



# 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 Resources on the Web.....     | Page 2 |
| Pain Education Opportunities.....  | Page 2 |
| MGH Pain Calendar & Resources..... | Page 2 |

## In the News

- [CDC revised opioid overdose website](#) indicating 74% are from illicit fentanyl; while [opioid prescribing rates](#) have dropped 28% 2012-2017).
- [Revised CDC opioid prescribing guideline](#) should be available for public comment this fall; final version late 2022.
- [Purdue settles 3,000 lawsuits in 15 states paying \\$4 billion](#), agreeing to release documents & stop sales for their role in the opioid crisis.
- Currently being developed for cancer, HDAC6 inhibitors, may restore [neuronal flexibility to improve pain therapy responsiveness](#).

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

- Mohiuddin M, Blyth FM, Degenhardt L, et al. General [risks of harm with cannabinoids](#), cannabis, and cannabis-based medicine possibly relevant to patients receiving these for pain management: an overview of systematic reviews. *Pain*. 2020 Jul 1;162(Suppl 1):S80-S96. Research identifies potential harm from cannabis exposure, include psychosis, motor vehicle accidents & respiratory problems.
- Lamvu G, Carrillo J, Ouyang C, et al. Chronic pelvic pain in women: a review. *JAMA*. 2021 Jun 15;325(23):2381-91. [Chronic pelvic pain often has mixed visceral, somatic & central sensitization features](#) clinicians should consider when planning treatment.
- Ilfeld BM, Khatibi B, Maheshwari K, et al. Ambulatory continuous peripheral nerve blocks to treat post-amputation phantom limb pain a multicenter, randomized, quadruple-masked, placebo-controlled clinical trial. *Pain*. 2021 Mar 1;162(3):938-955. [A 6-day nerve block reduces phantom pain for up to 6 months](#), but improvements waned at 1 year.
- Hall JA, Jowett S, et al. The STarT Back stratified care model for nonspecific low back pain: a model-based evaluation of long-term cost-effectiveness. *Pain*. 2021 Mar 1;162(3):702-710. A [cost-effective decision aid for nonspecific low back pain](#) includes risk-stratification.
- Higgins C, Smith BH, Colvin L. Examination of the clinical factors associated with attendance at emergency departments for chronic pain management and the cost of treatment relative to that of other significant medical conditions. *Pain*. 2021 Mar 1;162(3):886-894. [Chronic pain burdens Emergency Departments](#) & is among most expensive conditions.
- Hwang AY, Smith SM. U.S. trends in prescription nonsteroidal anti-inflammatory drug use among patients with cardiovascular disease, 1988-2016. *Pharmacotherapy*. 2021 Mar;41(3):247-256. Over a 30-year period, NSAID use declined, but [NSAIDs continue to be prescribed to patients with cardiovascular diseases](#), which is concerning given a 5% rate of cardiovascular events & 1% mortality rate.
- Winner PK, McAllister P, Chakhava G, et al. Effects of intravenous Eptinezumab vs placebo on headache pain and most bothersome symptom when initiated during a migraine attack: a randomized clinical trial. *JAMA*. 2021 Jun 15;325(23):2348-2356. During a strong attack, [IV eptinezumab cut migraine pain](#) better than placebo while reducing medication use.
- Moore RA, Fisher E, Finn DP, et al. Cannabinoids, cannabis, and cannabis-based medicines for pain management: an overview of systematic reviews. *Pain*. 2021 Jul;162(Sup 1):S67-S79. [Current reviews are mostly lacking in enough quality to base decisions on](#).

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

- Racaru S, Sturt J, Celik A. The [effects of psychological interventions on diabetic peripheral neuropathy](#): a systematic review and meta-analysis. *Pain Manag Nurs*. 2021 Jun;22(3):302-311. Relaxation/breathing techniques, CBT, Mindfulness & counseling interventions reduce pain, improve functioning, mood & self-care for patients with painful diabetic neuropathy. Strongest effects were for acute pain reduction.
- List EB, Krijgh DD, Martin E, et al. The prevalence of residual limb pain and symptomatic neuromas following lower extremity amputation: a systematic review and meta-analysis. *Pain*. 2021 Jul 1;162(7):1906-1913. At [two years after a leg amputation, the prevalence of residual limb pain](#) (59%) and neuroma (15%) is common.
- Laitner MH, Erickson LC, Ortman E. Understanding the impact of sex and gender in osteoarthritis: Assessing research gaps and unmet needs. *J Womens Health* 2021. May;30(5):634-641. [Healthcare's implicit bias against women & women of color](#) must be addressed.
- Drake TM, Fairfield CJ, Pius R, et al. Non-steroidal anti-inflammatory drug use and outcomes of COVID-19 in the ISARIC Clinical Characterisation Protocol UK cohort: a matched, prospective cohort study. *The Lancet Rheumatology*. 2021 July: 3(7) E498-506. Among patients who used NSAIDs When used within 2 weeks of admission, [NSAID use not linked to COVID disease severity or mortality](#).
- 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. Risk may exceed benefits of [using antispasmodics to cut acute back pain](#).
- Lewis GN, Bean DJ. What influences outcomes from inpatient multidisciplinary pain management programs?: a systematic review and meta-analysis. *Clin J Pain*. 2021 Jul 1;37(7):504-523. [Inpatient pain management programs are effective](#) in reducing pain and improving function, especially for more severe, longer duration pain. The effect on improving anxiety and depression appear to be transient.
- King C, Arnold R, Dao E, et al. Consensus-based approach to managing opioids, including opioid misuse and opioid use disorder, in patients with serious illness: protocol for a modified Delphi process. *BMJ Open*. 2021;11(5):e045402. Expert panel participates in a Delphi process to develop a guideline on how to best [treat pain patients with serious illness & co-morbid opioid use disorder](#).

## **Pain Resources on the Web:**

- UC Davis online [The Pain Project](#) has many valuable resources and information
- [Many women are leading changes in the field of pain management](#) ... read about a few of them.
- Insights into the [vulnerable population having both opioid use disorder and chronic pain](#), most of whom report inadequate pain management.

## **Complementary Integrative Health**

- [Dietary supplements for headaches](#) include, including riboflavin, coenzyme Q10, herbal butterbur & feverfew help many with headaches.
- [Spiritual healing can improve pain](#) during a voluntary taper of opioid medication; even at the end of life.
- Large NIH study underway to determine the effectiveness of [cognitive behavioral therapy delivered by virtual reality](#).

## **Pain-Related Education Opportunities**

- Tue Aug 24<sup>th</sup> [Emerging Treatment Options for Painful Diabetic Neuropathy](#) 7:00 – 8:00 pm
- .Wed Sep 29<sup>th</sup> – Sat Oct 2<sup>nd</sup> ASPMN's National [Pain Management Nursing Conference](#) will be live in San Antonio, or virtually available.
- Wed Sep 29 – Sat Oct 2 European Pain Federation; [Targeting pain and its comorbidities in the digital age](#), Dublin IR

## **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
- Pain Relief Nurse Education Thur, Aug 19<sup>th</sup> 12 – 1pm. Assessing & managing pain in the patient with opioid use disorder. 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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