



# 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

- FDA considers many ways to limit exposure to opioids including packaging 3 – 6 day [blister packs of short-acting opioids](#).
- FDA releases an updated blueprint for [reducing opioid-related risks and monitoring patients with pain](#) who use them.
- GAO is asked to hold the Trump administration liable, [turning non-action on the opioid crisis to definitive action](#).
- [Medicare will limit older adults to 7-day opioid supply](#) (90MME/day dose) unless patient’s physician convinces them otherwise.
- [Nerve Growth Factor Inhibitors re-examined](#) as a non-addictive analgesic despite prior research stopped due to joint damage.
- Patients filling C-II opioid prescriptions at Walmart will receive a [free Dispose Rx packet](#) to prevent diversion.
- In response to a pending lawsuit, [Purdue Pharma cut its sales force & stops marketing its opioid](#) products.
- Recommendations versus regulations discussed in the [role of opioids in chronic severe pain](#) patients.
- [Public comments](#) are sought by March 13, 2018 in a new proposed HEDIS® measure on the [risk of chronic opioid use](#)
- Over-regulation of opioids & overconfidence in [non-opioid alternatives is hurting patients](#), not solving the crisis.
- An Addiction Psychiatrist describes why the [false narrative about the opioid crisis](#) results in ineffective solutions.

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

- Gottlieb IJ, Tunick DR, Mack RJ, et al. Evaluation of the safety and efficacy of an intravenous nanocrystal formulation of meloxicam in the management of moderate to severe pain after bunionectomy. *J Pain Res*. 2018;11 383–393. [Daily IV Meloxicam may help post-op pain](#).
- Coyne P, Mulvenon C, Paice JA. ASPMN and HPNA Position Statement: Pain management at the end of life. *Pain Manag Nurs*. 2018 Feb;19(1):3-7. [Pain at the end of life](#) continues to concerning as it may be unrecognized and is often untreated, demanding advocacy.
- Eaton LH, Langford DJ, Meins AR, et al. Use of self-management interventions for chronic pain management : A comparison between rural and nonrural residents. *Pain Manag Nurs*. 2018 Feb;19(1):8-13. [Rural residents](#) are prescribed more opioids & less self-management skills.
- Johansen ME. [Gabapentinoid Use in the United States](#) 2002 Through 2015. *JAMA Intern Med*. 2018;178(2):292-294. Gabapentinoid use quadrupled in recent years, becoming a top prescribed drug which is often used off-label with lack of efficacy and growing safety concerns.
- Martinez-Calderon J, Zamora-Campos C, Navarro-Ledesma S, et al.. The role of self-efficacy on the prognosis of chronic musculoskeletal pain: a systematic review. *J Pain*. 2018 Jan;19(1):10-34. [Self-efficacy is an important therapeutic target](#) with chronic musculoskeletal pain.
- Smith D, Wilkie R, Croft P, McBeth J. Pain and mortality in older adults: The influence of pain phenotype. *Arthritis Care Res (Hoboken)*. 2018 Feb;70(2):236-243. Pain alone doesn’t increase mortality rate, but [pain that interferes with daily life increases mortality](#).
- Lee U, Kim M, Lee K, et al.. Functional brain network mechanism of hypersensitivity in chronic pain. *Sci Rep*. 2018 Jan 10;8(1):243. [Fibromyalgia patients demonstrate explosive synchronization patterns of brain activity](#) accounting for pain pattern & sensitivity.
- Arnstein P. Adult Cancer Pain, an Evidence-based Update. *J Radiol Nurs*. 2018 Mar; 37(1):15–20. [Updated review of adult cancer pain](#) biologic mechanisms, assessment, psychosocial impact & evidence-based approaches to treating cancer pain with multimodal therapy.

MGH Cares About Pain Relief  
 Massachusetts General Hospital  
[PainRelief@partners.org](mailto: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)

- Argoff CE, Alford DP, Fudin J, et al. [Rational urine drug monitoring in patients receiving opioids for chronic pain: Consensus recommendations](#). *Pain Med* 2018. Jan 19(1): 97–117. Tests should be based on prior results, clinical history, PDMP data & risk assessment
- Schmitz J, Kamping S, Wiegatz J, et al. Impact of patient information leaflets on pain medication intake behavior: a pilot study. *PAIN Reports*: Nov/Dec 2017. 2(6):p e620. Analgesic [information given to patients](#) may limit adherence or effectiveness & add side effects or bad mood.
- Schneider J, Duerden EG, Guo T, et al. Procedural pain and oral glucose in preterm neonates: Brain development and sex-specific effects. *Pain*. 2018 159(3):515-525. [Procedural pain in pre-term neonates](#) affects brain development, especially for girls; undeterred by sweet-ease.
- Scully RE, Schoenfeld MD, Jiang W, et. al. Defining optimal length of opioid pain medication prescription after common surgical procedures. *JAMA Surgery*. 2018 Jan 1;153(1):37-43. Based on > 200,000 patients, [optimal duration of opioid therapy](#) ranged from 4-15 days post-op.
- Rosenbloom BN, Rabbitts JA, et al. A developmental perspective on the impact of [chronic pain in late adolescence and early adulthood](#): implications for assessment and intervention. *Pain*. 2017 Sep;158(9):1629-32. Disabling chronic pain often begins between ages 16-29 y/o.
- Defenderfer EK, Bauer K, Iglar E, et al. The experience of pain dismissal in adolescence. *Clin J Pain*. 2018 Feb;34(2):162-167. Many adolescent's reports of chronic pain are met with [skepticism resulting in hostility, damaged self-esteem and relationships](#). Call for compassion
- Liang L, Cai Y, Li A, Ma C. The efficiency of intravenous acetaminophen for pain control following total knee and hip arthroplasty: A systematic review and meta-analysis. *Medicine (Balti)*. 2017 Nov;96(46):e8586. [IV Acetaminophen is an opioid-sparing analgesic post-op](#).

## Pain Resources on the Web:

- 2018 National Comprehensive Cancer Network [Adult Cancer Pain Guidelines](#) now available (free registration required).
- The Consortium Pain Task Force [White Paper](#) on “Evidence-based nonpharmacologic strategies for comprehensive pain care”
- FDA has approved a [hand-held vagal nerve stimulator](#) for migraine pain, previously used for cluster headaches.
- Biopsychosocial model facilitates [understanding pediatric cancer pain via a podcast](#) , including the role of child & parental hypervigilance.

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

- [Mindfulness/Relaxation-based eHealth interventions](#) improves physical and mental health for people with chronic pain.
- For ED patients with renal colic, [acupuncture relieved pain faster and better](#) than titrated IV morphine starting at 0.1 mg/kg.
- [Web-based self-management CBT program](#) helps pain patients cope better, lower distress, aberrant behaviors & ER visits.
- Limited research supports that [aromatherapy can effectively reduce pain](#), psychological distress, insomnia and burn-related symptoms

## Pain-Related Education Opportunities

- Fri, March 16<sup>th</sup>, Compassionate Care for the Millennium, a MassPI program with excellent speakers, 8 – 3:30 in Marlboro, MA. See [details](#)
- Sat, April 7<sup>th</sup>, [Integrative Pain Management Conference](#): National Experts, Local Focus. Burlington, VT
- Wed – Sun, April 25 – 28<sup>th</sup>, [Managing Acute and High-Impact Chronic Pain Through Multidisciplinary Care](#) Vancouver
- Sun, April 29<sup>th</sup>, Integrative Approaches to Pain Management, including nutrition, mind-body & complementary methods. Boston, MA [More info](#)
- [The 17<sup>th</sup> World Congress on Pain](#)® (the largest Pain education & research event on earth) in Boston, MA, September 12 – 16, 2018.
- Live or online, Collaborative on REMS Education has updated courses on [safe, effective opioid prescribing](#) & resources of problems arise.

## MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Tuesday, April 17, 2018 *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 Interprofessional Pain Rounds 12 – 1pm Jackson 412 on 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays as scheduled. Email [Tina Toland](#) 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://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](mailto:PainRelief@partners.org) ● <http://www.mghpcs.org/painrelief>

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