

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

- [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](#)]

- Frank JW, Lovejoy TI, Becker WC, et al. Patient outcomes in dose reduction or discontinuation of long-term opioid therapy: A systematic review. *Ann Intern Med.* 2017;167:181-191. [When opioids are reduced](#) or discontinued, the best evidence supports interdisciplinary pain programs & meditation.
- Evans TI, Liebling EJ, Green TC, et al. Associations between physical pain, [pain management, and frequency of nonmedical prescription opioid use](#) among young adults: A sex-specific analysis. *J Addict Med.* 2017 Jul/Aug;11(4):266-272. Among non-medical opioid users, 72% men & 81% women are self-treating pain; with 27% men & 36% women doing so after being denied a prescription from a doctor to treat severe pain.
- Wiffen PJ, Derry S, Moore RA, et al. [Oral acetaminophen for cancer pain](#). *Cochrane Database Syst Rev.* 2017 Jul 12;7:CD012637. There is a lack of research to support using acetaminophen for cancer pain, either alone or when combined with an opioid; challenging the WHO ladder approach.

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)

- Lalouni M, Ljótsson B, Bonnert M, et al. Internet-delivered Cognitive Behavioral Therapy for children with pain-related functional gastrointestinal disorders: Feasibility study. *JMIR Ment Health*. 2017 Aug 10;4(3):e32. [Functional abdominal pain in children](#) is common and linked to school absence. An Internet-based Cognitive Behavioral Therapy program helped with pain, GI symptoms, mood & school absence at 6-month follow-up.
- Cagle J, Bunting M. Patient reluctance to discuss pain: Understanding stoicism, stigma, and other contributing factors. *J Soc Work End Life Palliat Care*. 2017 Jan-Mar;13(1):27-43. Stigma; stoicism; cautiousness; fatalism; bother & denial contribute to a [patient's reluctance to report pain](#).
- Bernhofer EI, St Marie B, Bena JF. A new clinical pain knowledge test for nurses: Development and psychometric evaluation. *Pain Manag Nurs*. 2017 Aug; 18(4):224-233. The newly validated [Clinical Pain Knowledge Test](#) has utility as a needs assessment or for program evaluation.
- Richardson C, Kulkarni J. A review of the management of phantom limb pain challenges and solutions. *J Pain Res* 2017;10 1861–1870. Research review explores [how to best treat phantom limb pain](#) based on available data and individual presentation, examining 38 reportedly helpful therapies
- Scott JR, Hassett AL, Brummett CM, et al. Caffeine as an opioid analgesic adjuvant in fibromyalgia. *J Pain Res* 2017; (10): 1801—1809. [Moderate caffeine use with an opioid](#) is linked to less pain and better biopsychosocial functioning; adding caffeine's known benefits for acute & chronic pain.
- Patel R, Carvalho JC, et al. Intraperitoneal instillation of lidocaine improves postoperative analgesia at cesarean delivery: A randomized, double-blind, placebo-controlled trial. *Anesth Analg*. 2017;124:554-559. Instilling [intraperitoneal lidocaine cuts postoperative c-section pain](#) & opioid use.
- 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. Diclofenac is the best NSAID & acetaminophen doesn't help OA pain.
- Mun CJ, Thummala K, Davis MC, et al. Predictors and social consequences of daily pain expectancy among adults with chronic pain. *Pain*. 2017 Jul;158(7):1224-33. [Positive mood & lowered pain expectancy](#) can reduce the detrimental effect of chronic pain on enjoyable social experiences.
- Yefet E, Taha H, Salim R, et al. Fixed time interval compared with on-demand oral analgesia protocols for post-caesarean pain: a randomised controlled trial. *BJOG*. 2017 Jun;124(7):1063-1070. [Scheduled proactive analgesia is better than "prn"](#) for post-caesarean pain.

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 @ 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>

MGH Cares About Pain Relief
Massachusetts General Hospital

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 [Paul Amsten](#)