



PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

Inside this issue:

In the News.....Page 1
Journal Watch.....Page 1-2
CIH.....Page 2

Pain Education Opportunities.....Page 2
MGH Pain Calendar & Resources.....Page 2

In the News

- AMA requests a [new approach to the opioid epidemic](#) after a decade of significantly lower prescribing amidst escalating overdose rates.
- Drs. Julius & Patapoutian were awarded Physiology or Medicine [2021 Nobel Prize for discoveries related to pain](#) & other sensations.
- [Massachusetts is reconsidering an assisted suicide law](#) so terminally ill don't have to face needless pain as death nears.
- [Blood test for fibromyalgia](#) detects cytokine production by stimulated immune cells that differs in patients with the disease.
- Infographic showing measures to address the opioid crisis have increased [barriers to accessing cancer pain treatments](#).
- [Chronic pain is a mind-body experience](#) that responds to changing knowledge, perceptions, thoughts & feelings.

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

- Papadomanolakis-Pakis N, Uhrbrand P, et al. Prognostic prediction models for chronic postsurgical pain in adults: a systematic review. *Pain*. 2021 Nov 1;162(11):2644-2657. Up to [50% of surgical patients develop lingering pain](#) with pre/post-op pain, age, & gender increasing risk.
- Marchand GJ, Coriell C, Taher A, et al. Systematic review of the effect of implementing enhanced recovery after surgery on selected attributes of surgical recovery in gynecology. *TJ Obstet Gynecol*. 2021 Sep 27;18(3):245-7. [ERAS protocols cut gyn postoperative pain](#).
- Fernández-de-Las-Peñas C, et al. Time course prevalence of post-COVID pain symptoms of musculoskeletal origin in patients who had survived to SARS-CoV-2 infection: a systematic review and meta-analysis. *Pain*. 2021 Up to [25% have pain a year after COVID](#) infection.
- Cashin AG, Folly T, Bagg MK, et al. Efficacy, acceptability, and safety of muscle relaxants for adults with non-specific low back pain: systematic review and meta-analysis. *BMJ*. 2021 Jul 7;374:n1446. Meta-analysis finds little safety/efficacy data supporting [muscle relaxant use for low back pain](#). Antispasmodics might cut pain transiently (\leq two weeks) but benefits don't outweigh potentially harmful side effects.
- Kohan L, Potru S, Barreveld AM, et al. Buprenorphine management in the perioperative period: educational review and recommendations from a multisociety expert panel. *Reg Anesth Pain Med*. 2021 Oct;46(10):840-859. A multi-society expert panel published a guideline for [using perioperative buprenorphine](#) for patients with a known or suspected Opioid Use Disorder. No need to stop pre-op opioids.
- Bakshi N, Hart AL, Lee MC, et al. Chronic pain in patients with inflammatory bowel disease. *Pain*. 2021 Oct 1;162(10):2466-2471. Disease modifying treatments have limited efficacy and [opioids may do more harm than good for inflammatory bowel disease](#) patients.
- Gilligan C, Volschenk W, et al. An implantable restorative-neurostimulator for refractory mechanical chronic low back pain: a randomized controlled clinical trial. *Pain*. 2021 Oct 1;162(10):2486-2498. Promising novel [implanted muscular stimulating device for refractory back pain](#).
- Leake HB, Moseley GL, Stanton TR, et al. [What do patients value learning about pain?](#) A mixed-methods survey on the relevance of target concepts after pain science education. *Pain*. 2021 Oct 1;162(10):2558-2568. Chronic pain patients want to know that pain does not equate to bodily damage; that thoughts, emotions and experiences affect pain; and that they can change an overreactive pain system.

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

- Renny MH, Yin HS, Jent V, et al. Temporal trends in opioid prescribing practices in children, adolescents, and younger adults in the US from 2006 to 2018. *JAMA Pediatr.* 2021 Oct 1;175(10):1043-1052. [Opioid prescriptions cut in half 2013-2018 for youth](#) under 25 years.
- Ward A, Jani T, et al. [Prediction of prolonged opioid use after surgery in adolescents](#): insights from machine learning. *Anesth Analg.* 2021 Aug;133(2):304-313. Surgery (dental, spinal fusion) & preoperative opioid use predicts those who continue opioids 3-6 months after surgery.
- Überall MA, Eerdeken M, et al. [Lidocaine 700 mg medicated plaster for postherpetic neuralgia](#): real-world data from the German Pain e-Registry. *Pain Manag.* 2021 Aug. PMID: 34372662. A daily Lidocaine plaster application for 6 months is better than oral adjuvant drugs.
- Penchev R, Scheuring RA, Soto AT, et al. [Back pain in outer space](#). *Anesthesiology.* 2021 Sep 1;135(3):384-395. As more people venture into outer space it becomes evident that [altered spinal structure & transient back pain is common during space travel](#).
- Bussieres A, Cancelliere C, Ammendolia C, et al. Non-surgical interventions for lumbar spinal stenosis leading to neurogenic claudication: a clinical practice guideline. *J Pain.* 2021. Sep;22(9):1015-1039. New evidence-based [guideline for spinal stenosis with claudication recommends against almost all standard therapies](#). NSAIDs, gabapentinoids, opioids, & epidural steroids often do more harm than good.
- Garrett SB, Nicosia F, Thompson N, et al. Barriers and facilitators to older adults' use of nonpharmacologic approaches for chronic pain: a person-focused model. *Pain.* 2021 Nov 1;162(11):2769-2779. A patient-centered model that supports patient-clinician communication can [increase the awareness and the appeal of the nonpharmacologic approaches](#) while overcoming barriers to facilitate their use.
- Cagle JG, McPherson ML, Frey JJ. A national survey of challenges faced by hospices during the opioid crisis: estimates of pain medication shortages, missing medications, and opioids left in the home post-death. *J Pain Symptom Manage.* 2021 Oct;62(4):738-746. Interventions are needed to [ensure hospice access to opioids, mitigation of risks related to diversion, and safe medication disposal](#).
- Duarte RV, Nevitt S, Maden M, et al. Spinal cord stimulation for the management of painful diabetic neuropathy: a systematic review and meta-analysis of individual patient and aggregate data. *Pain.* 2021 Nov 1;162(11):2635-2643. [Spinal cord stimulation is effective for painful diabetic neuropathy](#); at 6 months exceeding the benefits of medical therapy; with more SCS patients achieving a 50% reduction in pain.
- Ko YC, Lee CH, Wu CS, et al. [Comparison of efficacy and safety of gabapentin and duloxetine in painful diabetic peripheral neuropathy](#): A systematic review and meta-analysis of randomised controlled trials. *Int J Clin Pract.* 2021 Nov;75(11):e14576. Gabapentin and duloxetine are similarly effective for painful diabetic peripheral neuropathy; suggesting clinical decisions should be based on cost and tolerability.

Complementary Integrative Health

- Evidence supporting [integrative & lifestyle approaches to managing pain](#), including Qigong, tai chi, yoga, alternative medicine approaches.
- The National Center for Complementary and Integrative Health has resources on [Mind and Body Practices for Fibromyalgia](#)
- Novel [Acoustic Medicine device](#) uses ultrasound to reduce inflammation and pain up to 8 weeks.
- [Acupressure alleviated pain during the first and second stages of labor](#) (compared with sham acupressure) in multiple research studies.

Pain-Related Education Opportunities

- Wed Nov 10 IASP [Balancing Pain & Safety After Musculoskeletal Trauma](#) using a multimodal approach. 10a-1pm
- Fri Nov 12th [Expanding the Role of Buprenorphine in Medicine and Pain Management](#) All-day virtual event with top speakers.

MGH Pain Calendar Virtual Rounds

- 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
- Pain Relief Nurse Education Thu November 21st 12 – 1pm. Acute on chronic pain in the hospital setting: . Email [Paul Arnstein](#)

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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