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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.
- FDA Commissioner to ask payers to limit the number of opioid painkillers being dispensed by providers by label or training requirements.
- Department of Health & Human Services is seeking nominations to establish the Pain Management Best Practices Inter-Agency Task Force.
- New insights about President John F. Kennedy's chronic back pain suggest its treatment with a back brace may have contributed to his death.
- National Surveys show chronic pain is a serious health problem and over a third Americans received an opioid prescription for acute or chronic pain.
- The indiscriminate off-label use of gabapentinoid to avoid opioids is problematic and reinforces the unhealthy approach of using drug-only treatments.
- A FDA panel votes against approving an abuse deterrent oxycodone, morally objecting to the release of a blue dye marking people who abuse it.
- WHO updated essential medication list keeping, morphine & codeine as necessary while adding transdermal Fentanyl & methadone for cancer pain.
- Pfizer formally backs controversial CDC opioid guideline and begins its policy to withdraw support from organizations that criticize it.
- Senator investigates the extent that opioid sales incentives & diversion by manufacturers and distributors may have contributed to the opioid crisis.
- Opioid misuse rates in the past dozen years are up 1% in older adults (over age 50), but down over 3% among young adults.
- Physicians trained at top medical schools tend to write fewer opioid prescriptions than counterparts from lower ranked schools.
- President's Commission on Combating Drug Addiction and the Opioid Crisis & declared a national emergency to address the issue.
- Indiana doctor murdered for not prescribing an opioid by the insistent patient's husband who waited in a parking lot after arguing in the office.
- CMS Announces the new 2018 HCAHPS pain questions change from patient satisfaction with "pain control" and "help with pain" to talking about pain.
- Justice Department creates opioid fraud & abuse detection unit to prosecute doctors, pharmacies & others perceived to contribute to the crisis.

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

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


Pain Resources on the Web:
- Electroencephalogram (EEG) recordings may help detect pain in newborns and hold promise to evaluate treatment effectiveness.
- The Pain Research Forum website provides a forum to help pain researchers and clinicians to exchange ideas that improve research & practice.
- Demystify the 5 most misunderstood pain terms that are identified as: real pain, dependence, tolerance, detoxification, and noncompliance.
- Policy & education brief by the Center for Practical Bioethics describes the impact of changing legislation & payer policy on pain patients

Complementary Integrative Health (formerly called Complementary Alternative Medicine [CAM])
- A single 15-minute mindfulness/hypnosis session led by a hospital Social Worker can quickly ease acute pain for hospitalized patients.
- Volunteering appears to help women have less pain & depression, be more active, and have a stronger sense of purpose.
- Tai Chi helps neck pain patients with arthritis, back pain or headaches to a similar extent as Physical Therapy guided neck exercises.
- Pre-procedural application of cold vibration 2 inches above a phlebotomy site, the Buzzy reduced venipuncture pain in male blood donors.

Pain-Related Education Opportunities
- Wed – Sat Sept. 13 – 16th American Society for Pain Management Nursing 27th Annual Conference Phoenix, AZ
- Sat – Sun Sept. 16 – 17th Best Practices in Pain Management: Primary Care and Specialty Collaboration Williamsburg, VA

MGH Pain Calendar
- Tools and Techniques for Effective Pain Management – Tuesday, September 26, 2017 Founders House 325 @ 8 AM – 1 PM Sign-up here.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. email: Margaret Spina@partners.org 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;
The MGH Center for Translational Pain Research: http://www.massgeneral.org/painresearch
MGH Pain Medicine: http://www.massgeneral.org/centerforpainmedicineline
MGH Palliative Care: http://www.massgeneral.org/palliativecare
MGH Formulary (includes patient teaching handouts in 16 languages): http://www.mghcrf.org/crisql/servlet/crifrontline
Intranet site for MGH use to locate pain assessment tools and policies: http://intranet.massgeneral.org/prcs/Pain/index.asp

MGH Cares About Pain Relief
Massachusetts General Hospital
PainRelief@partners.org http://www.mghcrf.org/painrelief

To be added to or removed from the Pain Relief Connection mailing list, send an email to Paul Arnstein.