

# ASPMN NYC CHAPTER

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SUPPORTING NURSES MANAGING PAIN

## Welcome NYC and NJ ASPMN Members

The NYC chapter wants to welcome any National ASPMN members in the NYC area and the New Jersey Chapter. The chapter believes more of our meetings will be a combination of virtual and in person activities.

Your dues pay for programs when we cannot secure sponsorship and these programs have contact hours associated with them. The chapter is planning more of these opportunities with your membership.

Please remit your dues to Denise Sullivan, Treasurer. Please see the Officer Directory for the address. The chapter membership renewal is enclosed with this newsletter.

Thank you for your support

## Covid 19 and NSAIDs

These are current recommendations to use acetaminophen rather than NSAIDs for symptomatic treatment during the COVID pandemic. It is though the use of anti-inflammatories can "dampen down" the immune system. This can result in more complications such as respiratory, cardiac or sepsis.

There is a new anti-inflammation drug Actemra (tocilizumab) which has been

approved for treatment of COVID patients in China. Actemra blocks a key inflammatory molecule, interleukin-6. Hopefully this would prevent fatal cytokine storms in seriously ill patients which can cause organ failure.

BMJ 2020;368:m1086 doi: 10.1136/bmj.m1086 (Published 17 March 2020) Covid-19: ibuprofen should not be used for managing symptoms, say doctors and scientists, Michael Day

Submitted by  
Sandra Kuefner, ANP-C

## Risk of Coumadin and Acetaminophen

Pain Management nurses are acutely aware patients who are taking blood anticoagulants (blood thinners) should not be taking NSAIDs at the same time due to increased risk of bleeding. Aspirin and other nonsteroidal anti-inflammatory drugs inhibit platelet function and can cause injury to gastric mucosa, etc. An alternative analgesic choice is acetaminophen. Are you aware increased doses of acetaminophen can temporarily increase INR when patients are on coumadin (warfarin)?

In one study, 54% of patients who were taking acetaminophen and warfarin had exceeded their

therapeutic range by 0.3 or more versus the placebo group (17% exceeded therapeutic range). Studies have investigated whether acetaminophen or its metabolites (N-acetyl-p-benzoquinone-imine, NAPQI) affect warfarin pharmacokinetics.. Its may potentiate the inhibition of components of the vitamin K cycle. Effects of NAPQI may inhibit components of mitochondrial transport. Serial INRs and investigation of current OTC acetaminophen consumption should be evaluated

Paauw, Douglas S (2015, January 15), Warfarin and OTCs: An Unrecognized Risky Combination Medscape.com

Renato DL et al (2011). Warfarin and acetaminophen interactions: A summary of the evidence and biologic plausibility. *Blood*, 118(24): 6269-6273

Submitted by  
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## Upcoming Chapter Educational Offerings

The Long Island Chapter will have their Twentieth Annual Pain Conference this year at the DeMatteis Center. The program this year is

"20/20 Vision: Pain in Clear Sight".  
The LI Chapter original date has been postponed due to the pandemic. .

The New York City Chapter/Hospital for Special Surgery jointly sponsored Annual Pain 2020 - Issues, Challenges and Treatments. The date of the conference will be releases as soon as possible. If you cannot attend in person, live web streaming will be offered again. There will be more information in the upcoming months.

Please come and support these programs. They are great learning and networking opportunities.

## **Officer Directory**

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