



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

- CDC data shows [Massachusetts with the 4th lowest opioid prescribing rate has the 9th highest rate of overdoses](#) in America.
- FDA warns about [breathing problems with gabapentinoids](#) for neuropathic pain in those with respiratory comorbidities or CNS depressants.
- Dr. [Ronald Melzack pioneer in the field of pain](#) (Gate & Neuromatrix) theory, education and research passed away December 22nd 2019.
- Massachusetts releases its [Electronic Prescribing and Dispensing Manual](#), a new requirement for controlled substances.
- Duexis (ibuprofen/famotidine) & Vimovo (Naproxen/Esomeprazole) under fire as examples of [price gouging payers](#).
- [Injectable ibuprofen](#), now in infusion bags ready to use for adults and children over 6 months old.
- World Health Organization has revised the WHO [Guideline on the Management of Chronic Pain in Children](#)
- [Opioids were prescribed to 41% fewer adults with moderate or severe pain](#) between 2014 and 2016.

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

- National Academies of Sciences, Engineering, and Medicine. (2019) *Framing Opioid Prescribing Guidelines for Acute Pain: Developing the Evidence*. Washington, DC: The National Academies Press. See [full document](#) or [highlights](#) developing a model to reduce overprescribing.
- Oderda GM, Senagore AJ, Morland K, et al. Opioid-related respiratory and gastrointestinal adverse events in patients with acute postoperative pain: prevalence, predictors, and burden. *J Pain Palliat Care Pharmacother*. 2019; 33(3-4):82-97. [Prevalence of opioid-induced respiratory \(3-17%\) & GI \(42-72%\) adverse events is high; affecting outcomes. At risk patients, doses & procedures are detailed.](#)
- Bout-Tabaku S, Gupta R, Jenkins TM. Musculoskeletal pain, physical function, and quality of life after bariatric surgery. *Pediatrics*. 2019;144(6):e20191399. [Morbidly obese teens had 40% less pain](#) within a year following bariatric surgery.
- Saragiotto BT, et al. Paracetamol for pain in adults. *BMJ*. 2019;367:l6693. [Safety & efficacy of acetaminophen for chronic pain](#) isn't known.
- Kube T, Rief W, Vivell MB, et al. Deceptive and Nondeceptive Placebos to Reduce Pain: An Experimental Study in Healthy Individuals. *Clin J Pain*. 2020;36:68-79. [Open label placebo doesn't cut pain intensity or unpleasantness](#) but may improve its tolerability in healthy people.
- Iglor E, Lang A, Balistreri K, et al. [Parents reliably identify pain dismissal](#) by pediatric providers. *Clin J Pain*. 2020 Feb;36(2):80-87. Parents listening provider interaction vignettes with a pediatric chronic pain patient rated the dismissive scenario more negatively. Gender played a role, but when asked what they would say to the dismissive provider, parents were likely to defend their child & ask for a second opinion.
- Tarn DM, Barrientos M, et al. Prevalence and knowledge of potential interactions between over-the-counter products and apixaban. *J Am Geriatr Soc*. 2020 Jan;68(1):155-162. Apixaban has bleeding risk from [interactions with certain diet supplements or NSAIDs](#) used for pain.

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

- Beal SJ, Kashikar-Zuck S, King C, et al. Heightened risk for pain in young adult women with a history of childhood maltreatment: a prospective longitudinal study. *Pain*. 2020 Jan;161(1):156-65. [Women who endured childhood maltreatment](#) reported a greater number of pain locations, more intensity & more frequent episodes of pain than matched women who were not maltreated as a child or adolescent.
- Chua KP, Brummett CM, Conti RM, et al. Association of opioid prescribing patterns with [prescription opioid overdose in adolescents and young adults](#). *JAMA Pediatr*. 2019 Dec 16. Among 2.7 million youth prescribed opioids, 0.01% overdosed; with higher risk factors identified.
- Stearns LM, Abd-Elseyed A, Perruchoud C, et al. Intrathecal drug delivery systems for cancer pain: an analysis of a prospective, multicenter product surveillance registry. *Anesth Analg*. 2020 Feb;130(2):289-297. A study of >1,400 cancer pain patients showed at a year [intrathecal pumps significantly improve pain, mobility, functioning & mood](#) with 10% discontinuing, having complication or device removal.
- Voepel-Lewis T, Farley FA, Grant J, et al. Behavioral intervention and [disposal of leftover opioids](#): a randomized trial. *Pediatrics*. 2020 Jan;145(1). Parental education & providing a disposal method increased the likelihood that a child's leftover opioids were properly disposed.
- Sodhi J, Karmarkar A, Raji M, et al. Pain as a predictor of frailty over time among older Mexican Americans. *Pain*. 2020 Jan;161(1):109-13. [Pain increases the risk of frailty by 70%](#) in older Mexican Americans with age, gender, depressed mood & hip fractures also risk factors.

Pain Resources on the Web:

- Patients perceive more empathy & experience more [pain relief when providers use therapies they believe will work](#).
- Use the [FDA's infographic on drug disposal methods](#) to educate patients and clarify confusion over mixed messages.
- [Understanding pediatric cancer pain](#) through qualitative research of the lived experience. Cancer changes the meaning of pain.
- There is a need to [understand & talk about the biopsychosocial nature of chronic pain](#) in a nonjudgmental & nonpejorative way.

Complementary Integrative Health

- Despite many [studies show benefits of aromatherapy, massage & reflexology for palliation](#); research methods must be strengthened.
- Systematic review & meta-analysis shows [acupuncture and/or acupressure cuts pain & medication use for cancer](#) patients.
- [Meditation, hypnosis, suggestion & cognitive behavioral therapy reduce pain & opioid use](#) among best researched mind-body therapies.
- An anti-inflammatory diet is likely to reduce the [pain hypersensitivity associated with pro-inflammatory diets](#) in patients with fibromyalgia.

Pain-Related Education Opportunities

- Wed-Sun Feb 26 – Mar 1st [American Academy of Pain Medicine meeting](#) covers a range of pain & treatment types in National Harbor, MD
- Mon. Mar 9th 10:30 - 11:30am Amygdala Pain Mechanisms - Role of the CRF System: [an NIH pain seminar](#)
- Tue Mar 24th [Management of Chronic Pain](#) in an Opioid-Phobic Society (Drug & nondrug approaches) St. Anselm. Manchester NH

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Tue, April 28th FND 325. 4.5 CE with 1 pharmacology credit Click here to [register](#) .
- 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

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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