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In the News

- Over three hundred patients in 18 States were sickened by contaminated epidural steroid injection with 25 deaths reported to date.
- Meningitis outbreak raises questions about the risks, costs and benefits of epidural steroid injections administered to relieve back pain.
- The International Association for the Study of Pain has released its Interprofessional Education Curriculum for health professional training.
- The Ameridose voluntary shutdown in the wake of the NECC-related meningitis outbreak is having an impact on the drug supply.
- The IASP announced this as the Global Year Against Visceral Pain with many fact sheets and useful information in different languages.

Journal Watch

All items are accessible via MGH computers/library. MGHers can obtain other articles from through the Treadwell home page.

- Craven P, Cinar O, Madsen T. (2012). Patient anxiety may influence the efficacy of ED pain management. *Am J Emerg Med*. [Epub ahead of print] Anxious patients were more demanding, got more analgesics, but were less satisfied with pain treatment. Treat anxiety!
- Salinas GD, Robinson CO, Abdolrasulnia M. (2012) Primary care physician attitudes & perceptions of the impact of FDA-proposed REMS policy on prescription of extended-release and long-acting opioids. *J Pain Research* 5: 363–369. Only 8% of PCPs fully understand the opioid REMS. Many are wary of further governmental monitoring & regulations that add costs which may limit access to pain care.
Chen ML, Cao H, Chu YX, et al. (2012). Role of P2X7 receptor-mediated IL-18/IL-18R signaling in morphine tolerance: multiple glial-neuronal dialogues in the rat spinal cord. J Pain., 13(10):945-58. Although a preclinical study, it validates the importance of glia-neuron interaction in the spinal cord to modulate pain. It also raises the important possibility that glia may be one mechanism of drug tolerance.


Gillis VL, Senthinathan A, Dzingina M, et al. (2012). Management of an acute painful sickle cell episode in hospital: summary of NICE guidance. BMJ. 27;344:e4063 Updated guideline on sickle cell pain control in hospitals validates the need for vigilant assessment, prompt treatment (often requiring opioids) and close monitoring every 30 minutes for until safe, effective control is achieved.

Pain Resources on the Web
- CO*RE is the Collaborative on REMS Education that brought experts together to develop this needed self-directed learning activity
- The Institute for Safe Medication Practices has a nice patient education checklist for transdermal fentanyl safety
- Good example of a respectful brief discussion with a heroin addict using SBIRT (Screening, Brief Intervention, and Referral To Treatment)

CAM (Complementary and Alternative Medicine)
- Cognitive Behavioral Therapy is a beneficial for chronic nonspecific back pain, helps the person in many measures of improvement
- Palmitoylethanolamide (PEA), an endogenous fatty acid amide, may help a variety of inflammatory or neuropathic pain states.

Pain-Related Education Opportunities
- Tue November 20th Hospice and Palliative Care Update for the specialist team has breakout sessions on pain and symptom management
- Sat Nov 17th 5-6 pm session added to ASRA meeting on Meningitis Epidemic Epidural Steroid Injections Update in Miami
- Tue Jan 22nd 3:45 – 9pm Chronic Pain: Coordinating Risk Assessment with the Management of Complex Pain Conditions Waltham MA

MGH Pain Calendar
- Fri. November 9th Need-to-know Basics of Pain Management: Mass General Founders 325 at 8-9am email for info of just drop in
- Mon November 19th 11am – 3pm, Beyond the Basics of Pain Management Founders 325 email for info
- Fri January 18th 11am – 3pm, Mastering Control of Pain in a Selected Population O'Keefe Auditorium email for info
- Chronic Pain Rounds occur weekly on Mondays at 12:00N Mail: email Tina Toland for details
- Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am. email Margaret Spinale

MGH Pain Resources
The Patient Education Television: Dial 4-5212 from patient’s phone then order: #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Prescription and Non-prescription Pain Medications; @3283 for Postoperative Pain 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 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 PainRelief@partners.org