



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

- Director reveals new committee to help guide HEAL (Helping to end addiction long-term) initiative [NIH efforts to address pain & addiction](#).
- [Opioid prescribing is down 20% from 2015 to 2017](#) with reductions in ¾ of counties while overdose deaths rise from illicit fentanyl.
- Medical experts and former White House drug czars indicate news that [opioid prescribing reductions may have hurt pain patients](#).
- [FDA Commissioner Scott Gottlieb resigns](#) leaving a legacy of tackling a tough [balancing act of both limiting & assuring opioid accessibility](#).
- [CMS provides guidance on non-opioid options](#) that should be in place for Medicaid patients with chronic pain to reduce opioid use.
- [Fentanyl-laced cocaine](#) is now the greatest overdose killer in Massachusetts, with [prescription opioid deaths](#) down in latest quarterly data.
- Over 6,000 pain patients surveyed describe the [chilling effect of CDC opioid prescribing guidelines](#) on how pain patients get treated.

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

- Motov, Mann, Drapkin, et al. Intravenous subdissociative-dose ketamine versus morphine for acute geriatric pain in the Emergency Department: A randomized controlled trial. *Am J Emerg Med*. 2019 Feb;37(2):220-227. Older ED medical patients (n=60) received morphine or ketamine for acute pain. More ketamine side effects were reported, but [ketamine analgesia was comparable to morphine](#).
- Jain N, Brock JL, Malik AT, et al. Prediction of complications, readmission, and revision surgery based on duration of preoperative opioid use: analysis of major joint replacement and lumbar fusion. *J Bone Joint Surg Am*. 2019 Mar 6;101(5):384-391. Preoperative chronic [opioid use increased risk of post-op ED visits, wound dehiscence/infection, hospital readmission](#) & need for joint or back surgery revision.
- Fischer S, Vinal J, Pavlova M, et al. The role of [anxiety in young children's pain memory development](#) following surgery. *Pain*. 2019 Apr;160(4):965-972. Problematic pain memories lingered in children with higher pain intensity & pain-related fear 3 days after discharge.
- Crockett SD, et al. American Gastroenterological Association Institute guideline on the medical management of [Opioid-Induced Constipation](#) (OIC) *Gastroenterology*. 2019 Jan;156(1):218-226. Prevention with nondrug methods & laxatives should start with opioid use.
- Thybo KH, Hagi-Pedersen D, Dahl JB, et al. Effect of combination of acetaminophen and ibuprofen vs either alone on patient-controlled morphine consumption in the first 24 hours after total hip arthroplasty: The PANSALD Randomized Clinical Trial. *JAMA*. 2019;321:562-571. [Acetaminophen plus ibuprofen cut morphine use](#) the first day after surgery compared to acetaminophen alone, but not ibuprofen alone.
- Zhu W, Chernew ME, Sherry TB, et al. Initial opioid prescriptions among U.S. commercially insured patients 2012-2017. *N Engl J Med*. 2019 380(11):1043-52. Insurance claims of 86 million people show [first-time opioid prescriptions fell 54% from 2012-2017](#) with fewer prescribers.
- Agarwal SD, Landon BE. Patterns in outpatient benzodiazepine prescribing in the United States. *JAMA Netw Open*. 2019;2(1):e187399. [Co-prescribing benzodiazepines with opioids for chronic pain quadrupled](#) over a dozen years, increasing the risk of overdose from either.
- Koffel E, McCurry SM, Smith MT, et al. Improving pain & sleep in middle-aged - older adults: the promise of behavioral sleep interventions. *Pain*. 2019 Mar;160(3):529-534. doi: 10.1097. Sleep disturbance contributes to worsening pain & disability; while good sleep doubles the remission rate from chronic widespread pain. [CBT can help pain and insomnia](#), while reducing reliance on potentially harmful medicines.

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

- Barnaby DP, Chertoff AE, Restivo AJ, et al. Randomized controlled trial of intravenous acetaminophen versus intravenous hydromorphone for the treatment of acute pain in the emergency department. *Ann Emerg Med.* 2019 Feb;73(2):133-140. [IV Acetaminophen \(1GM\) has fewer side effects than \(1mg\) hydromorphone](#) an hour after administration. Dilaudid had better analgesia & fewer wanting more analgesia at 1 hour.
- Egunsola O, Wylie CE, Chitty KM, et al. Systematic review of the efficacy and safety of gabapentin and pregabalin for pain in children and adolescents. *Anesth Analg.* 2019 Apr;128(4):811-819. There is a [lack of credible data supporting pediatric gabapentinoid use](#) for pain.
- Burston JJ, Valdes AM, Woodhams SG, et al. The [impact of anxiety on chronic musculoskeletal pain](#) and the role of astrocyte activation. *Pain.* 2019 Mar;160(3):658-669. Anxiety-linked astrocytes nearly double the rate of chronic pain a year after a diagnosis of knee arthritis.
- Gagne JJ, He M, Bateman BT. Trends in opioid prescription in children and adolescents in a commercially insured population in the U.S., 2004-2017. *JAMA Pediatr.* 2019;173(1):98-100. After climbing for years, [pediatric opioid prescribing rates](#) are at lowest level in over 15 years.
- Haight ES, Forman TE, Cordonnier SA, et al. Microglial modulation as a target for chronic pain: from the bench to the bedside and back. *Anesth Analg.* 2019;128:737-746. Neuron-glia interactions may explain [transition from acute to chronic pain](#); research & clinical implications.
- Groenewald CB, Rabbitts JA, Hansen EE, et al. [Racial differences in opioid prescribing](#) for children in the United States. *Pain.* 2018;159:2050-2057. White & Native American children were prescribed more opioids than others; with race-concordant provider differences noted.

Pain Resources on the Web:

- The American Academy of Pain Medicine launches a new website with [resources for pain patients, clinicians and researchers](#).
- 2019 Global Year Against Pain in the Most Vulnerable Webinar education series addresses [State of the Science in Pediatric Pain](#).
- The National Academies of Science report on [medications for opioid use disorder](#), includes some information on patients with chronic pain
- The Centers of Excellence in Pain Education (CoEPEs) website has over a dozen [free case-based interprofessional pain modules](#).
- New evidence-based resources added providers & caregivers to better [assess and manage pain in older adults](#) including nondrug therapies.

Complementary Integrative Health

- Meta-analysis showed [walking is equally effective as exercise](#) to cut pain, disability & fear-avoidance for chronic low back pain patients.
- Reduced [vitamin D levels in be a factor in painful diabetic peripheral neuropathy](#) supporting its supplementation in this population.
- Integrative review suggests [exercise, massage, heat therapy & relaxation techniques can help elders](#) cut pain in long-term care facilities.
- Entire issue of Pain Management Nursing focuses complementary integrative health, including [guided imagery for postoperative pain](#).
- [Spinal Manipulative Therapy](#) delivered by different professionals produce slightly better relief at 1 month than conventional back treatment.
- [Peppermint oil](#) was found to be safe and effective in treating pain and global symptoms associated with irritable bowel syndrome.

Pain-Related Education Opportunities

- Thur. Apr 4th Massachusetts Pain Initiative Spring 2019 Conference [Pain Management Today: A Fresh Perspective](#) Marlboro MA
- Mon-Fri June 24-28 [Evaluating and Treating Pain](#): a comprehensive update of evidence-based best practices. Harvard, Boston, MA
- Sun-Tues June 9-11. [International Conference on Opioids 2019](#); highly acclaimed speakers on the topic. Boston, MA

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Tuesday, April 23rd FND 325. Click here [Paul Arnstein](#) for more information.
- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM in the Ether Dome Email: [Gail Chin](#) for more information
- MGH Inter-professional Pain Rounds Jackson 412 First and third Wednesday of month from 12–1pm. Email [Tina Toland](#) 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> 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/default.shtml>

The MGH Center for Translational Pain Research: <https://www.massgeneral.org/TranslationalPainResearch/>

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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