



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

- President Trump signed [a bundle of laws addressing the opioid crisis](#) to support affected patients & communities.
- FDA finalizes its [opioid analgesic REMS](#) (REMS) [requires training](#) of prescribers, nurses and pharmacists treating patients with opioids.
- CDC / National Health Survey results show [chronic pain is a major public health problem](#) affecting individual's health, families and society.
- A novel TRPV1-agonist is a [promising experimental drug for postoperative pain](#) that desensitizes pain-conducting nerve with a single shot.
- Opioid makers are required to provide unrestricted educational grants to teach according to the [revised FDA blueprint](#).
- [Recall issued for 2 lots of Robaxin](#) (methocarbamol) 750mg Tabs due to incorrect dosing instructions on the label.
- [DEA rescheduled Epidiolex \(cannabidiol\)](#) oral solution to Schedule V, that may help neuropathic pain.
- [Weekly or monthly injections of buprenorphine](#) developed to treat addiction can help lower chronic low back pain.
- New imaging method shows [fibromyalgia patients have widespread glial cell mediated neuroinflammation](#).
- A stealth [nanosponge that absorbs pain-producing inflammatory proteins](#) may revolutionize the treatment of rheumatoid arthritis.
- New [topical anesthetic skin refrigerant](#) applied with a cotton ball avoid some discomforts of the spray formula.
- FDA approves another [CGRP medication to prevent migraines](#); one with monthly & quarterly injection options

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

- Schrepf A, Williams DA, Gallop R, et al. Sensory sensitivity and symptom severity represent unique dimensions of chronic pain: a MAPP Research Network study. *Pain*. 2018. Oct;159(10):2002-2011 [Chronic pain syndromes](#) have shared concurrent symptom complexes.
- Schmidt M, Sorensen HT, Pedersen L. [Diclofenac use and cardiovascular risks: series of nationwide cohort studies](#). *BMJ*. 2018;362:k3426
Starting diclofenac increases risk for cardiovascular death and upper GI bleed than those not taking ibuprofen, acetaminophen or naproxen
- Tick H, Nielsen A, Pelletier KR, et al. Evidence-based nonpharmacologic strategies for comprehensive pain care: the consortium pain task force white paper. *Explore (NY)*. 2018 May - Jun;14(3):177-211. [Evidence-base for nondrug therapies effective for different pain types](#).
- Marshansky S, Mayer P, Rizzo D, et al. Sleep, chronic pain, and opioid risk for apnea. *Prog Neuropsychopharm Biol Psychiatry*. 2018 Dec 20;87(Pt B):234-244. Understanding the [pain-sleep interaction may be critical to finding safe, effective relief](#) to improve pain & sleep.
- Petrosky E, Harpaz R, Fowler KA, Chronic pain among suicide decedents, 2003 to 2014: findings from the national violent death reporting system. *Ann Intern Med*. 2018 Oct 2;169(7):448-455. Astounding increase in [suicides among those with chronic pain](#); often with firearms.
- Charokopos A, Card ME, Gunderson C, et al. The association of [obstructive sleep apnea and pain](#) outcomes in adults: a systematic review. *Pain Med*. 2018 Sep 1;19(suppl_1):S69-S75. Link between sleep apnea & pain intensity remains unclear, but CPAP may help improve pain
- Berna C, Leknes S, Ahmad AH, et al. Opioid-independent and opioid-mediated modes of pain modulation. *J Neurosci*. 2018 Oct 17;38(42):9047-9058. [Mental imagery can effectively diminish pain](#) intensity and does not rely on a functioning opioidergic system.

MGH Cares About Pain Relief
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To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Arnstein](mailto:Paul.Arnstein)

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

- Stockings E, Campbell G, Hall WD, et al. Cannabis and cannabinoids for the treatment of people with chronic noncancer pain conditions: a systematic review and meta-analysis of controlled and observational studies. *Pain*. 2018 Oct;159(10):1932-1954. [Evidence that cannabinoids help chronic pain is limited](#); with more people (16%) having undesired than (4%) people having significant pain reduction.
- Romanelli P, Conti A, Bianchi L, et al. Image-guided robotic radiosurgery for trigeminal neuralgia. *Neurosurgery*. 2018 Nov 1;83(5):1023-1030. Robotic [radiosurgery alleviates trigeminal neuralgia pain](#), with most patients eliminating the need for analgesics within 3 months.
- Overton HN, Hanna MN, Bruhn WE, et al. Opioid-prescribing guidelines for common surgical procedures: an expert panel consensus. *J Am Coll Surg*. 2018 Oct;227(4):411-418. At Johns Hopkins, 30 stakeholders develop opinion-based [dosing limit guidelines](#) for 20 surgeries.

Pain Resources on the Web:

- [Brief interactive modules of case studies](#) are outstanding for teaching professionals about proper opioid prescribing.
- For patients, the NIH describes that despite their effectiveness, why [we need to move beyond opioids](#) to better treat pain.
- Nine multilingual fact sheets are available as part of the [Global Year for Excellence in Pain Education](#)
- [Gender differences in the prevalence of & response to pain](#) have been observed, but its more than just genetics.
- [Postoperative Patient Education](#) videos developed by Partners Healthcare review multimodal & nondrug therapies.
- A good review the physiology, pharmacology and clinical use of [Ketamine for pain management](#).
- Consideration to adopt outcome-based, [competency-driven interprofessional education on pain](#) reviewed.
- Brief explanation of why chronic pain therapy needs to [focus more on changing perceptions](#) than fixing some area of the body.
- AHRQ report on alternatives to drugs or surgery: [Treating chronic pain with nondrug approaches](#): what does the evidence say?
- CDC publishes [opioid prescribing Quality Improvement strategies](#) booklet and toolkit
- National Center for Complementary and Integrative Health released their updated [eBook on complementary pain management techniques](#).

Complementary Integrative Health (formerly called Complementary Alternative Medicine [CAM])

- [Meditative approaches & yoga](#) help patients with musculoskeletal and mental health comorbidity.
- [Highly arousing music](#) engages more attentional resources, producing better distraction from pain and tolerance of it.
- [Massage, thermal &/or manual methods help reduce labor pain](#) while improving a women's sense of control & the emotional experience.
- [Perioperative acupuncture, aromatherapy, imagery & music therapy](#) help reduce pain & other discomforts after otolaryngology surgery.
- [Breath-focused electrical stimulation cut pain](#) & increased parasympathetic tone in spinal cord injured patients with neuropathic pain.

Pain-Related Education Opportunities

- Fri – Sat Nov 9-10, AIPM [Global Pain Clinician Summit](#) addresses integrative approaches to managing pain. Boston, MA
- Fri – Sat Nov 16-17, [Pain Care for Primary Care](#), co-sponsored by the American Pain Society in San Francisco
- Tue Nov 27th [Summit on Balanced Pain Management](#) explores access & safety issues facing people with leading clinicians & policy makers
- Listing of [upcoming opioid risk evaluation and mitigation training](#) courses to provide safe, evidence-based pain management

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Wednesday, January 30th FND 325. Click here [Paul Arnstein](#) for more information.
- 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 on Nov. 7th on Addiction Treatments for Pain. 12–1pm. Email [Tina Toland](#) for more info.

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: see handbook <http://handbook.partners.org/pages/168> for listing: #120 Acute Pain #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications; Excellence Every Day Pain Portal Page: <http://www.mghpcs.org/eed/pain/Pain-Overview.shtml>
The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>
MGH Pain Medicine: <http://www.massgeneral.org/centerforpainmedicine/>
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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