In the News

- **Cancer patients are hurt by critical opioid shortages** as oncologists prescribe less & further manufacturing quota reductions limit access.
- CMS considers coverage: is acupuncture a reasonable & necessary treatment for chronic back pain? Please express your opinion.
- **Teen misuse of prescription opioids dropped** significantly in past 5 years and they report prescription opioids are more difficult to obtain.
- At 16 Billion Scoville units, **this non-addictive substance is a promising analgesic** to block pain signals from knee joints & bone cancer.
- A Prescriber’s Guide to new Medicare Part D opioid prescribing policy for 2019, with 1 week duration & cumulative 90mg dose limits.
- **Wearable sensor could prevent opioid overdose deaths** by sending out warnings when low blood oxygen is detected.
- Senator Wyden **challenges Lyrica price increase** then discredit pain experts in a *McCarthy Era rant* of guilt by association.
- Human Rights Watch **expresses concern** that diminished access to chronic pain treatment in U.S. may be a form of torture.
- Shocking accusations that Purdue flooded the market with oxycotin, blamed victims for addiction, & gained influential allies for profit.
- FDA Panel supports Narcan co-prescribing with opioids; which could hike opioid costs by 900%; but risk-based strategy may be better.
- **Pain Management Best Practices** Inter-Agency Task Force seeks public comments on plan to improve pain management practices.

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

- Busse J, Wang L, Kamaleldin M. **Opioids for chronic noncancer pain a systemic review** and meta-analysis. *JAMA*. 2018;320(23):2448-60. A meta-analysis of 96 placebo-controlled RCTs (N > 26,000 patients) with chronic non-cancer pain, shows opioids significantly cut pain and improved physical functioning. Non-opioid alternatives were less effective & less consistent in improving either or both outcomes.
- Treede RD, Rief W, Barke A, et al. Chronic pain as a symptom or a disease: the IASP Classification of Chronic Pain for the International Classification of Diseases (ICD-11). *Pain*. 2019;160:19-27. Chronic pain will be coded in the ICD-11 disease classification system as either secondary to an underlying condition (e.g. surgery, neuropathy, cancer, etc.) or a disease of its own, termed “chronic primary pain.”
**Journal Watch** (continued) [MGHers can obtain articles through the Treadwell home page]


**Pain Resources on the Web**:

- Good case studies of patients with chronic pain and comorbidities like: PTSD; COPD; or diabetic neuropathy, kidney disease & SUD
- Neuroscience pioneer Howard Fields discusses how expectations shape the pain experience. Read the transcript or listen to the audio.
- Unique artificial intelligence enhanced, smartphone App significantly lowers cancer pain and cancer pain-related hospital admissions.
- Teach the sensitive subject of palliative care, may be facilitated with these award-winning films that are free and easy to digest integrate.
- 2018 most popular stories on RELIEF, from immune system influences on pain perceived, to why some body parts are more pain-sensitive.

**Complementary Integrative Health**

- **Glucosamine sulfate may be the best treatment for knee arthritis** pain and joint structure with 1-4 years into treatment.
- **Pulsed electromagnetic fields applied to the knee** for 12 hours/day cut pain 25%, improved function and cut medication use in a month.
- **Breastfeeding and/or sucrose for venipuncture pain in infants** (< 3 months) may be safer and more effective than EMLA cream.
- **ClearUP Sinus Pain Relief** is a first-in-class bioelectronic treatment for allergic-triggered sinus pain. (click skip ad)
- **Providing 10 minute massages to pediatric palliative care patients** & family member cut pain, medications use & distress of family member.

**Pain-Related Education Opportunities**

- Mon-Fri Feb 11-15. [Pain Rehab Approaches for Every Practice Setting](http://www.mghpcs.org/EED/Pain/default.shtml) 2019 for doctors, nurses psychologists & others. San Juan, PR

**MGH Pain Calendar**

- Tools & Techniques for Effective Pain Management – Wednesday, January 30th FND 325. Click here [Paul Arnstein](http://www.mghpcs.org/EED/Pain/default.shtml) for more information.
- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM in the Ether Dome Email: [Gail Chin](http://www.mghpcs.org/EED/Pain/default.shtml) for more information
- MGH Inter-professional Pain Rounds Jackson 412 will resume in February 2019 from 12–1pm. Email [Tina Toland](http://www.mghpcs.org/EED/Pain/default.shtml) 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](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;
- The MGH Center for Translational Pain Research: [https://www.massgeneral.org/TranslationalPainResearch/](https://www.massgeneral.org/TranslationalPainResearch/)
- MGH Palliative Care: [http://www.massgeneral.org/palliativecare](http://www.massgeneral.org/palliativecare)

**MGH Cares About Pain Relief**

Massachusetts General Hospital

[Previous Newsletters](http://www.mghpcs.org/EED/Pain/default.shtml)

To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to [Paul Arnstein](http://www.mghpcs.org/EED/Pain/default.shtml)