



# 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

- One in five (20 million) Americans have [high-impact chronic pain](#) preventing them from working or doing basic self-care activities.
- A novel TRPV1-agonist is a [promising experimental drug for postoperative pain](#) that desensitizes pain-conducting nerve with a single shot.
- [Different perspectives from the front lines](#) of the chronic pain, illicit drugs and substance use disorder public health problems.
- Chronic Pain Task Force pleads with State Medicaid officials to show data before enacting [Oregon's proposed forced taper rule](#).
- Former CDC Director, [champion of the opioid prescribing guidelines, arrested](#) on third degree sex abuse & other sexual misconduct charges.
- [HRSA grants](#) to [Combat the Opioid Crisis](#), and NIH programs to [better understand / treat Acute to Chronic Pain](#) announced.
- Legislation requires FDA to develop evidence-based [opioid prescribing guidelines for treating acute pain](#); & focus on non-opioid treatments.
- Senate approved the "comprehensive" [Opioid Crisis Response Act of 2018](#), imposing new limits without ensuring access to pain treatments

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

- O'Brien AT, Deitos A, Triñanes Pego Y, et al. Defective endogenous pain modulation in fibromyalgia: A meta-analysis of temporal summation and conditioned pain modulation paradigms. *J Pain*. 2018 Aug;19(8):819-836. Specific biomarker & neurologic responses to repetitive stimuli may [change the way fibromyalgia is understood & diagnosed](#) as a defect in the endogenous pain modulation system.
- Paice JA. Navigating [cancer pain management in the midst of the opioid epidemic](#). *Oncology*. 2018 Aug 15;32(8):386-90, 403. Opioids are essential for cancer pain management, but assessment and mitigation of related risks is necessary to prevent unpleasant & harmful effects.
- Martin SR, Cohen LL, Mougianis I, et al. [Stigma and pain in adolescents hospitalized for sickle cell](#) vaso-occlusive pain episodes. *Clin J Pain*. 2018 May;34(5):438-444. Teen patients with sickle cell disease face stigma, pain, social isolation, disability, & longer hospital stays.
- Herzig SJ, Calcaterra SL, Mosher HJ, et al. Safe opioid prescribing for acute noncancer pain in hospitalized adults: a systematic review of existing guidelines. *J Hosp Med*. 2018 Apr;13(4):256-262. [Consensus statement](#) with 16 recommendations supporting prudent use of [oral opioids in hospitalized adults](#) to treat severe acute pain or refractory moderate pain with the lowest dose for the shortest duration possible.
- Doctor JN, Nguyen A, Lev R, et al. Opioid prescribing decreases after learning of a patient's fatal overdose. *Science*. 2018 Aug 10;361(6402):588-590. Medical examiners sent prescribers [notices of a fatal overdose resulted in fewer opioids prescribed](#) in subsequent months.
- Nelson S, Simons L, Logan D. The incidence of adverse childhood experiences and their association with pain-related and psychosocial impairment in [youth with chronic pain](#). *Clin J Pain*. 2018 May;34(5):402-408. Most children with chronic pain had a prior traumatic event.
- Sloan G, Shillo P, Selvarajah D, et al. [A new look at painful diabetic neuropathy](#). *Diabetes Res Clin Pract*. 2018 Sep 7;144:177-191. Given its growing prevalence and burden, scientists are identifying new mechanism-based therapies for painful diabetic neuropathy.
- Wang X, Yi Y, Tang D, et al. Gabapentin as an adjuvant therapy for prevention of acute phantom-limb pain in pediatric patients undergoing amputation for malignant bone tumors: a prospective double-blind randomized controlled trial. *J Pain Symptom Manage*. 2018. Mar;55(3): 721-727. When used for a month before surgery, [gabapentin lessened phantom limb pain in children](#) without serious adverse effects.

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

- Fink DS, Schleimer JP, Sarvet A, et al. [Association between prescription drug monitoring programs and nonfatal and fatal drug overdoses](#). *Ann Intern Med*. 2018 Jun 5;168(11):783-790. PDMPs don't consistently cut overdose rates and may have unintended consequences.
- Hill MV, Stucke RS, McMahon ML, et al. An educational intervention decreases opioid prescribing after general surgical operations. *Ann Surg*. 2018 Mar;267(3):468-472. For 5 common surgeries, [education program cut the number of pills prescribed by 53%](#) when compared before the intervention. Only one of 246 patients needed a refill and 85% of the other patients used either NSAID or acetaminophen without an opioid.
- Andoh J, Milde C, Tsao JW, et al. Cortical plasticity as a basis of phantom limb pain: Fact or fiction? *Neuroscience*. 2018 Sep 1;387:85-91. Although unknowns remain, [phantom limb pain is thought to result from central & peripheral sensory-motor changes](#) described in this article.
- Cozowicz C, Chung F, Doufas AG, et al. Opioids for acute pain management in patients with obstructive sleep apnea: A systematic review. *Anesth Analg*. 2018 Oct;127(4):988-1001. Greatest risk for [respiratory depression with sleep apnea](#) is within 24 hours of the 1<sup>st</sup> opioid dose.
- Ruffle JK, Coen SJ, Giampietro V, et al. Preliminary report: parasympathetic tone links to functional brain networks during the anticipation and experience of visceral pain. *Sci Rep*. 2018 Sep 7;8(1):13410. Activating the [parasympathetic nervous system can reduce visceral pain](#).
- Bohnert ASB, Guy GP Jr, Losby JL. Opioid Prescribing in the United States Before and After the Centers for Disease Control and Prevention's 2016 Opioid Guideline. *Ann Intern Med*. 2018. 2018 Sep 18;169(6):367-375. [Despite a 36% reduction in opioid prescribing, the number of overdose-related deaths continue to rise](#), with illicit fentanyl & heroin driving higher death rates.

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

- The [problem of patient abandonment is reportedly growing](#) as does pressure on the supply from lower quotas & prescribing limits of opioids.
- The [Oregon Pain Management Commission Toolbox](#) that includes materials to improve the understanding & treatment of chronic pain
- The Agency for Healthcare Research & Quality posted a systematic review on [Noninvasive Nonpharmacological Treatment for Chronic Pain](#)

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

- [Yoga therapists are distinct from yoga teachers](#) and increasingly being integrated into inter-professional pain teams.
- [Relaxation techniques for pain relief](#) & general health has a growing body of research supporting it as a safe, effective modality.
- Transcutaneous Electrical Nerve Stimulation ([TENS](#)) [cuts pain & opioid use](#) after heart surgery with respiratory functioning & coughing.
- [Opioids may lower interest to try nondrug treatments for chronic back pain](#) as most prescribed them decline Cognitive Behavioral Therapy.
- [Internet-based CBT & educational groups](#) cut healthcare costs by \$4,500 per year for adolescents with chronic pain.
- Funding opportunity announced to [study the effects of music therapy](#) on the brain or overall health.

### **Pain-Related Education Opportunities**

- Thurs Oct 25<sup>th</sup>, The [Opioid Crisis: How is Massachusetts Doing](#) for Providers, Policymakers & Patients. Mass.Pain Initiative Marlborough, MA
- Tue Oct 30<sup>th</sup> Integrative Nursing Consortium/Boston presents a [nurse-led pain skills workshop](#) developing nondrug tools for pain relief. [info](#)
- Fri – Sat Nov 9-10, AIPM [Global Pain Clinician Summit](#) addresses integrative approaches to managing pain. Boston, MA
- 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](#) – Wed, January 30<sup>th</sup> FND 325. Email: [Paul Arnstein](#) for more information.
- Palliative Care Grand Rounds [are held Wednesday morning from 8:00 AM – 9:00 AM](#) in the Ether Dome Email: [Gail Chin](#) for more information
- MGH Inter-professional 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/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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To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Arnstein](#)