



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

- Pain patients describe how [policies to curtail the opioid crisis have created hardships](#) & in some cases ideation or completion of [suicide](#).
- [Nurse denied life insurance because she carries naloxone](#), despite the Surgeon General recommending more people to do.
- CMS will [remove communication about pain as a quality measure](#) in October 2019, fearing a rise in opioid use.
- A national [recall of infants' ibuprofen oral suspension](#) was announced due to the risk of a higher than listed concentration.
- Illicit [Fentanyl accounts for 90% of opioid overdose deaths in Massachusetts](#), with heroin linked to 37% of fatalities.
- Oregon will enact plan to [force Medicaid patients off opioid pain treatments](#); offering physical therapy or acupuncture instead.
- [Mayday Foundation](#) is offering Fellowships to develop leading spokespersons in the field. Apply by January 21, 2019
- A [disease-modifying osteoarthritis drug](#) that reduces cartilage degeneration receives fast-track designation from the FDA.
- The [2018 Farm Bill may legalize hemp cultivation](#) and remove the Schedule I status from CBD products, enabling research & use for pain.
- HHS public comment period on [best ways to treat chronic pain and improve access](#) to treatments multimodal treatment.
- FDA found dozens of [kratom products tainted with toxic levels of nickel & lead](#) considered unsafe for consumption.
- FDA approved an [intrathecal pump enhancement allowing PCA](#) (patient controlled) doses be administered via a smartphone app.
- [FDA approved a mobile app](#) “reSET-O” providing multi-media cognitive behavioral therapy & supporting buprenorphine adherence.
- Clinicians, specialists & scholars explore ways to [help unintended victims of the opioid crackdown](#); the undertreated, sick & ignored.

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

- Bell S, Rennie T, Marwick CA, et al. Effects of peri-operative nonsteroidal anti-inflammatory drugs on post-operative kidney function for adults with normal kidney function. *Cochrane Database Syst Rev*. 2018 Nov 29;11:CD011274. [Renal safety of post-op NSAIDs is uncertain](#)
- Bérubé M, Gélinas C, Martorella G, et al. Development and acceptability assessment of a self-management intervention to prevent acute to chronic pain transition after major lower extremity trauma. *Pain Manag Nurs*. 2018 Dec;19(6):671-692. A thoughtful implementation of a [biopsychosocial approach to preventing chronic pain](#) with evidence-based approaches deemed acceptable to patients and professionals.
- Al B, Sunar MM, Zengin S, et al. Comparison of IV dexketoprofen trometamol, fentanyl, and paracetamol in the treatment of renal colic in the ED: A randomized controlled trial. *Am J Emerg Med*. 2018;36:571-576. ED patients in Turkey with [renal colic responded better to the IV-NSAID dexketoprofen](#) at 30 minutes than 10mg/kg IV acetaminophen or 10mcg/kg IV fentanyl; with few side effects across groups.
- Deng LX, Patel K, Miaskowski C., et al. Prevalence and characteristics of moderate to severe pain among hospitalized older adults. *J Am Geriatr Soc*. 2018, 66(9):1744-51. Many [hospitalized older adults have moderate-severe pain](#) that is more difficult to treat if pain is chronic.

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)

- El-Boghdady K, Pawa A, Chin KJ. Local anesthetic systemic toxicity: current perspectives. *Local Reg Anesth*. 2018 Aug 8;11:35-44. Review of [Local Anesthetic Systemic Toxicity \(LAST\), a life-threatening adverse event](#) increasingly prevalent with greater use of local anesthetics.
- Darnall BD, Juurlink D, Kerns RD, et al. International stakeholder community of pain experts and leaders call for an urgent action on forced opioid tapering. *Pain Med*. 2018 [Epub] International [experts speak out against forced opioid tapering](#) as a large-scale humanitarian issue. Rapid tapering destabilizes patients, precipitating severe withdrawal, disability, pain/suffering & even death of chronic pain patients.
- Albrecht DS, Forsberg A, Sandström A, et al. Brain glial activation in fibromyalgia - A multi-site positron emission tomography investigation. *Brain Behav Immun*. 2019 Jan;75:72-83. [Fibromyalgia patients have neuroinflammation mediated by glial cell](#) activation in the CNS.
- Duncan RW, Smith KL, Maguire M, et al. Alternatives to opioids for pain management in the emergency department decreases opioid usage and maintains patient satisfaction. *Am J Emerg Med*. 2019 Jan;37(1):38-44. Multimodal therapy in [ED reduced IV opioid use 20%](#) in a year.
- Szperka CL, VanderPluyum J, Orr SL, et al. Recommendations on the use of Anti-CGRP monoclonal antibodies in children & adolescents. *Headache*. 2018. 58(10):1658-69. [Anti-CGRP drugs can be used cautiously to treat select children with headaches](#) given safety for adults.
- Fisher E, Law E, et al. Psychological therapies for the management of chronic and recurrent pain in children and adolescents. *Cochrane Database Syst Rev*. 2018 Sep 29;9 :CD003968. Cognitive/behavioral therapy should be a standard part of treating pediatric chronic pain.
- Shin S. Safety of celecoxib versus traditional nonsteroidal anti-inflammatory drugs in older patients with arthritis. *J Pain Res*. 2018 Dec. (11): 3211-19. [Risks to older celecoxib users](#) were less for GI bleed, but higher for cardiovascular &/or renal events over other NSAIDs for > 4 mo.

Pain Resources on the Web:

- Consider if pain in the back, buttock, ankle or foot may really be a [symptom of Ankylosing Spondylitis](#); a treatable inflammatory condition.
- U.S. Pain Foundation has [a helpful fact sheet](#) and good resources for [learning to live with chronic pain](#).
- Microglia support nerve structure & [immune functions, contributing to chronic pain](#) by adjusting sensitivity to pain.
- National Institute of Nursing Research's evidence-based materials for professionals, parents & families of [children with life-limiting disease](#)

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

- [Yoga can help relieve low-back pain & neck pain](#), but benefits for headache, arthritis, fibromyalgia, or carpal tunnel remain unproven.
- [Mindfulness may blunt pain](#) by affecting sensory, cognitive, and affective appraisals linked to posterior cingulate cortex functioning.
- Research hasn't clarified [the best music to relieve pain](#), but a tempo of 60-80bpm, instrumental, percussion or nature sounds can help.
- [Yoga, music & relaxation](#) may help during the peripartum period with the best evidence supporting relaxation during the latent labor phase
- Interest is growing in [integrative approaches to relieve acute or chronic pain in children](#), with growing evidence of safety & effectiveness.

Pain-Related Education Opportunities

- Mon-Fri Feb 11-15. [Pain Rehab Approaches for Every Practice Setting](#) 2019 for doctors, nurses psychologists & others. San Juan, PR
- Wed- Sat Apr 3-6. Combating the Opioid Epidemic through [Innovations in the Treatment of Pain](#) Milwaukie, WI
- Sun-Tues June 9-11. [International Conference on Opioids 2019](#); highly acclaimed speakers on the topic. Boston, MA

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 will resume in February 2019 from 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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