



# 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

- [DEA's ability to tighten opioid production limits](#) based on their suspicions is strengthened by Justice Department.
- A new experimental [drug combines bupivacaine with meloxicam](#) with synergistic effects that cut post-op opioid use.
- Almost all U.S. hospitals continue to face [moderate or severe IV opioids shortages](#) that are key to treat serious pain.
- The HEAL [Initiative better funds research on opioid-sparing pain methods](#) & improves access to opioid abuse treatment.
- All hands on deck as [drug companies push to develop alternatives to opioids](#) to control severe and chronic pain.
- [Pain reports](#): "To have great pain is to have certainty ...To hear that another person has pain is to have doubt."
- [FDA considers a balanced opioid policy](#) while patients are angry that the CDC guidelines cut access to pain treatment.
- Coalition delineates strategies to Congress's that [advance both opioid abuse & access to pain care](#) agendas.
- More [States restrict access to opioids after trauma or surgery](#) to a 7-day limit with refills not allowed during that week.
- Oversimplicity of [numeric pain scale can prevent the helpful dialog](#) needed to explore what helps pain be more tolerable.
- Given the [prevalence & societal impact of chronic pain](#); new research priorities & funding are desperately needed.

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

- ACOG Committee on Obstetrics practice. [Postpartum pain management](#): ACOG committee opinion [summary](#), *Obstet & Gynecol.* 2018 Jul;132(1):e35-e43. New guidelines for postpartum pain address mom & breastfeeding baby's safety.
- Wesolowicz DM, Clark JF, Boissoneault J, et al. The [roles of gender and profession on gender role expectations](#) of pain in health care professionals. *J Pain Res.* 2018 Jun;11: 1121—1128. Gender role expectations among prescribers, assume men underreport pain which affect treatment recommendations depending on patient and provider genders.
- Schepis TS, McCabe SE, Teter CJ. [Sources of opioid medication for misuse in older adults](#): Results from a nationally representative survey. *Pain.* 2018 Aug;159(8):1543-1549. People over age 65 are least likely to steal or use fake prescriptions than other age groups; with physician-obtained drugs the most common source of misused opioids.
- Campbell G, Hall WD, Peacock A, et al. Effect of cannabis use in people with chronic non-cancer pain prescribed opioids: findings from a 4-year prospective cohort study. *Lancet Public Health.* 2018 Jul;3(7):e341-e350. A large study shows [cannabis may actually worsen chronic pain](#) over time and it does not reduce opioid use as many have claimed.
- Arthur J, Tanco K, Park M, et al. Personalized pain goal as an outcome measure in routine cancer pain assessment. *J Pain Symptom Manage.* 2018 Jul;56(1):80-87. [Maintaining cancer patients' pain level at or below 3/10](#) is often satisfactory & yields better outcomes.
- Enke O, New HA, New CH, et al. Anticonvulsants in the treatment of low back pain and lumbar radicular pain: a systematic review and meta-analysis. *CMAJ.* 2018 Jul 3;190(26):E786-E793. Despite a recent 5-fold increase in use [for back pain anticonvulsants are no better than placebo](#) at improving pain & functioning, and carries a risk of harm.

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)

- Rao-Gupta S, Kruger D, Leak LD, et al. Leveraging interactive patient care technology to improve pain management engagement. *Pain Manag Nurs*. 2018 Jun;19(3):212-221. [Leveraging interactive patient care technologies](#), improves engagement in treatment planning, active role pain treatments and facilitates the evaluation of outcomes.
- Fritz JM, King JB, McAdams-Marx C. Associations between early care decisions and the risk for long-term opioid use for patients with low back pain with a new physician consultation and initiation of opioid therapy. *Clin J Pain*. 2018 Jun;34(6):552-558. [For acute back pain, choose physical therapy](#), not a benzodiazepine to lower risk for long-term opioid use.
- Ji RR, Nackley A, Huh Y, et al. Neuroinflammation and central sensitization in chronic & widespread pain. *Anesthesiology* 2018 Aug;129(2):343-366. [Targeted therapy for chronic pain](#) should cut neuroinflammation & sensitization processes.
- Seth P, Scholl L, Rudd RA, Overdose deaths involving opioids, cocaine and psychostimulants — United States, 2015–2016 *MMWR Morb Mortal Wkly Rep*. 2018 Mar 30;67(12):349-358. [Illicit fentanyl](#) & cocaine overdose deaths are rising.
- Kim DH, Oh YJ, Lee JG, et al. Efficacy of Ultrasound-Guided Serratus Plane Block on Postoperative Quality of Recovery and [Analgesia After Video-Assisted Thoracic Surgery](#): A Randomized, Triple-Blind, Placebo-Controlled Study. *Anesth Analg*. 2018 Apr;126(4):1353-1361. Pain from VATS can be reduced by opioid-sparing serratus plane block.

## **Pain Resources on the Web:**

- [Learning to accept pain](#) is a coping mechanism & a treatment approach. Should we expect all patients to accept pain?
- Many [pain patients feel treated as addicts, suspects, or criminals](#); not patients seeking healthcare for a real problem.
- Pursing [spinal fusion surgery to eliminate the need for long term opioid](#) therapy isn't a realistic expectation in most cases.
- Video about how [professionals struggle to help people with chronic pain](#) to live a valued life, from qualitative research.
- Is there room for [empathy & compassion while distrusting pt. self-report](#) of pain or substance use is a practice standard?
- EBook synthesis of qualitative research to help professionals [better understand and educate about treatment for pain](#).

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

- [Adding spinal manipulation to exercise for teens with low back pain](#) improves pain for a few months before effects wane.
- [Platelet-rich plasma prolotherapy](#), injected in or around a joint, may be more effective than repeated cortisone shots.
- The dietary supplement, [L-glutamine reduced painful sickle cell crises](#), hospitalization & LOS compared to placebo.
- NCCIH delineates its pain research [funding including opioid-sparing nondrug therapies](#) & their interaction with meds.
- [Nondrug pain control will be better used when](#) barriers to access, professional attitudes & user-friendly tech is needed.
- In sickle cell patients, [music therapy improved pain intensity & mood](#), while music listening only improved mood.
- Non-invasive stimulation techniques [altering the brain's electrical activity](#) has few benefits for chronic pain & depression.

## **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.
- Palliative Care Grand Rounds are held Wed morning from 8AM – 9AM 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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