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In the News

USDHHS appointed a 28 member Pain Management Best Practices Inter-Agency Task Force to address gaps & promote best pain treatments.

Five states sue opioid manufacturers claiming over-prescribing raised health insurance costs to pay for overdoses and addiction treatment.

US Food & Drug Administration invites chronic pain dialog about current therapy & challenges or barriers to accessing effective treatments.

More than 95% of anesthesiologists indicate opioid shortages are affecting patients with more side effects, care interruptions & dissatisfaction.

Efforts to solve the opioid crisis created new problems, including hospital shortages of IV opioids to dying patients enduring avoidable pain.

US Food & Drug Administration approves first non-opioid treatment for opioid withdrawal; (an alpha-2 agonist) for up to 2 weeks of treatment.

Cannabis legalization may reduce opioid prescriptions, but also may increase non-medical use of prescription drugs, a precursor to addiction.

Massachusetts prescription opioid overdose deaths continue downward trend since 2014, with 85% of 2017 deaths linked to illicit fentanyl.

Massachusetts revised advisory ruling states Nurse administered opioid dosing solely on pain intensity rating is inappropriate.

Impact of the IV opioid shortage is changing care and fears among cancer patients, family members & the professionals who care for them.

New class of migraine-preventing (calcitonin gene-related peptide) monoclonal antibodies is coming to market with different drugs in the cue.

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

Jones CM, Einstein EB, Compton WM. Changes in Synthetic Opioid Involvement in Drug Overdose Deaths in the United States, 2010-2016. JAMA. 2018 May 1;319(17):1819-1821. Illicit fentanyl surpass prescription opioid & heroin deaths. Combined, they are the leading cause of overdose deaths. Fentanyl may be in heroin or counterfeit pills and 80% of fentanyl deaths mix it with alcohol &/or other drugs.


Carvajal G, Dupoirion D, Seegers V, et al. Intrathecal drug delivery systems for refractory pancreatic cancer pain: observational follow-up study over an 11-year period in a comprehensive cancer center. Anesth Analg. 2018 Jun;126(6):2038-2046. Severe pancreatic pain was reduced from present in 90% to 5% of patients within a week with sustained analgesic benefits and common post-procedure complications.


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

- Bouhassira D, Attal N. *Emerging therapies for neuropathic pain*: new molecules or new indications for old treatments? *Pain*. 2018;159:576-582. Reviews emerging drug (e.g. NaV1.7 antagonists) & nondrug (e.g. noninvasive brain neurostimulation) therapies for neuropathic pain.

**Pain Resources on the Web:**

- Shifting approaches to helping people with chronic pain, by **integrating self-management & opioid-sparing strategies**.
- User-friendly [Geriatric Pain website](http://www.mgh.org/pain/gpwebsite) has information for nurses and other people who care for older adults with pain.
- [Scientific news on a variety of pain topics](http://www.mgh.org/pain/pressrelease). Focus is on items of general interest rather than scientifically rigorous studies.
- The International Association for the Study of Pain has an **updated curricula for professionals** & interprofessional teams.

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

- **Acupuncture cut renal colic pain by 50%** within 15 minutes in the ED & was better than morphine with fewer side effects.
- **Relaxation, yoga &/or music during childbirth can reduce pain** & improve satisfaction with pain relief, without affecting other delivery outcomes.
- **Tai chi for fibromyalgia** was as good or better than aerobic exercise, which has shown a variety of desirable outcomes for those with FM.
- A systematic review & meta-analysis of **RCT's show weak evidence non-drug methods work to lessen pain** in the Emergency Department.

**Pain-Related Education Opportunities**

- Sun – Mon, June 3rd – 4th (onsite), Every Wednesday in June from 6 – 8pm (online) Tufts Univ course on **Inter Team Management of Pain**
- Tue Jun 26th 1-2pm **Acceptance and Commitment Therapy for Chronic Pain in Older Adults** webinar.
- Wed – Sun, September 12th – 16th, **The 17th World Congress on Pain** (largest International conference) Boston, MA

**MGH Calendar**

- **Tools and Techniques for Effective Pain Management** – Wed, Jun 20th, 2018 Founders House 325 @ 8am-1:00pm  **Sign-up** here.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. Email: [Margaret Spinale](mailto:Margaret.Spinale@partners.org) for more information.
- MGH Interprofessional Pain Rounds 12 – 1pm Jackson 412 on Wed, June 6th on Pain & Addiction. Email [Tina Toland](mailto:Tina.Toland@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](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](http://www.massgeneral.org/painresearch)

MGH Pain Medicine: [http://www.massgeneral.org/centerforpainmedicine/](http://www.massgeneral.org/centerforpainmedicine/)

MGH Palliative Care: [http://www.massgeneral.org/palliativecare](http://www.massgeneral.org/palliativecare)


Intranet site for MGH use to locate pain assessment tools and policies: [http://intranet.massgeneral.org/pcs/Pain/index.asp](http://intranet.massgeneral.org/pcs/Pain/index.asp)

**MGH Cares About Pain Relief**

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