



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

- [Benzhydrocodone is now available for acute pain](#). It is chemically inert until ingested, then metabolizes to hydrocodone.
- [J & J opioid settlement reduced by \\$106 million](#) with \$50 Billion more pending for manufacturers to settle multiple opioid crisis suits.
- Academy of Emergency Medicine released it's White Paper on [Management of Opioid Use Disorder in the Emergency Department](#).
- Hundreds of thousands of [fentanyl-laced counterfeit pills](#) flood the streets; contributing to fentanyl being a leading OD death cause.
- [Virtual Reality use during childbirth](#) may help some women in labor; with or without traditional analgesics.
- FDA approved a [new high frequency spinal cord stimulator](#) with the versatility likely to overcome interpatient variability in responses.
- Massachusetts & other [states that criminalize substance use during pregnancy](#) have higher rates of neonatal abstinence syndrome.
- Used to reduce pain and inflammation of osteoarthritis, [corticosteroid injections may hasten joint degeneration](#) & need for surgery.

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

- James JR, Scott JM, Klein JW, et al. [Mortality after discontinuation of primary care-based chronic opioid therapy for pain](#): a retrospective cohort study. *J Gen Intern Med*. 2019 Dec;34(12):2749-55. More pain patients who stop opioids die within 5-years.
- Atiquzzaman M, Karim ME, Kopec J, et al. Role of nonsteroidal antiinflammatory drugs (NSAIDs) in the association between osteoarthritis and cardiovascular diseases: a longitudinal study. *Arthritis Rheumatol*. 2019 Nov;71(11):1835 - 1843. [NSAIDs for arthritis contribute to cardiovascular disease](#). Pain patients taking NSAIDs are 23% more likely to develop cardiovascular disease.
- Zebala JA, Searle SL, Webster LR, et al. Desmetramadol has the safety and analgesic profile of tramadol without its metabolic liabilities: consecutive randomized, double-blind, placebo- and active comparator-controlled trials. *J Pain*. 2019 Oct;20(10):1218-1235. [Tramadol analogue](#) has similar safety & efficacy as tramadol with less concern about metabolic & drug interactions.
- Deer TR, Malinowski M, Varshney V, et al. [Choice of intrathecal drug in the treatment of neuropathic pain – new research](#). *Expert Rev Clin Pharmacol*. 2019;12(10):1003-7. For neuropathic pain refractory to treatment, IT drug delivery may provide prolonged relief.
- Fortenberry M, Crowder J, So TY. The use of [codeine and tramadol in the pediatric](#) population-what is the verdict now? *J Pediatr Health Care*. 2019;33(1):117-123. Codeine & tramadol are still given despite recommendations to avoid them under 12 years old.
- Franzini A, Moosa S, D'Ammando A, et al. The [neurosurgical treatment of craniofacial pain syndromes](#): current surgical indications and techniques. *Neurol Sci*. 2019;40(Sup 1):159-168. Craniofacial pain refractory to medical management may benefit from surgery.
- Charles A, Pozo-Rosich P. Targeting calcitonin gene-related peptide: a [new era in migraine therapy](#). *Lancet*. 2019 Nov 394(10210):1765-74. Migraine, the 4th most prevalent & disabling disorders worldwide, may be reduced with new CGRP treatment options.

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

- Arnstein P, Gentile D, Wilson M. Validating the Functional Pain Scale for Hospitalized Adults. *Pain Manag Nurs*. 2019 Oct. 20(5): 418-424. The [Functional Pain Scale is a valid, reliable measure of pain intensity](#), that is acceptable & performs well in hospitalized patients.
- Darnall BD, Ziadni MS, Krishnamurthy P, et al. “My Surgical Success”: A digital behavioral pain medicine method cuts time to opioid cessation after breast cancer surgery—a pilot randomized controlled clinical trial. *Pain Med*. 2019 Nov; 20(11): 2228–37. Although just over half with access used it, [digital behavioral health was an acceptable, feasible way to help postop patients cut opioid exposure](#).
- Watson JA, Ryan CG, Cooper L, et al. [Pain neuroscience education for adults with chronic musculoskeletal pain](#): a mixed-methods systematic review and meta-analysis. *J Pain*. 2019 Oct;20(10):1140.e1-1140.e22. Helping chronic musculoskeletal pain patients view it differently helps them cope; cuts pain, disability, and improves psychosocial outcomes. The educator’s knowledge & skills is a factor.
- Machado FC, Vieira J, et al. [Intraoperative methadone reduces pain and opioid consumption](#) in acute postoperative pain: A systematic review and meta-analysis. *Anesth Analg*. 2019; Dec.129:1723-1732. Intraoperative methadone cuts pain for 2 days after surgery.
- Herr K, Coyne PJ, Ely E, et al. Pain assessment in the patient unable to self-report: clinical practice recommendations in support of its position statement. *Pain Manag Nurs*. 2019 Oct. 20(5): 404-417. [Updated evidence-based way to assess pain in nonverbal patients](#).
- French SD, Nielsen M, Hall L, et al. Essential key messages about diagnosis, imaging, and self-care for people with low back pain: a modified Delphi study of consumer and expert opinions. *Pain*. 2019 Dec;160(12):2787-2797. [Patients with back pain should remain active & understand pain](#) doesn’t represent harm after serious pathology is ruled out. Then focus on learning pain management skills.

Pain Resources on the Web:

- Three-step [guide to managing headaches](#); 5 minute animated video in plain language on treatment with emphasis on prevention.
- Veterans Affairs website is dedicated to providing public [education, tools and guidance for the self-management of chronic pain](#).
- The state of cancer pain is reviewed. When is the [WHO analgesic ladder](#) best, and treating [pain in cancer survivors](#). Free registration.

Complementary Integrative Health

- [Optimism increases goal-directed activity, reduces pain related disability](#) & creates a virtuous cycle that enhances well-being
- Emerging research supports the notion that [gut microbiome plays a key role in pain](#) of gut, inflammatory & neuropathic origin.
- Combining [manual therapy with exercise for chronic neck pain](#) is better than standard P.T. for reducing pain & disability.
- [Injected neuromodulation device](#) could someday replace or augment transcutaneous or other electrical nerve stimulators.
- [Holding the hand of a loved one can ease pain](#), emotional comfort & social connectedness for women, with brain changes observed.
- Many people with [chronic pain benefit from couples interventions](#) (education, counselling, supporting, and reinforcing).

Pain-Related Education Opportunities

- Fri-Sun Dec 6-8th The Pain Society of the Carolinas Annual Meeting & Scientific Sessions Charleston, SC www.carolinapain.org
- Wed. Dec 4th Annual [Summit on Balanced Pain Management](#). for patients, payers, policymakers & clinicians Washington DC. Free
- Wed-Sun Feb 26 – Mar 1st [American Academy of Pain Medicine meeting](#) covers a range of pain & treatment types in National Harbor, MD

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Tue, January 28th FND 325. 4.5 CE with 1 pharmacology credit Click here to [register](#) .
- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM in the Ether Dome Email: [Gail Chin](mailto:Gail.Chin) for more information
- MGH Inter-professional Pain Rounds Jackson 412 First and third Wednesday of month from 12–1pm. Email [Tina Toland](mailto: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/default.shtml>
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/crisql/servlet/crlonline>

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