



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

- The [United States Association for the Study of Pain \(USASP\) was formed](#) as a new way to connect with pain researchers
- FDA [opioid labels will urge professionals to discuss naloxone & prescribe it](#) to patients/ household members at risk for overdose.
- Despite anti-discrimination laws, [82% of patients with OUD were refused post-acute care if prescribed opioid](#) therapy.
- FDA approved professional-applied Qutenza ([capsaicin 8%](#)) for [painful diabetic peripheral neuropathy](#) of the feet.
- [FDA approves oliceridine, a new opioid](#) with limited use & daily doses after previously denying approval due to risk/benefit ratio.
- [CDC is seeking stakeholders' pain perspectives](#) and experiences with pain management to [update views](#) & guidelines by 2021.
- OIG Report: 2019 was the [4th consecutive year of decline in opioid prescribing](#) for Medicare Part D patients.
- NAM releases a best practice guideline for [tapering pain patients on long-term opioids](#) if indicated mutually desired.
- [Acetaminophen tops list of medication induced suicidal deaths account for two-thirds of cases](#); with other nonprescription analgesics listed.

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

- Brandow AM, Carroll CP, Creary S, et al. [American Society of Hematology 2020 guidelines for sickle cell disease: management of acute and chronic pain](#). *Blood Adv.* 2020;4(12):2656-2701. Sickle Cell acute & chronic pain responds to opioid, nonopioid and non-drug therapies.
- Ho KY, Cardosa MS, Chaiamnuay S, et al. Practice advisory on the appropriate use of NSAIDs in primary care. *J Pain Res.* 2020 Aug;13:1925—39. Research & consensus support [celecoxib may be the safest NSAID](#) when all risks GI and cardiovascular are considered.
- Kemp HI, Corner E, Colvin LA. Chronic pain after COVID-19: implications for rehabilitation. *Br J Anaesth.* 2020 [Epub ahead of print] Post-ICU [chronic pain will likely affect many COVID-19 survivors](#); high quality rehabilitation may minimize the risks; but research now is needed.
- Sodermark M, Linton SJ, Hesser H, et al. What works? Processes of change in a transdiagnostic exposure treatment for patients with chronic pain and emotional problems. *Clin J Pain.* 2020 Sep;36(9):648-657. [Emotionally distraught chronic pain patients](#) benefit from learning to cope with catastrophizing, fear-avoidance and non-acceptance of pain, in addition to developing pain coping skills.
- Shires A, Sharpe L, Davies JN, et al. The efficacy of [mindfulness-based interventions in acute pain](#): a systematic review and meta-analysis. *Pain.* 2020; Aug;161(8):1698-1707. Mindfulness may reduce pain tolerance but lacks evidence it cuts pain severity or distress.
- Zhan M, Doerfler RM, Xie D, et al. Association of opioids and nonsteroidal anti-inflammatory drugs with outcomes in CKD *Am J Kidney Dis.* Aug;76(2):184-193. Self-reported past month use of [analgesics \(opioids>NSAIDs\) linked to poorer kidney function](#) with kidney failure.
- Bahreini M, Safaie A, Mirfazaelian H, et al. How much change in pain score does really matter to patients? *Am J Emerg Med.* 2020 Aug;38(8):1641-46.. Patients perceived [a change of 1.65/10 points in pain severity is meaningful](#) whether intensity is increased or relieved.
- Fiorelli S, Cioffi L, Menna C, et al. [Chronic pain after lung resection: risk factors](#), neuropathic pain and quality of life. *J Pain Symptom Man.* 2020 Aug;60(2):326-335.. Being female, strong postoperative pain intensity & open surgery predict chronic pain after lung resection.

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

- Neuman MD, Hennessy S, et al. Drug Enforcement Agency 2014 [hydrocodone rescheduling rule and opioid dispensing](#) after surgery. *Anesthesiology*. 2020 May;132(5):1151-64. DEA up-scheduling of hydrocodone slightly increased rather than cut post-op opioid prescriptions
- Jiang C, Wang H, Wang Q, et. Al.. Prevalence of Chronic Pain and High-Impact Chronic Pain in Cancer Survivors in the United States. *JAMA Oncol*. 2020 Jun 20;5(8):1224-26. About [35% cancer survivors have chronic pain](#) with half having high impact pain interfering with ADLs.
- Fredheim OM, Skurtveit S, Loge JH, et al. Prescription of analgesics to long-term survivors of cancer in early adulthood, adolescence, and childhood in Norway: a national cohort study. *Pain*. 2020 May;161(5):1083-1091. About [50% of young cancer patients have neuropathic pain decades later](#); affecting functioning, although a minority take opioids, co-prescribed gabapentinoids & benzodiazepines is concerning.
- van den Heuvel MM, Jansen PW, Bindels PJE, et al. Musculoskeletal pain in 6-year-old children: The Generation R Study. *Pain* 2020 Jun;161(6):1278-1285.. [Musculoskeletal pain affects 10% of 6 year-olds](#) with higher prevalence in boys and lower socioeconomic status.
- Neville A, Griep Y, Palermo TM, et al. A 'dyadic dance': pain catastrophizing moderates the daily relationships between parent mood and protective responses and child chronic pain. *Pain*. 2020 May;161(5):1072-1082. Daily changes in [parent's mood & protective responses influence their child's pain](#) intensity, unpleasantness & functioning. This link is especially strong in children with higher pain catastrophizing..
- Karos K, Meulders A, Goubert L, Vlaeyen JWS. Hide your pain: [social threat increases pain reports and aggression](#) but reduces facial pain expression and empathy. *J Pain*. 2020 Apr;21(3-4):334-346. Social threat with same stimuli increases pain but suppresses its appearance.

Pain Resources on the Web:

- NCCIH updated [Arthritis and Complementary Health Approaches](#) resources include clinical guidelines, evidence reviews & patient education.
- [Sensory bedside testing](#): using a combination of bedside tests is a cheaper and easier than lab-based testing of neuropathic pain conditions.
- CDC posted resources, including [treatment guidelines for selected acute pain conditions](#) like headaches, sprains dental & post-surgical pain.
- [Solutions for Kids in Pain \(SKIP\) is an](#) organization with many resources to promote knowledge and best practices for pediatric pain control.
- The connection between [chronic pain and the immune system](#) is explored by U of Texas professor and researcher in an interesting podcast .

Complementary Integrative Health

- At 113°F, pulsed [heat relieved chronic low back](#) pain better than placebo within 5 minutes for 2 hours relief after treatment..
- Interoceptive processes decode [quiet bodily signals that can regulate pain](#) intensity & unpleasantness.
- [Transcranial direct current stimulation](#) provides partial, temporary relief from Multiple Sclerosis neuropathic pain.
- [Aromatherapy for Self-Care](#) as one way to help health professionals reduce stress during these difficult times.
- A call to [bridge musculoskeletal pain gaps](#) to address inflammation, structural defects, neuroaffective & behavioral responses.

Pain-Related Education Opportunities

- Wed – Fri Oct 21-23; ASPMN [30th American Society for Pain Management Nursing Conference](#) creative virtual programming
- FDA-approved Risk Evaluation and Mitigation Strategies ([REMS](#)) for opioids [updated online training](#) & resources.
- Fri – Mon Nov 6-9 [European Pain Foundation Virtual Conference](#) with tracks for doctors, nurses psychologists and PT / OT therapists
- [Scope of Pain](#) A 6-part series on effectively manage acute &/or chronic pain, with a judicious and safer use of opioid analgesics.

MGH Pain Calendar

- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM . Contact: [Gail Chin](#) for more information
- MGH Inter-professional Pain Rounds 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>

MGH Pain Management Center Newsletter: <https://conta.cc/2Hk79qV>

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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