor](#) provided additional improvement on mobility and significantly less knee pain.
- Archer KR, Devin CJ, Vanston SW, et al. Cognitive-behavioral-based physical therapy for patients with chronic pain undergoing lumbar spine surgery: A randomized controlled trial. *J Pain* 17:76-89, 2016. [Cognitive-Behavioral Physical Therapy](#) can help “at risk” spine surgery patients.

Pain Resources on the Web:

- [Internet-delivered 8-week cognitive-behavioral pain education](#) improved depression, fibromyalgia pain & fear of pain with low attrition rates.
- Learn more about the pros, cons and trends related to [partial-fill opioid legislation](#) many states are adopting.
- [Cooled knee radiofrequency](#) is a relatively new, better tolerated non-surgical, non-narcotic therapy for chronic knee pain.
- National Cancer Institute updated health professional information on [cancer pain management](#) via PDQ format was updated April 19, 2017
- Excellent overview of [acute pain management in patients with drug dependence](#) syndrome from an international perspective.

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

- Acupuncture, healing touch, hypnosis, music & other [integrative therapies during and after breast cancer treatment can cut pain](#) per a new guideline.
- [Eating healthy foods with anti-inflammatory properties](#) seems to have a protective effect on pain among healthy obese adults.

Pain-Related Education Opportunities

- June 11 – 13th [International Conference On Opioids](#); evolving research, policy & practice implications of opioid treatments. Boston, MA
- June 26 – 30th [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 9th, 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://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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