



# 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

- ANA Position Statement delineates the [ethical responsibility to manage pain](#) and the suffering it causes.
- [ED overdoses rose 30%](#) for prescription opioids, heroin, & illicit fentanyl over a 15 month period ending September 2017.
- [\\$1.1B earmarked to better study chronic pain biomarkers](#), and the use of non-drug, integrated therapies.
- [Surgeon General urges more people to carry naloxone](#) as ¾ of fatal overdoses occur outside of medical facilities.
- Untangling the conundrum of [two polar opposite opioid crises](#) affecting American hospitals and communities.
- [New standards for office-based pain assessment](#) proposed by the Joint Commission to improve quality, safety and referral processes.
- FDA approves [Exparel for interscalene brachial plexus](#) block for up to 48-hours of postsurgical regional analgesia.
- Four monoclonal antibodies targeting the CGRP [pathway could revolutionize migraine therapy](#), even eliminate headaches for some.
- FDA issues a [mandatory recall for opioid-like kratom food products](#) due to a multi-state Salmonella outbreak.
- [Drug shortages compromise patient care](#), and raise the [risk of harm](#) from opioid or anesthetic drug alternatives.
- [Poorly treated pain as a human rights issue](#) is being investigated by an international watchdog group.
- The Good, the bad and the ugly... [massive opioid legislation](#) heads to the senate for discussion and approval by Memorial Day.
- FDA-CDER delineates a comprehensive approach to [ensuring safe effective drug therapies for pain](#).
- Congress to incentivize [non-opioid and non-pharmacologic pain treatments](#) after surgery or for chronic pain.
- The NIH initiative Helping to End Addiction Long-term (HEAL) seeks to [prevent addiction by better understanding & treating chronic pain](#).

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

- Narouze S, Benzon HT, et al. Interventional spine and pain procedures in patients on antiplatelet & anticoagulant medications (2<sup>nd</sup> Ed.) *Reg Anesth Pain Med*. 2018 43(3):225-262. New guidelines on time to [discontinuing meds affecting bleeding before/after pain procedures](#).
- Memtsoudis S, Poeran J, Zubizarreta N, et al. Association of [multimodal pain management strategies with perioperative outcomes](#) and resource utilization: a population-based study *Anesthesiology*. 2018 May;128(5):891-902. Studying 1.3 million knee/hip replacement; “opioids only” patients had more respiratory & GI complications, longer lengths of stay & needed more opioid prescriptions.
- Gold JI, Mahrer NE. Is virtual reality ready for prime time in the medical space? A RCT of pediatric virtual reality for acute procedural pain management. *J Pediatr Psychol*. 2018; 1;43(3):266-275. Virtual reality is a cost effective nondrug way to [control procedural pain in teens](#).
- Seth P, Rudd RA, Noonan RK, et al. Quantifying the Epidemic of Prescription Opioid Overdose Deaths”, *Am J Public Health*. 2018 Apr;108(4):500-502. [CDC researchers admit to over-estimating deaths](#) related to prescribed opioids nearly 2-fold in 2016.
- Puntillo K, Naidu RK. Measurement of Chronic Pain and Opioid Use Evaluation in Community-Based Persons with Serious Illnesses. *J Palliat Med*. 2018 Mar;21(S2):S43-S51. Explores responsible use of [opioids in seriously ill patients](#). Algorithm highlights the interplay among pain assessment, pain management, & risk mitigation in the setting of potential opioid problems

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

- Zaslansky R, Meissner W, Chapman CR. Pain after orthopaedic surgery: differences in patient reported outcomes in the United States vs internationally. An observational study from the PAIN OUT dataset. *Br J Anaesth*. 2018 Apr;120(4):790-797. International study reveals [knee Americans report more knee replacement pain](#) (2/10 points higher) and side effects than similar patients studied in 13 other countries.
- Thorn BE, Eyer JC, Van Dyke BP, et al. Literacy-adapted cognitive behavioral therapy versus education for chronic pain at low-income clinics: a randomized controlled trial *Ann Intern Med*. 2018 Apr 3;168(7):471-480. [Both Cognitive Behavioral Therapy & pain education improved pain intensity and functioning for at least 6 months among chronic pain patients served in low-income clinics with simplified formats/content used.](#)
- MacMillan KDL, Rendon CP, Verma K, et al. Association of rooming-in with outcomes for neonatal abstinence syndrome: A systematic review and meta-analysis. *JAMA Pediatr*. 2018;172(4):345-351. Babies with [Neonatal abstinence syndrome](#) babies do better when mothers room-in.
- Kane JM, Colvin JD, Bartlett AH, et al. Opioid-related critical care resource use in US children's hospitals. *Pediatrics*. 2018;141(4):e20173335. [Opioid ingestion PICU admissions up 35%](#) from 2004 to 2015, mostly in 12-17 year olds needing ventilation & vasopressors.
- Seers T, Derry S, Seers K, Moore RA, et al. [Professionals underestimate patients' pain](#): a comprehensive review. *Pain*. 2018 May;159(5):811-818. Large studies show 78% professionals underestimate amount of pain experienced compared to 1% of professionals who overestimate.

## Pain Resources on the Web:

- Scientists discover neural pathway that may explain [why head and face pain is more bothersome than bodily pain](#).
- Audio describes how [cognitive-behavioral techniques help assess & treat chronic pain](#) to reduce pain & depression.
- [Higher frequency alpha brain waves](#), that are more prominent when relaxing with closed eyes linked to less pain.
- The [2018 ACPA Resource Guide to Chronic Pain Management](#) conveys best practices in an easy to read format for patients & professionals.

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

- Protocol for using [music to reduce pain and opioid use](#) described as part of a multimodal treatment plan.
- Recent evidence supports using some [nutritional supplements for osteoarthritis pain](#). (e.g. Boswellia serrata extract, Pycnogenol & curcumin)
- Yoga, meditation, acupuncture and hypnosis ([Mind-Body approaches](#)) that reduce pain also help SUD patients .
- [Technology-based self-management tools](#) can help reduce pain, aberrant drug-related behavior & other benefits.
- Website helps patients [take charge of pain](#) through 7 half-hour lessons on better coping & functioning.
- [TENS improves functioning in low back pain](#) patients, but other stimulation types appear to provide better relief.

## Pain-Related Education Opportunities

- Mon – Fri, June 25<sup>th</sup> – 29<sup>th</sup> [Principles & Best Practices in Pain Medicine](#) program by Harvard Medical School. Boston, MA.
- Mon, May 14<sup>th</sup> “[Technology-Assisted Chronic Pain Self-management for Older Adults](#)” 1pm – 2pm (web-based)
- Thur – Fri, May 31<sup>st</sup> – Jun 1<sup>st</sup> NIH annual event [The Intersection of Chronic Pain Management and the Opioid Crisis](#) Bethesda
- Sun – Mon, June 3<sup>rd</sup> – 4<sup>th</sup> (onsite), Every Wednesday in June from 6 – 8pm (online) Tufts Univ course on [Inter Team Management of Pain](#)
- Wed – Sun, September 12<sup>th</sup> – 16<sup>th</sup>, [The 17<sup>th</sup> World Congress on Pain®](#) (the largest Pain education & research event on earth) in Boston, MA

## MGH Pain Calendar

- *Tools and Techniques for Effective Pain Management* – Wed, Jun 20<sup>th</sup>, 2018 Founders House 325 @ 8am-1:00pm [Sign-up](#) here.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. Email: [Margaret Spinale](#) for more information.
- MGH Interprofessional Pain Rounds 12 – 1pm Jackson 412 on 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays as scheduled. Email [Tina Toland](#) for more information.

### 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\\_portal/EED\\_pain.asp](http://www.mghpcs.org/eed_portal/EED_pain.asp)

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>

Intranet site for MGH use to locate pain assessment tools and policies: <http://intranet.massgeneral.org/pcs/Pain/index.asp>

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To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Amstein](#)