



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

- [FDA justifies its approval of Dsuvia](#) (sufentanil) sublingual tablets to treat acute pain in selected REMS-certified settings.
- [FDA challenge to develop non-opioid devices for pain got > 200 applications](#) for invasive & noninvasive approaches to treating pain.
- ISMP reveals [a concerning trend related to the IV opioid shortage](#) is the need to dilute or give partial doses increases the risk for error.
- [State-by-state Infographic on opioid-related regulations](#) including required continuing education, medical marijuana laws & more.
- National Academies of Sciences, is tasked with developing a clinical practice guideline on [prescribing opioids for acute pain](#).
- [AMA opposes insurer & pharmacist enforcement](#) of CDC opioid prescribing guidelines that supersede clinical judgment & harms patients.
- [FDA warns of intrathecal analgesia safety issues](#) like pump failure, dosing errors & using drugs not approved for intrathecal use.
- Concerns expressed about the [safety of spinal cord stimulators](#) and other FDA approved devices to treat pain as alternatives to opioids.
- [Opioid manufacturers & distributors fight a New York state law](#) demanding \$600 million to recoup costs associated with the opioid crisis.

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

- National Coalition for Hospice and Palliative Care Clinical Practice. [Clinical Practice Guidelines for Quality Palliative Care, 4th edition](#). Richmond, VA: National Coalition for Hospice and Palliative Care; 2018 Expanded domains of palliative care with updated clinical and organizational strategies, screening, assessment, management tools and resources. [A systematic review of related evidence](#) is available.
- Messier SP, Resnik AE, Beavers DP, et al.. Intentional [Weight Loss for Overweight and Obese Knee Osteoarthritis](#) Patients: Is More Better? *Arthritis Care Res* (Hoboken). 2018 Nov;70(11):1569-1575. Knee arthritis patients who lost 20% of their body weight had 25% less pain, better functioning and fewer markers of inflammation than those with a 5% weight loss (who benefitted to a lesser extent).
- Zhu Y, Peng X, Wang S, et al. Vapocoolant spray versus placebo spray/no treatment for reducing pain from intravenous cannulation: A meta-analysis of randomized controlled trials. *Am J Emerg Med*. 2018 Nov;36(11):2085-2092. [Vapocoolant spray cuts venipuncture pain](#).
- Thorn BE, Eyer JC, Van Dyke BP, et al. [Literacy-Adapted Cognitive Behavioral Therapy](#) Versus Education for Chronic Pain. *Ann Intern Med*. 2018 Apr 3;168(7):471-480. Literacy-Adapted CBT or simplified group education, helped pain patients in a low-income clinic.
- Caulley L, Caplan B, Ross E. Medical marijuana for chronic pain. *N Engl J Med*. 2018 Oct 18;379(16):1575-1577. Point-counterpoint review of the evidence as applied to a select case of chronic pain. [Would you recommend medical marijuana](#) in this case?
- Chen S, Jackson T. Pain beliefs mediate relations between general resilience and dysfunction from chronic back pain. *Rehabil Psychol*. 2018 Nov;63(4):604-611. Further evidence [self-efficacy improves coping and catastrophizing contributes to dysfunction](#).
- Peckham AM, Evoy KE, Ochs L, et al. Gabapentin for off-label use: evidence-based or cause for concern? *Subst Abuse*. 2018 Sep 23;12:1178221818801311. [Gabapentin was aggressively & illegally marketed](#) for numerous off-label uses considered, but rejected by the FDA.
- Song L, Qiu P, Xu J, et al. The effect of combination pharmacotherapy on low back pain: A meta-analysis. *Clin J Pain*. 2018 Nov;34(11):1039-1046.: Despite more side effects, [multimodal therapy is best for chronic back pain](#) but increases risk/ benefit ratio for acute back pain.

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 Arnstein](mailto:Paul.Arnstein)

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

- Moore RA, Derry S, Wiffen PJ, et al. [Estimating relative efficacy in acute postoperative pain](#): network meta-analysis is consistent with indirect comparison to placebo alone. *Pain*. 2018 Nov;159(11):2234-44. After controlling for placebo effects few differences exist between analgesics
- Fleishman TT, Dreier J, Shvartman P. Pain in Maintenance Hemodialysis Patients: a multicenter study. *J Pain Symptom Manage*. 2018 Aug;56(2):178-184. [Pain afflicts >80% of dialysis patients](#) & is more common in women, sicker patients & those requiring long-term dialysis.
- Sullivan M, Langford DJ, Stitzlein Davies P, et al. Controlled pilot trial of Pain Tracker Self-Manager, a [Web-based platform combined with patient coaching, to support patients' self-management](#) of chronic pain *J Pain*. 2018 Sep;19(9):996-1005. Web-based education, outcome tracking & tailored coaching helps chronic pain patients lower pain, disability while enhancing self-efficacy and activity engagement.
- Osborne V, Striley CA, Nixon SJ, et al. Sex differences in patterns of prescription opioid nonmedical use among 10–18 year old in the US. *Addict Behav*. 2018 Oct 9;89:163-171. The [prevalence of nonmedical opioid use was 3% American youths](#) between 2008 and 2011. Most got the drugs from school or a family member. Females more frequently got it from a family member and boy snorted the drugs more often.

Pain Resources on the Web:

- Infographic on the [prevalence of pain in older adults](#); with links to resources including prevention and treatment options.
- Excellent review in plain language about [ways in addition to opioids that alleviate pain](#) and reasons to avoid or limit opioid use if possible.
- The cutting edge of developments in the field of pain are exploring the role of [precision medicine to provide more targeted therapies](#).
- [Drug Monitoring in Primary Care](#) provides guidance on monitoring toxicology screening for patients prescribed opioids.
- Pain Management Network designed to [help patients, professionals and the public gain a better understanding of pain](#) and its management.
- Scope of Pain podcast series has a variety of short files and transcripts addressing [common clinical challenges in assessing & treating pain](#).

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

- More [mindful people report less pain](#) and show lower brain activity in key brain regions.
- [Mindfulness helps older adults with back pain](#) overcome fear of pain, being more aware & less bothered by pain.
- [Prolotherapy injections into rotator cuff](#) can improve pain and function and works longer than steroid injections.
- [Pediatric relaxation / mindfulness training](#) & cognitive behavioral therapy is effective for children & teens with migraines.
- [Babies had less heel stick pain with maternal holding](#) plus glucose or breastfeeding; than glucose/ breastfeeding alone.
- Holding [ice chips in the mouth reduced mucositis pain](#) during fluorouracil-based chemotherapy infusion.
- [Aromatherapy during labor](#) is shown to reduce transition pain, without harmful effects, and may shorten labor duration.

Pain-Related Education Opportunities

- Sat Dec 8, AAPM [Hot Topics in Pain Medicine](#) latest policies, guidelines, and approaches to safe, effective pain treatment Chicago, IL
- Free online CE activities from [Pri-Med](#) by activating an account. Covering a variety of topics (emphasizing opioid sparing & risk mitigation).
- Wed-Sat Apr 3-6 APS meeting focused on: [Combating the Opioid Epidemic through Innovations in the Treatment of Pain](#). Milwaukee, WI
- Listing of [upcoming opioid risk evaluation and mitigation training](#) courses to provide safe, evidence-based pain management

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Wednesday, January 30th FND 325. Click here [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 will resume in February 2019 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/Pain-Overview.shtml>
The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>
MGH Pain Medicine: <http://www.massgeneral.org/centerforpainmedicine/>
MGH Palliative Care: <http://www.massgeneral.org/palliativecare>
MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>

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