

# 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

- Emergency Medical Services warn that [carfentanil, is 10,000 times the potency of morphine](#), and is toxic after minimal inhalation or contact exposure.
- Were transparency statutes of the Federal Advisory Committee Act violated in setting [CMS 2018 opioid reimbursement policies](#) that will limit access?
- Dartmouth College conference highlights the [need for \\$300 million to fund research to address the opioid crisis](#), despite budget cuts.
- Police on K-9 units are now carrying injectable [Narcan to protect drug-sniffing dogs](#), after a few succumb to fentanyl-heroin overdoses.
- Setting precedent by acting on misuse of an approved product, FDA asks [Endo to pull Opana ER](#) from the market after IV drug abusers were harmed.
- Tiger [Woods arrested for drugged driving](#); admitted to taking a combination of pain and sleeping pills; raising awareness to this problem.
- Chronic [pain patients suffer](#) from the misguided notion that we can stop opioids & use other evidence-based therapies perceived as more effective.
- [Collateral damage of the opioid epidemic](#) now includes hospice patients too afraid to take the medications they need to control their symptoms.
- *FDA open forum to address [public health & regulatory challenges with opioids](#) will be [live-streamed](#) July 10th – 11th from 8:30 am to 5:30 pm*
- The Federation of State Medical Boards (FSMB) has [updated its guidelines](#) on the prudent use of opioids in the treatment of chronic pain.
- The [Joint Commission' new pain standards](#) are posted, to be effective January 1, 2018; that includes specific risks be addressed & documentation.

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

- Bruce BK, Ale CM, Harrison TE, et al. Getting back to living: further evidence for the efficacy of an [interdisciplinary pediatric pain treatment](#) program. *Clin J Pain*. 2017 Jun;33(6):535-42. Integrated pain program teaches children to maximize function & quality of life without opioids.
- McAlindon TE, LaValley MP, Harvey WF, et al. Effect of intra-articular triamcinolone vs. saline on knee cartilage & pain in patients with knee osteoarthritis: A randomized clinical trial. *JAMA*. 2017;317:1967-1975. [Repeat intra-articular steroid thins knee cartilage](#) without better relief.
- Gaskell H, Derry S, Wiffen PJ, et al. Single dose oral ketoprofen or dexketoprofen for acute postoperative pain in adults. *Cochrane Database Syst Rev*. 2017 May 25;5:CD007355. Single dose [ketoprophen 50mg cuts severe postoperative pain in half](#) for a third of patients.
- Jafari H, Courtois I, Van den Bergh O, et al. Pain and respiration: a systematic review. *Pain*. 2017 Jun;158(6):995-1006. Pain increases breathing rate & air flow, [but slow breathing can lower pain](#) by interactions between respiration, cardiovascular and pain regulatory systems.
- Maher DP, Chen L, Mao J. Intravenous ketamine infusions for neuropathic pain management: A promising therapy in need of optimization. *Anesth Analg*. 2017 Feb;124(2):661-74. Best dose, duration & adjuvants to enhance the [safety & efficacy of ketamine for neuropathic pain](#).
- Prabhu M, Mcquaid-hanson E, Hopp S, et al. [A Shared Decision-Making Intervention to Guide Opioid Prescribing After Cesarean Delivery](#). *Obstet Gynecol*. 2017. Jul;130(1):42-46. A 10-minute meeting where a clinician spoke about postoperative pain and opioids while patients viewed a presentation on a tablet computer. Patients chose how many 5-mg oxycodone tablets to receive at discharge, up to the hospital's typical 40. The median number of pills they chose was 20. The average number of pills left over was 4, a significant reduction from baseline.

MGH Cares About Pain Relief

Massachusetts General Hospital

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

- Cooper TE, Chen J, Wiffen PJ, et al. [Morphine for chronic neuropathic pain in adults](#). *Cochrane Database Syst Rev*. 2017 May 22;5:CD011669. Despite moderate improvement by 63% of patients, low quality evidence fails to strongly support use of morphine for chronic neuropathic pain.
- Machado GC, Maher CG, Ferreira PH, Day RO, Pinheiro MB, Ferreira ML. Non-steroidal anti-inflammatory drugs for spinal pain: a systematic review and meta-analysis. *Ann Rheum Dis*. 2017 Jul;76(7):1269-1278. [NSAIDs or acetaminophen are no better than placebo for back or neck pain](#).
- Shi Q, Mendoza TR, Dueck AC, et al. [Determination of mild, moderate, and severe pain interference](#) in patients with cancer. *Pain*. 2017 Jun;158(6):1108-1112. Based on subjective and objective measures of pain-impaired functioning suggest < 2 is mild, 2-6 is moderate pain & ≥7 is severe pain.
- Morley KI, Ferris JA, Winstock AR, et al. [Polysubstance use and misuse or abuse of prescription opioid](#) analgesics: a multi-level analysis of international data. *Pain*. 2017 Jun;158(6):1138-44. Using illicit drugs &/or benzodiazepines is linked to 4-6-fold greater risk of opioid analgesic misuse.
- Rabbitts JA, Zhou C, Narayanan A, et al. Longitudinal and temporal associations between daily pain and sleep patterns after major pediatric surgery. *J Pain*. 2017, Jun;18(6):656-663. [Poor sleep the week before surgery predicted more pain](#) right after surgery & chronic pain in children 1 year later.
- Eaton LH, Brant JM, McLeod K, Yeh C. [Nonpharmacologic pain interventions: A review of evidence-based practices for reducing chronic cancer pain](#). *Clin J Oncol Nurs*. 2017 Jun 1;21(3):54-79. Celiac plexus block, radiation therapy & a variety of psychoeducational methods have strongest evidence.
- Brown ML, Rojas E, Gouda S. A Mind-Body Approach to Pediatric Pain Management. *Children (Basel)*. 2017 Jun 20;4(6) Evidence is emerging via PCORI research to support the use of mindfulness, hypnosis, acupuncture, yoga and other [mind-body, opioid-sparing approaches to pediatric pain](#).

## Pain Resources on the Web:

- Seddon Savage, a pain/addiction specialist [chats about cautious prescribing, medical cannabis & engaging patients](#) in self-managed pain treatment.
- Excellent overview of [acute pain management in patients with drug dependence](#) syndrome from an international perspective.
- Understanding how the immune cells of the Central Nervous System, [microglia contribute to Pain](#): A Podcast With Peter Grace.
- The Massachusetts Hospital Association provides resources to [limit the use of prescription opioids in hospitals](#) & hospital-owned clinics.
- Nice Podcast overview about [the biopsychosocial model of chronic pain](#), think proactively about integrative therapies.
- "Opioid Prescribing: Safe Practice, Changing Lives" and "Opioid Prescribing: Update 2016" are available tuition-free at <https://www.nphf-core.com/>.
- [Evidence-based cancer pain guideline updates](#) need to address opioid risks, psychosocial interventions & lack of docusate benefit. (free registration)

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

- Physical, cognitive & emotional factors combine to explain the ability of [distraction to cut acute pain](#) perception.
- High dose [Vitamin C may play a role in analgesia](#), supporting recommendations to take supplemental doses for chronic cancer & non-cancer pain.
- Pharmaceutical-grade [chondroitin cuts knee OA pain](#) as well as celecoxib for pain reduction and functional improvement over a 6-month period.
- [Spinal manipulation cuts back pain](#) by 1 point (0 – 10 scale) but half to 2/3 of patients report transient increased pain, stiffness or headache.

## Pain-Related Education Opportunities

- [Pain Care for Primary Care](#) offered in East Coast (Orlando, August 3<sup>rd</sup>) and West Coast (San Francisco, November 17<sup>th</sup>) sessions
- Wed – Sat Sept. 13 – 16<sup>th</sup> [American Society for Pain Management Nursing](#) 27<sup>th</sup> Annual Conference Phoenix, AZ
- Tue – Sat Sept. 5 – 9<sup>th</sup> [PAINWeek](#), the largest conference on pain for frontline practitioners. Las Vegas, NV

## 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](mailto: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](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 [amamstein@partners.org](mailto:amamstein@partners.org)