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

● Benzhydrocodone is now available for acute pain. It is chemically inert until ingested, then metabolizes to hydrocodone.

● J & J opioid settlement reduced by $106 million with $50 Billion more pending for manufacturers to settle multiple opioid crisis suits.


● Hundreds of thousands of fentanyl-laced counterfeit pills flood the streets; contributing to fentanyl being a leading OD death cause.

● Virtual Reality use during childbirth may help some women in labor; with or without traditional analgesics.

● FDA approved a new high frequency spinal cord stimulator with the versatility likely to overcome interpatient variability in responses.

● Massachusetts & other states that criminalize substance use during pregnancy have higher rates of neonatal abstinence syndrome.

● Used to reduce pain and inflammation of osteoarthritis, corticosteroid injections may hasten joint degeneration & need for surgery.

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


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To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to Parl Arnstein
● Optimism increases goal-directed activity, reduces pain-related disability & creates a virtuous cycle that enhances well-being.
● Emerging research supports the notion that gut microbiome plays a key role in pain of gut, inflammatory & neuropathic origin.
● Combining manual therapy with exercise for chronic neck pain is better than standard P.T. for reducing pain & disability.
● Injected neuromodulation device could someday replace or augment transcutaneous or other electrical nerve stimulators.
● Holding the hand of a loved one can ease pain, emotional comfort & social connectedness for women, with brain changes observed.
● Many people with chronic pain benefit from couples interventions (education, counselling, supporting, and reinforcing).

Related Education Opportunities

● Fri-Sun Dec 6-8th The Pain Society of the Carolinas Annual Meeting & Scientific Sessions Charleston, SC
● Wed. Dec 4th Annual Summit on Balanced Pain Management, for patients, payers, policymakers & clinicians Washington DC. Free
● Wed-Sun Feb 26 – Mar 1st American Academy of Pain Medicine meeting covers a range of pain & treatment types in National Harbor, MD

MGH Pain Calendar

● Tools & Techniques for Effective Pain Management – Tue, January 28th FND 325. 4.5 CE with 1 pharmacology credit Click here to register.
● Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM in the Ether Dome Email: Gail Chin for more information.
● MGH Inter-professional Pain Rounds Jackson 412 First and third Wednesday of month from 12–1pm. Email Tina Toland for more info.

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; #230 for Cancer Pain; #280 for Communicating Pain; #280 for Pain Medications; Excellence Every Day Pain Portal Page: http://www.mghpcas.org/EED/Pain/default.shtml
The MGH Center for Translational Pain Research: https://www.massgeneral.org/TranslationalPainResearch/
MGH Palliative Care: http://www.massgeneral.org/palliativcare
MGH Formulary (includes patient teaching handouts in 16 languages): http://www.crtonline.com/cfrsql/servlet/crtonline

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