



# 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

- A [class-action lawsuit against opioid makers and distributors](#) is a more complex “blame game” than the tobacco case it emulates.
- [Opioid prescriptions down 22%](#), Narcan, CE and PDM Program use up in past five years, but access to care is limited.
- [Massachusetts opioid deaths down in 2017](#) with 85% involving illicit fentanyl. Cocaine & benzos increasingly implicated.
- [Impaired driving fatalities rising](#), with 38% positive for marijuana, 16% opioids and 4% both; with alcohol and drug deaths up.
- [FDA takes action against 53 websites marketing unapproved opioids as part of a comprehensive effort to target illegal online sales.](#)
- Calcitonin gene-related peptide blockers are “game-changers” to [prevent and treat migraines](#).
- [National Institutes of Health plans to fund chronic pain research](#) to better understand it’s pathophysiology & develop new treatments.
- [CMS to remove pain satisfaction scores](#) from Hospital Compare, public databases & HCAHPS Quality Star Rating.
- [Generic Buprenorphine/Naloxone sublingual film approved](#) for uses in multiple strengths for opioid addiction.

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

- Niknejad B, Bolier R, Henderson CR Jr, et al. Association between psychological interventions and chronic pain outcomes in older adults: A systematic review and meta-analysis. *JAMA Intern Med.* 2018 Jun 1;178(6):830-39. [Cognitive behavioral modalities help adults over age 60 reduce pain](#), maladaptive beliefs & improve confidence in the ability to self-manage pain; especially when group therapy is used. Is.
- Anim-Somuah M, Smyth RM, Cyna AM, et al. Epidural versus non-epidural or no analgesia for pain management in labour. *Cochrane Database Syst Rev.* 2018 May 21;5:CD000331. [Epidural analgesia during labor](#) provides less pain & improved maternal satisfaction than non-epidural methods despite more hypotension, motor blockade, fever, and urinary retention. Prolonged early labor & more frequent use of oxytocin were seen along with less risk of respiratory depression, nausea/vomiting than women receiving opioids.
- Weinstein EJ, Levene JL, Cohen MS, et al. Local anaesthetics and regional anaesthesia versus conventional analgesia for [preventing persistent postoperative pain in adults and children](#). *Cochrane Database Syst Rev.* 2018 Apr 25;4:CD007105. Patients who receive regional anesthesia (epidural / nerve block) are less likely to develop chronic postsurgical pain after thoracotomy or breast cancer surgery.
- Higgins C, Smith BH, Matthews K. Incidence of iatrogenic opioid dependence or abuse in patients with pain who were exposed to opioid analgesic therapy: a systematic review and meta-analysis. *Br J Anaesth.* 2018;120:1335-44. Less than [5% of patients develop iatrogenic dependence or abuse](#) when prescribed opioids for pain. The meta-analysis included 12 studies of 310,408 patients prescribed opioids.
- Wang L, Chang Y, Kennedy SA, et al. Perioperative psychotherapy for persistent post-surgical pain and physical impairment: a meta-analysis of randomised trials. *Br J Anaesth.* 2018;120:1304-1314. [Perioperative CBT &/or relaxation training](#) effectively cuts persistent pain & physical impairment after surgery among 2,200 patients studied; in some studies, benefits were seen after one training session.
- Schwenk ES, Viscusi ER, Buvanendran, et al. Consensus guidelines on the use of intravenous ketamine infusions for acute pain from the ASRA, AAAPM & ASA. *Reg Anesth Pain Med.* 2018 Jun: 43(5): [ePub]. Evidence supports the use of [ketamine for acute pain](#) in a variety of contexts, including as a stand-alone treatment, as an adjunct to opioid therapy. Also see their guideline [ketamine for chronic pain](#).

MGH Cares About Pain Relief  
Massachusetts General Hospital

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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)

- Geenen R, Overman CL, Christensen R, et al. EULAR recommendations for the health professional's approach to pain management in [inflammatory arthritis and osteoarthritis](#). *Ann Rheum Dis*. 2018 Jun;77(6):797-807. Overall, physical activity, exercise & psychological interventions overall have positive effects on pain. All arthritis patients should receive education on multimodal therapy if monotherapy fails.
- Drew DJ, Gordon DB, Morgan B, et al. "[As-Needed](#)" range orders for opioid analgesics in the management of pain: a consensus statement of the American Society for Pain Management Nursing and the American Pain Society. *Pain Manag Nurs*. 2018 Jun;19(3):207-210. Competency in pain assessment, analgesic administration, and monitoring is needed to safely interpret & implement properly written "PRN" range orders.
- Yeziarski RP, Hansson P. [Inflammatory and neuropathic pain from bench to bedside: what went wrong?](#) *J Pain*. 2018 Jun;19(6):571-588. Requiring rodent trials may delay development of human pain treatments because of key differences with the human pain experience.
- Han CJ, Chi NC, Han S, et al. Communicating [caregivers' challenges with cancer pain](#) management: an analysis of home hospice visits. *J Pain Symptom Manage*. 2018 May;55(5):1296-1303. Communication and educational tools designed to reduce caregivers' barriers to pain management would likely improve clinical practice, patient & caregiver-related outcomes.
- Beaudoin FL, Gutman R, Zhai W, et al. Racial differences in presentations and predictors of acute pain following motor vehicle collision. *Pain*. 2018 Jun;159(6):1056-1063. [Racial disparities are evident](#) by differences not explained by socio-economic status or mechanism of injury.

## Pain Resources on the Web:

- Brain imager Dr. Coghill, discusses the physiology of [neurologic changes that transition acute to chronic pain](#).
- Brief synopsis & helpful visual aid for [understanding persistent post-surgical pain](#) & risks like pain, opioids & surgical method.
- Is [using medical cannabis in addition to or instead of opioids](#), a sound harm-reduction plan? Research is still unclear.
- Shifting approaches to helping people with chronic pain, by [integrating self-management & opioid-sparing strategies](#).
- Difficult to treat [neuropathic pain may result from autoantibodies](#) against the pain-stopping protein CASPR2.
- The [10 favorite pediatric Apps for pain and symptom management](#) compiled by Children's Hospitals and Clinics of Minnesota.
- Newly discovered proteins are responsible for [creating & maintaining a pain memory](#), but a SPOT-ON treatment may help.
- New comparative effectiveness trials report for [noninvasive nondrug treatments from common chronic pain conditions](#).

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

- Meta-analysis of 20,000 patients show [acupuncture is effective for chronic pain](#) with sustained benefits.
- [Music for pain or anxiety is used before and during a biopsy](#), but is most effective after the procedure.
- Minimally invasive [peripheral nerve stimulator cuts pain](#) by disrupting pain signals before they reach the brain.

## Pain-Related Education Opportunities

- Tue – Sat, September 4<sup>th</sup> – 8<sup>th</sup>, "[Pain Week](#)" 120 hours of CE credits in medicine, nurse/NP, pharmacy & psychology.
- Wed – Sun, September 12<sup>th</sup> – 16<sup>th</sup>, "[The 17<sup>th</sup> World Congress on Pain](#)" (largest International conference) Boston, MA
- Wed – Sat, September 26<sup>th</sup> – 29<sup>th</sup>, "[Pain Management Nursing Annual Conference](#)" Bonita Springs, Florida

## MGH Pain Calendar

- Tools & Techniques for Effective Pain Management: Wed, September 27<sup>th</sup>, FND 325. [Click](#) to register.
- Managing Pain Using a Mind-Body Approach; Ellen Slawsby, PhD: Wed, July 25<sup>th</sup>, Blum Center White 110 [info](#)
- Ethical Challenges in Delivering Care During an IV Opioid Shortage: Mon July 30<sup>th</sup>, O'Keeffe Auditorium
- Palliative Care Grand Rounds are held Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome. For more info email: [Gail Chin](#)

### 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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