



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	Pain Resources on the Web.....	Page 2
Journal Watch.....	Page 1-2	Pain Education Opportunities.....	Page 2
CIH.....	Page 2	MGH Pain Calendar & Resources.....	Page 2

In the News

- DOJ Office of [Inspector General blasts the DEA](#) for its slow response & failure to take effective actions during the emergent opioid crisis.
- USDHHS guide delineates strategies to help clinicians [taper or stop chronic opioid therapy without sacrificing adequate pain control](#).
- Patients protest opioid quota cuts; while the [DEA denies responsibility for less access to prescribed opioids](#) as they don't regulate practice.
- [Manufacturers cut supply to avoid paying opioid tax](#) in New York, leaving many patients unable to access treatment ... opioid or otherwise.
- Four companies scramble to reached a [\\$300 million settlement in the 1st lawsuit against opioid distributors](#), in 2 Ohio counties.
- [Doctor sentenced to 40 years in prison for prescribing opioids](#), including 25 murders. Or [was he treating pain](#) & mistreated by the system?
- [Massachusetts Advisory: Best Practice in Prescribing Opioids](#) clarifies state standards paralleling CDC guidelines to prevent addiction.
- CMS updates it's [resources to reduce opioid misuse](#) and reveals it's plan, that includes [improved access to opioid treatment programs](#).
- Legislation could fund FDA innovations to [develop four alternatives to opioids, each year](#) for the next 10 years.

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

- Palmer S, Bailey J, Brown, et al. Sensory function and pain experience in arthritis, complex regional pain syndrome, fibromyalgia syndrome and healthy volunteers: a cross-sectional study. *Clin J Pain*. 2019 Nov;35(11): 894-900. [Patients with complex regional pain syndrome or fibromyalgia are more sensitive to stimuli](#) than normal or arthritic persons; supporting sensory dysfunction as part of those diseases.
- Petrik ML, McNamara PJ, Moeschler SM, et al. Communication of recommendations for the disposal of unused prescription opioid medications by stakeholders in the news media. *Pain Med*. 2019 Sept. 20(9):1711-6. Media reports are [missing the opportunity to convey a key strategy in addressing opioid](#) misuse problems by not giving clear consistent messages on timely, proper drug disposal.
- Eijlers R, Utens EMWJ, Staals LM, et al. Systematic Review and Meta-analysis of [Virtual Reality in Pediatrics](#): Effects on Pain and Anxiety. *Anesth Analg*. 2019 Nov;129(5):1344-53. Large effect sizes support VR to reduce pediatric pain & anxiety during medical procedures.
- Van Reij RRI, Joosten EA, et al. Dopaminergic neurotransmission and [genetic variation in chronification of post-surgical pain](#). *Br J Anaesth*. 2019 Sep 23 (19)30641-5 Three genes (COMT, GCH1 & DRD2) linked to pain sensitivity, analgesic dosing & development of chronic pain.
- Torralva R, Janowsky A. Noradrenergic and cholinergic mechanisms in fentanyl-mediated rapid death explain failure of naloxone in the fentanyl overdose crisis. *J Pharmacol Exp Ther*. 2019, Sep 13 doi:10.1124/jpet.119.258566. [Fentanyl overdoses refractory to Narcan may be related to adrenergic & cholinergic](#) effects causing muscle rigidity, laryngospasm, cardiac arrhythmias and pulmonary edema.
- Jeffery MM, Hooten WM, Jena AB, et al. Rates of physician co-prescribing of opioids and benzodiazepines after the release of the Centers for Disease Control and Prevention guidelines in 2016. *JAMA Netw Open*. 2019;2(8):e198325. [Co-prescribing opioids & benzodiazepines has not changed since 2016](#) despite warning of exponentially increased risk of death delineated in the CDC opioid prescribing guidelines.

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

- Nahin RL, Sayer B, Stussman BJ, et al. Eighteen-year trends in the prevalence of, and health care use for, noncancer pain in the United States: data from the medical expenditure panel survey. *J Pain*. 2019 Jul;20(7):796-809. Over 17 years, the [proportion of adults reporting pain increased from 33% to 41%](#) (from 1998 – 2014); with disabling severe pain being treated twice as often with opioids over that period.
- Lemay CA, Saag KG, Franklin PD. A qualitative study of the [postoperative pain management educational needs](#) of total joint replacement *Pain Manag Nurs*. 2019 Aug;20(4):345-351. Postop patients found information about pain & its treatment lacking; unless they had a prior surgery or a family member in a health care field. More information about pain control methods should be delivered at multiple time points.
- Fuller-Thomson E, Kotchapaw LD. [Remission from suicidal ideation](#) among those in chronic pain: What factors are associated with resilience? *J Pain*. 2019 Sep;20(9):1048-1056. Chronic pain patients with serious financial strain, depression and anxiety disorders often continue to struggle while better educated, confident, patients with certain demographic commonalities (white older women) do better.
- Ferrell BR. [Family caregiving and cancer pain management](#). *Anesth Analg*. 2019 Nov;129(5):1408-13. Family caregivers of patients with advanced cancer have many complex needs as care shifts to outpatient & home settings while caregivers may be old or sick themselves.
- Bohner ASB, Ilgen MA. Understanding links among opioid use, overdose, and suicide. *N Engl J Med*. 2019 Jan 3;380(1):71-79. [Uncontrolled pain raises risk of suicide](#) through neurocircuitry changes. Tapering that worsens pain can trigger aberrant drug use & increase suicidality.
- Aubrun F, Nouette-Gaulain K, Fletcher D, et al. Revision of expert panel's guidelines on postoperative pain management. *Anaesth Crit Care Pain Med*. 2019 Aug;38(4):405-11. Updated evidence-based guideline on the [assessment and management of perioperative pain](#).

Pain Resources on the Web:

- Dr. Moseley's talk to NIH on [Pain Revolution: From Science to Practice](#) see minutes 22 – 1:09 on the video.
- See videos on the Global Year Against Pain in the Most Vulnerable educational series addressing [State of the Science in Pain](#).
- [Pain Resource helps people living with chronic pain](#) better understand & manage daily living challenges with a variety of online content.

Complementary Integrative Health

- [Acupressure cuts pain intensity by 35%](#) for patients with chronic low back pain, and a slight variation in technique can also reduce fatigue.
- [Pilates improves flexibility, strength & pain in children](#) up to age 22 with musculoskeletal pathology; that further impacts their quality of life.
- [Hypnosis helps reduce medication for procedural pain & anxiety](#) during minimally invasive procedures using light conscious sedation.
- An hour of applied [kinesiotape reduces knee arthritis pain](#) while improving active range of motion & physical functioning for at least 3-days.
- Electrical nerve stimulation at traditional [TENS or acupoint application sites reduces postoperative abdominal pain](#) & analgesic use.
- [Mindfulness-oriented recovery enhancement helps](#) patients with chronic [pain & reduces opioid craving](#) for those with opioid use disorder.

Pain-Related Education Opportunities

- Fri-Sat Nov 15-16, 2019 [Pain Care for Primary Care](#) with additional workshops available on addiction & medical cannabis. Orlando FL
- 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 – Tuesday, January 28th FND 325. Click to email [Paul Arnstein](#) for more information.
- 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; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications;

Excellence Every Day Pain Portal Page: <http://www.mghpcs.org/EED/Pain/default.shtml>

The MGH Center for Translational Pain Research: <https://www.massgeneral.org/TranslationalPainResearch/>

MGH Palliative Care: <http://www.massgeneral.org/palliativecare>

MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crisql/servlet/crlonline>

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