

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

- FDA approved [naldemedine for opioid-induced constipation](#); a daily peripherally-acting mu-opioid receptor antagonist for chronic opioid use.
- [Endo withdraw its long-acting opioid Opana ER](#) amidst FDA pressure claiming that misuse (not therapeutic use) created a public health risk.
- Anti-Nerve Growth Factor drug [tanezumab gets fast-tracked](#) to study treatment-resistant osteoarthritis and chronic low back pain.
- A National Academies of Sciences consensus report says [address opioid epidemic through better pain treatment](#), education, research.
- The FDA announces its [comprehensive action plan](#), including updating REMS education, to reduce the impact of opioid misuse & abuse .
- [Rising opioid deaths despite cuts in prescribed opioids](#) suggests the treatment of pain isn't how people initiate opioid abuse.
- NKTR-181 has been granted fast-track designation by the FDA to further test [a novel opioid with less euphoric effects](#).

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

- Puras D, Hannah J. Reasons for drug policy reform: prohibition enables systemic human rights abuses and undermines public health. *BMJ*. 2017; 356:i6586. [Prohibiting legitimate use of opioids](#) helps drug traffickers, adds stigma & barriers; while undermining the ethical delivery of healthcare.
- Iffeld BM. [Continuous Peripheral Nerve Blocks](#): An update of the published evidence and comparison with novel, alternative analgesic modalities. *Anesth Analg*. 2017;124:308-335. Benefits of nerve blocks outweighs potential harm especially with ultrasound-guided catheter insertion. Novel options (e.g., liposome bupivacaine wound infiltration, cryoanalgesia with cryoneurolysis & percutaneous peripheral nerve stimulation) are reviewed.
- Guay J, Suresh S, Kopp S. The use of [ultrasound guidance for perioperative neuraxial and peripheral nerve blocks in children](#): A Cochrane Review. *Anesth Analg*. 2017;124:948-958. Ultrasound guidance cuts the procedural time & number of needle passes needed to cut pain & prolong effect.
- Duehmke RM, Derry S, Wiffen PJ, et al. Tramadol for neuropathic pain in adults. *Cochrane Database Syst Rev*. 2017 Jun 15;6:CD003726. Little evidence supports using [tramadol for neuropathic pain of limited benefit](#) as small, short trials may overstate benefits attained by only 1 in 4 who try it.
- Faust AC, Rajan P, Sheperd LA, et al. Impact of an analgesia-based sedation protocol on mechanically ventilated patients in a medical ICU. *Anesth Analg*. 2016;123:903-9. An [ICU protocol that prioritizes analgesia](#) over sedation results less time on a ventilator & less sedatives.
- Xie Y, Bowe B, Li T, et al. Excess [risk of death among users of proton pump inhibitors](#) (PPI): A longitudinal observational cohort study of United States veterans. *BMJ Open*. 7/3/17. PPI users have a 25% increased risk of premature death & a 50% higher death rate with <1 year taking PPIs.
- Arnstein P, Herr K, Butcher HK. Evidence-based practice guideline: [Persistent pain management in older adults](#). *J Gerontol Nurs*. 2017. Jul 1;43(7): 20-31. Evidence review of biopsychosocial effect, assessment & safe, effective treatment of older adult chronic pain; & the remaining practice gaps.
- Guy GP Jr., Zhang K, Bohm MK, et al. Vital signs: Changes in opioid prescribing in the United States, 2006–2015. *MMWR Morb Mortal Wkly Rep* 2017;66:697–704. [Opioid prescribing down 13.1% from 2012](#) with 41% fewer high dose prescriptions written since 2010; while overdose deaths rise.
- O'Malley AS, Swankoski K, Peikes D, et al. [Patient Dismissal by Primary Care Practices](#). *JAMA Intern Med*. 2017 Jul 1;177(7):1048-1050. From 2014-2016 a record 90% of practices dismissed patients; 81% for chronic pain & 78% for controlled substance violation reasons.

MGH Cares About Pain Relief
Massachusetts General Hospital
PainRelief@partners.org • [Previous Newsletters](#)

To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Arnstein](mailto:Paul.Arnstein)

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

- Dear BF, Gandy M, Karin E, et al. The pain course: a randomised controlled trial comparing a [remote-delivered chronic pain management program](#) when provided in online and workbook formats. *Pain*. 2017 Jul;158(7):1289-1301. Identical content provided in workbook or web-based content were similarly beneficial, when supplemented with professional support over 8 weeks in reducing pain, disability and key psychosocial measures.
- Cohen M, Zuk J, McKay N, et al. Intrathecal morphine versus extended-release epidural morphine for postoperative pain control in pediatric patients undergoing posterior spinal fusion. *Anesth Analg*. 2017 Jun;124(6):2030-2037. [Pediatric long acting epidural morphine](#) yielded slightly better relief post-op day 2 with less pruritic than intrathecal morphine.
- da Costa BR, Reichenbach S, Keller N, et al.. Effectiveness of non-steroidal anti-inflammatory drugs for the treatment of pain in knee and hip osteoarthritis: a network meta-analysis. *Lancet*. 2017;390 (10090), e21–e33. [Acetaminophen is ineffective & diclofenac 150 mg/day is the most effective NSAID for osteoarthritis](#); but safety concerns must be considered.
- Huffman KL, Rush TE, Fan Y, et al. Sustained improvements in pain, mood, function and opioid use post interdisciplinary pain rehabilitation in patients weaned from high and low dose chronic opioid therapy. *Pain*. 2017 Jul;158(7):1380-94. [Pain rehabilitation can aid in weaning off opioids, while improving pain, mood & function](#). Some resumed opioids, but a focus on improving anxiety & functional capacity may reduce those restarts.
- Landsman-Blumberg PB, Katz N, Gajria K, et al., [Health care resource use and cost differences by opioid therapy type](#) among chronic noncancer pain patients. *J. Pain Res*. 2017 Jul. (10)1713-22. Patients started on long-acting opioid monotherapy used higher morphine equivalents than those on short-acting opioids alone or combination therapy; but had fewer hospitalizations, ER visits and healthcare costs over 12 months post-initiation.

Pain Resources on the Web:

- Exploring the link between [migraines, aura and a leaky blood-brain barrier](#); what the science tells us.
- [Procedure-specific post-operative pain management](#); complete with evidence-based reviews, guidelines & more.
- Review the [Federal Pain Research Strategy](#) drafted by the NIH Interagency Pain Research Coordinating Committee.
- Ten minute video explaining biopsychosocial processes contributing to [the chronification of pain](#); and helpful interventions.
- Dr. Forest Tennant is firmly [committed to treat pain](#) & suffering with opioids despite pressure to have chronic pain patients just accept & cope with it.
- Evidence reviews by the Cochrane Collaborative show a [lack of evidence supporting the use of NSAIDs](#) or [oral acetaminophen](#) for cancer pain.

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

- For knee arthritis, 6 months of [chondroitin \(800mg/day\) relieves pain as well as celecoxib](#), with the combination of both even better.
- [Pulsed electromagnetic fields after C-section](#) significantly cut pain & analgesic use with better wound healing & fewer inflammation signs.
- Patients with cluster headaches may qualify for a [hand-held electric vagus nerve stimulator](#), called a gammaCore, for joining their registry.
- [Relief from 10 massage sessions for chronic low back pain](#) sustained for 6 months following community-based massage therapy.

Pain-Related Education Opportunities

- Tue – Sat Sept. 5 – 9th [PAINWeek](#), the largest conference on pain for frontline practitioners. Las Vegas, NV
- 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 @ 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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Massachusetts General Hospital

PainRelief@partners.org ● <http://www.mghpcs.org/painrelief>

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