



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

- Massachusetts issues \$1.5 million in grants to [address racial disparities in opioid addiction treatment](#) and recovery services.
- DHHS now exempts DEA-registered physicians from the [X-Waiver requirement](#) to prescribe buprenorphine for OUD
- [McKinsey & Co. pays \\$573 million for aggressively marketing opioid](#) analgesics that over 40 states link to the opioid crisis.
- Beginning [March 15th Medicare will pay for innovative pain-relieving devices](#) as soon as FDA approval is granted

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

- Hah JM, Hilmoie H, Schmidt P, et al. Preoperative factors associated with remote postoperative pain resolution and opioid cessation in a mixed surgical cohort: post hoc analysis of a perioperative gabapentin trial. *J Pain Res.* 2020;13:2959-2970. Although postoperative pain lasted an average 79 days; [perioperative gabapentin cut the duration of opioid use](#) after surgery. Known predictors of chronic pain verified.
- Niedermayer S, Heyn J, et al. Remifentanyl for abdominal surgery is associated with unexpectedly unfavorable outcomes. *Pain.* 2020 Feb;161(2):266-3. Perioperative [remifentanyl benefits are outweighed by higher postoperative pain scores](#) and need for analgesics.
- Berger AJ, Wang Y, et al. [Racial disparities in analgesic use](#) amongst patients presenting to the emergency department for kidney stones in the United States. *Am J Emerg Med.* 2021 Jan;39:71-74. Black & Hispanics get lower opioid doses & fewer non-opioids than Whites.
- World Health Organization (2020). [Guidelines on the management of chronic pain in children](#). New international guidelines for managing pediatric chronic pain focuses on integrated, multimodal, interdisciplinary approach to address medical, physical & psychological needs.
- Deshpande D, Agarwal N, et al. Loss of POMC-mediated antinociception contributes to painful diabetic neuropathy. *Nat Commun.* 2021; 21(1):426. Dysfunctional [POMC \$\mu\$ -opioid receptor pathway may account for diabetic neuropathy](#), revealing new targeted therapies.
- Olsson E, Ahl H, et al. The [use and reporting of neonatal pain scales](#): a systematic review of randomized trials. *Pain.* 2021 Feb 1;162(2): 353-360. Of 6 validated neonatal pain scales used in clinical trials, they are not always matched to the correct population or type of pain.
- Ashton-James CE, McNeilage AG, Avery NS, et al. Prevalence and predictors of [burnout symptoms in multidisciplinary pain clinics](#): a mixed-methods study. *Pain.* 2021 Feb 1;162(2):503-513. Burnout was reported in 20% of pain clinics; many unsure about coping skills.
- Rouch I, Edjolo A, et al. [Association between chronic pain and long-term cognitive decline](#) in a population-based cohort of elderly participants. *Pain.* 2021 Feb;162(2):552-60. Over 12 years, older adults with moderate-severe chronic pain exhibit more cognitive decline..
- Hsu C, Loecher N, Park AL, et al. Chronic pain in young athletes: the impact of athletic identity on pain-related distress and functioning. *Clin J Pain.* 2021 Mar;37(3):219-25. of [Athletic identity helps youth with chronic pain cope](#) with pain-related distress & functional limitations.
- Peoples AR, Pigeon WR, Li D, et al. Association between [pre-treatment sleep disturbance and radiation therapy-induced pain](#) in 573 women with breast cancer. 2021 Feb;61(2):254-261. *J Pain Symptom Manage.* Sleep disturbances before treatment predicts more pain.

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

- Ferreira GE, McLachlan AJ, et al. Efficacy and safety of antidepressants for the treatment of back pain and osteoarthritis: systematic review and meta-analysis. *BMJ*. 2021 Jan 20;372:m4825. Meta-analysis shows [little if any benefit of antidepressants for arthritis or low back pain](#).
- Goudman L, De Smedt A, Eldabe S, et al. [High-dose spinal cord stimulation for patients with failed back surgery](#) syndrome: a multicenter effectiveness and prediction study. *Pain*. 2021 Feb 1;162(2):582-590. High-dose SCS improves outcomes after failed back surgery..
- Mahady SE, Margolis KL, Chan A, et al. Major GI bleeding in older persons using aspirin: incidence and risk factors in the ASPREE randomised controlled trial. *Gut*. 2020 Aug 321585. Prophylactic [aspirin raises the risk of major GI bleed by 60%](#) vs. placebo in older adults.
- Hruschak V, Flowers KM, Azizoddin DR, et al. Cross-sectional study of psychosocial and pain-related variables among patients with [chronic pain during a time of social distancing imposed by the coronavirus](#) pandemic. *Pain*. 2021 Feb 1;162(2):619-629. Gender, socioeconomic, and psychosocial factors were associated with greater pain and disability; requiring consideration when planning care during the pandemic.
- Brown D, Rosenthal N, et al. [Intergenerational transmission of chronic pain-related disability](#): explanatory effects of depressive symptoms. *Pain*. 2021 Feb 1;162(2):653-62. Maternal-child symptoms of depression influences the development of pain-related disability in adolescents.
- Keaveg Summ O, Andreou AP, Akerman S, et al. Differential actions of indomethacin: clinical relevance in headache. *Pain*. 2021 Feb 1;162(2):591-599. Indomethacin,, ibuprofen & naproxen have [variable responses to different types of headaches](#).
- Giusti EM, Lacerenza M, Manzoni GM, et al. Psychological and [psychosocial predictors of chronic postsurgical pain](#): a systematic review and meta-analysis. *Pain*. 2021 Jan;162(1):10-30. State anxiety levels may contribute to the development of chronic postsurgical pain.

Pain Resources on the Web:

- A visual display of [the detrimental effects musculoskeletal problems](#) like back pain have on individuals & global societies.
- An expert's perspective of [pediatric pain assessment and treatment](#); including parent responses to the child's pain behaviors
- Calculator helps clinicians [select a starting opioid dose in opioid naïve](#) patients or convert opioids in the tolerant patient.

Complementary Integrative Health

- [Electroacupuncture after back surgery](#) in addition to usual care reduces pain & improved functioning when pain persists.
- Immersive [virtual reality reduces autonomic, affective & evaluative aspects of pain](#) better than distraction controls.
- [Dietary, herbal, or mind-body therapies cut IBS abdominal pain](#) better than other integrative approaches.
- Percutaneous [ultrasonic tenotomy cut pain & disability](#) related to chronic elbow tendinopathy and plantar fasciitis.
- [Aromatherapy reduces labor pain and anxiety](#); which can be applied using inhalation, massage, acupuncture, or other methods.

Pain-Related Education Opportunities

- Wed Mar 3 [Advancing Pain Relief Virtually](#) to better understand/treat pain & suffering; while tearing down silos
- Fri-Sat Mar 5-6; Live streamed [Kauai Pain Conference](#) will review evidence-based & best practice approaches to biopsychosocial care.
- Thu May 20 [AAPM Annual Meeting](#): focuses on multimodal and multidisciplinary approaches virtually this year.
- May 22-29, 2021 Brain reorganization contributing to the [neurophysiology of acute to chronic pain transition](#).

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

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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