



# 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

- U.S. [Pain Foundation former CEO pleaded guilty](#) to wire fraud, tax evasion in & misappropriation of funds. He resigned May 2018.
- Hasting's Report addresses America's [draconian approach to opioid laws](#) add [stigma without care](#) improvement.
- AMA report calls out the need for lawmakers [end the opioid epidemic by removing, not adding barriers to care](#).
- The World Health Organization's new classification system includes a [new ICD-11 diagnostic code for chronic pain](#) as disease.
- FDA approved (Theranica) a [prescription smartphone app for acute migraine](#) that regulates electrical stimuli to upper arm.
- Five [drug companies pay millions to settle state & federal lawsuits](#) accusing them of helping to fuel the opioid epidemic.
- [FDA wants your opinion](#) on their proposed requirement for blister packs with 5, 10 or 15 opioid tablets for new patients with acute pain.
- [Senator Alexander speaks out about the "pain crisis"](#) with patients unable to access proper care; calling for changes in pain treatment.
- [Cannabidiol \(CBD\) for pain](#) can't be marketed despite legal changes. The [FDA wants to know more about cannabinoids](#) to inform policy.
- H.H.S. [Pain Management Best Practices](#) Inter-Agency Task Force Report identifies gaps and key opportunities for improvement.
- Ohio [doctor is formally charged with 25 counts of murder](#) after allegedly ordering fatal doses of opioids for over two dozen patients.

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

- Sebbag E, Felten R, Sagez F, et al. The [world-wide burden of musculoskeletal diseases](#): a systematic analysis of the World Health Organization Burden of Diseases Database. *Ann Rheum Dis*. 2019 Jun;78(6):844-8. Rates of disability and premature death from musculoskeletal diseases have increased substantially since 2000, making them the second leading cause of disability.
- Frey DP, Bauer ME, Bell CL, et al. [Virtual Reality Analgesia in Labor](#): The VRAIL Pilot Study-a preliminary randomized controlled trial suggesting benefit of immersive virtual reality analgesia in unmedicated laboring women. *Anesth Analg*. 2019 Jun;128(6):e93-e96. Virtual Reality during the first stage of labor significantly reduced sensory, affective & evaluative pain as well as anxiety in unmedicated women.
- Griffioen MA, Ziegler ML, O'Toole RV, et al. Change in pain score after administration of [analgesics for lower extremity fracture pain](#) during hospitalization. *Pain Manag Nurs*. 2019 Apr;20(2):158-63. Most single analgesics (monotherapy) don't provide 50% relief after leg fracture.
- Vaughn IA, Terry EL, Bartley EJ, et al. [Racial-ethnic differences in osteoarthritis pain](#) and disability: a meta-analysis. *J Pain*. 2019 Jun;20(6):629-44. Over 200 studies support African Americans have more severe arthritis pain & related disability than other racial/ethnic groups.
- Rigoard P, Basu S, Desai M, et al. Multicolumn spinal cord stimulation for predominant back pain in failed back surgery syndrome patients: a multicenter randomized controlled trial. *Pain*. 2019 Jun;160(6):1410-20. [Spinal cord stimulation improves pain & functioning](#) better than optimal medical management, but 12% of those studied needed surgical reintervention. Improvements were sustained at least 1-2 years.
- Ko SY, Leung DY, Wong EM. Effects of [easy listening music intervention](#) on satisfaction, anxiety, and pain in patients undergoing colonoscopy: a pilot randomized controlled trial. *Clin Interv Aging*. 2019 May 28;14:977-986. MP3-music improved pain & satisfaction.

MGH Cares About Pain Relief  
Massachusetts General Hospital  
[Previous Newsletters](#)

To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to [Parl Amstein](#)

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

- Mauck MC, Hu J, Sefton C, et al. Obesity increases the risk of chronic pain development following motor vehicle collision. *Pain*. 2019; 160(3):670-675. Morbid [obesity increases risk chronic pain after a car accident by 40%](#), which may be linked to a shared genetic variant.
- Mercadante S, Adile C, Masedu F, et al. Breakthrough cancer pain in patients with abdominal visceral cancer pain. *J Pain Symptom Manage*. 2019 May;57(5):966-70. [Visceral breakthrough pain is common with abdominal cancer](#), severe & often striking within minutes of trying to eat.
- Smothers ZPW. The experience of a pain patient. *Anesthesiology*. 2019; Jul;131(1):211-2. Balancing [the medical & humanistic side of pain](#) from a herniated disc. A medical student shares insights of primary care and specialty physicians ignoring reports of pain, delaying diagnosis.
- Bazika-Gerasch B, Maier C, Kumowski, et al. Compared to limb pain of other origin, ultrasonographic osteodensitometry reveals loss of bone density in complex regional pain syndrome. *Pain*. 2019 Jun;160(6):1261-69. [CRPS decreases bone density, different from osteoporosis](#).
- Barkai O, Puig S, et al. Platelet-derived growth factor activates nociceptive neurons by inhibiting M-current and contributes to inflammatory pain. *Pain*. 2019 Jun;160(6):1281-96. A [new pain-facilitating proinflammatory mediator is discovered](#); a possible target for new treatments.
- Trost MJ, Ford AR, Kysh L, et al. Socially assistive [robots for helping pediatric distress and pain](#): a review of current evidence and recommendations for future research and practice. *Clin J Pain*. 2019; May;35(5):451-8. Current robots help children cut distress, not pain.

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

- New website promotes [evidence-based solutions to pediatric pain](#) through coordination & collaboration has English & French resources.
- ASPMN gets [The Joint Commission clarification on prn analgesic orders](#) and pain standards; debunking myths & misconceptions.
- [ACOG Guideline addresses harm of untreated postpartum pain](#) with a balanced perspective of opioid risks & benefits after delivery.
- [Pain in people with cognitive impairments](#), intellectual disabilities or psychiatric disorders require individualized assessment & treatment
- [NIOSH has a multipronged approach to the opioid crisis](#) by identifying personal/workplace risks while protecting workers & responders.

## **Complementary Integrative Health**

- A [smartphone progressive muscle relaxation App](#) was adopted by approximately half of patients with migraine offered this intervention.
- [Virtual reality effectively reduces pediatric procedural pain](#) & anxiety by distraction, but research on benefits for other pain types is limited.
- At 12-16 breaths per minute, [rhythmic slow breathing reduces pain unpleasantness](#) with effects similar to mindfulness meditation.
- [Repetitive transcranial magnetic stimulation](#) is a promising approach to cut headache frequency, duration, intensity, medication use.
- [Mindfulness-based stress reduction \(MBSR\) improves pain](#), distress & functioning similar to cognitive-behavioral therapy for chronic pain.
- Consuming 40 grams [freeze-dried blueberry powder improved pain](#), functioning, inflammation & cartilage metabolism for knee arthritis.
- A [high-frequency transcutaneous electrical nerve stimulation \(Quell\) reduced chronic low back pain](#), disability and catastrophizing.

## **Pain-Related Education Opportunities**

- Mon, Jul 8<sup>th</sup>, [Chronic Low Back Pain in Older Adults](#) clinical insights and multisite program of research. Free webinar 1pm-2pm.
- Tue-Sat Sept. 3-7 [Pain Week](#): multidisciplinary faculty and diverse curriculum for front-line clinicians. Las Vegas
- ASPMN Annual meeting for Pain Management Nursing; [Bridging the Gaps in Pain Management](#). Portland, OR

## **MGH Pain Calendar**

- Tools & Techniques for Effective Pain Management –Wed, September 11<sup>th</sup> FND 325. [Click](#) to register.
- Palliative Care Grand Rounds resume this fall Wednesday morning from 8:00 AM – 9:00 AM in the Ether Dome email: [Gail Chin](#) for info
- Interprofessional Pain Rounds (will resume 9/4/19) on 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 3/7/18 – 6/6/18 [inquire here](#)

### **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>

**MGH Cares About Pain Relief**  
Massachusetts General Hospital

[Previous Newsletters](#)

To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to [Paul Amstein](#)