



# 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 Management Best Practices](#) report emphasizes an individualized multimodal approach to improve effectiveness & safety of treatment.
- [NH pain doctor was reprimanded / fined](#) for tapering a chronic pain patient; then dropping him when signs of a failed opioid taper emerged.
- Amidst lawsuits [American Pain Society goes bankrupt](#) despite [leading international advances in](#) research, education & care for 40 years.
- FDA revised guidance document [calls for new opioid analgesics](#) that safeguard against overdose, abuse & addiction.
- AMA condemns using [high prescriber lists](#) to blacklist physicians, and denying to fill medically necessary analgesic prescriptions.
- [Exert witness for 1<sup>st</sup> of many States suing opioid makers](#) could make \$500,000; while [leveraging DEA data](#) & lawyers pocket \$1.4 billion.
- Glial cell are responsible for neuroinflammation, that increase [inflammatory markers found in the brains of patients with fibromyalgia](#).
- Consumer report reviews how some get [relief from chronic pain](#) using available physical, psychological and complementary methods.
- The [sensory & emotional connections of pain](#) in the brain can enhance memory, creativity and other responses that improve well-being.
- [States with medical marijuana laws actually have higher opioid overdose mortality rates](#) raising question about validity of prior research.
- [Opioid overdose deaths down almost 15%](#) in the past year with improvements being made to the national database for improved accuracy.
- Fearing legal consequences [40% of doctors refuse to treat chronic pain patients needing opioids](#) to control pain; putting patients at risk.

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

- Frost DA, Soric MM, Kaiser R, et al. Efficacy of tramadol for pain management in patients receiving strong cytochrome P450 2D6 inhibitors. *Pharmacotherapy*. 2019 Jun;39(6):724-9. [Antidepressants cut tramadol potency 4-fold](#) by impeding the active metabolite that controls pain.
- Chan E, Hovenden M, Ramage E, et al. Virtual Reality (VR) for pediatric needle procedural pain: two randomized clinical trials. *J Pediatr*. 2019 Jun;209:160-7. Needle pain was cut in 4-11 year olds in the ED by VR that also made pathology dept. procedures less painful.
- Bigand T, Anderson CL, Roberts ML, et al. [Benefits and adverse effects of cannabis use](#) among adults with persistent pain. *Nurs Outlook*. 2019 May - Jun;67(3):223-231. Physical / mental health benefits vs risks of cannabis are delineated; including costs & others disapproval.
- Arnstein P, Herr K. Shifting Focus: From the opioid crisis to quality pain management. *J Gerontol Nurs*. 2019 Jun 1;45(6):3-5. Call to shift the dialogue [from drug control to pain control](#), especially for older adults who are most vulnerable to the effects of pain & many treatments.
- Higgins C, Smith BH, Matthews K. Evidence of opioid-induced hyperalgesia in clinical populations after chronic opioid exposure: a systematic review and meta-analysis. *Br J Anaesth*. 2019 Jun;122(6):e114-e126. Evidence supports [opioid-induced hyperalgesia occurs with chronic exposure](#), but valid assessment tools & delineation of confounding variable (e.g. illicit substance use, mood, coping) is needed.
- Liu Y, Zeng Y, Zeng J, et al. The efficacy of liposomal bupivacaine compared with traditional peri-articular injection for pain control following total knee arthroplasty: an updated meta-analysis of randomized controlled trials. *BMC Musculoskelet Disord*. 2019 Jun 29;20(1):306. [Liposomal bupivacaine cuts pain similar to traditional peri-articular injection](#) after knee replacement surgery but may reduce opioid use.

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

- Ashton-James CE, Chemke-Dreyfus A, Costa D, et al. Time for change: an experimental investigation of chronic pain patients' emotional and attitudinal responses to simulated [opioid-tapering advice](#). *Pain*. 2019 Jul;160(7):1586-93. Patients presenting to a chronic pain clinic viewing a simulated treatment planning conversation were not adverse to tapering or changing medications when offered alternative therapy.
- Peng KP, May A. Migraine understood as a sensory threshold disease. *Pain*. 2019 Jul;160(7):1494-1501. [Migraine patients are more sensitive to sensory stimuli](#) e.g., visual, hearing, olfactory, etc.) that could be affected by menstrual cycle, sleep or mood disturbance.
- Nanji JA, Guo N, Riley ET, et al. Evaluation of opioid use with [split doses of oral opioids in a post-cesarean delivery](#) analgesia order set. *Obstet Gynecol*. 2019 Jul;134(1):120-7. Taking ½ the usual dose after c-section cut opioid consumption by 56% with fewer side effects.
- Attridge N, Pickering J, Inglis M, et al. People in pain make poorer decisions. *Pain*. 2019 Jul;160(7):1662-9. [Pain disrupts common decision-making tasks](#) for both chronic pain patients and healthy controls with experimentally- induced pain; that affect financial well-being.
- Bhatt RR, Gupta A, Rapkin A, et al. Altered gray matter volume in sensorimotor and thalamic regions associated with pain in localized provoked vulvodynia: a voxel-based morphometry study. *Pain*. 2019 Jul;160(7):1529-1540. [Perimenopausal women with pelvic pain have more gray matter](#) in sensorimotor, corticothalamic & basal ganglion regions compared with healthy controls, possibly related to glial activity.
- Quaye AN, Zhang Y. Perioperative Management of Buprenorphine: Solving the Conundrum. *Pain Med*. 2019 July 20(7):1395–1408. [Don't stop buprenorphine before surgery](#) because when dosed appropriately, it can have an additive analgesic effect with mu agonists.

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

- Functional MRI studies support a clear link between [pain sensitivity and sleep deprivation](#); unrelated to mood.
- [Teaching children resiliency to cope with pain is preferred over learned anxiety, catastrophizing & helplessness.](#)
- [Pain management in the context of the opioids use disorder epidemic](#) for people with serious illness (National Academies of Science).
- The challenges of implementing guidelines & [best practices in pain control among vulnerable populations](#) delineated in 15 languages.
- National Comprehensive Cancer Network [Adult Cancer Pain Guidelines](#). Latest info on cancer pain best practices (free registration).

## **Complementary Integrative Health**

- Relaxing or stimulating [self-administered acupressure cuts pain intensity by 35%](#) for some people with chronic low back pain.
- [Water therapy helps patients with fibromyalgia](#) improve pain, fatigue, and quality of life; warranting further study.
- [Medicare may pay for acupuncture](#) if part of an approved study to help patients with chronic low back pain; despite a lot of controversy.
- For knee or shoulder pain, [therapeutic ultrasound monotherapy doesn't cut pain enough](#) to improve functioning,
- Research supports certain [dietary ingredients/supplements can relieve musculoskeletal pain](#) with minimal risk.

## **Pain-Related Education Opportunities**

- Tues – Sat, September 3<sup>rd</sup> – 7<sup>th</sup> [Pain Week](#): multidisciplinary faculty and diverse curriculum for front-line clinicians. Las Vegas
- Wed – Sat, September 18<sup>th</sup> – 21<sup>st</sup> ASPMN meeting “Pain Management Nursing; [Bridging the Gaps in Pain Management](#).” Portland, OR
- Mon, September 23<sup>rd</sup> @ NIH Lorimer Moseley on “[Why We Need a Pain Revolution: From Science to Practice](#)” Bethesda, MD
- [NEJM Knowledge+ Pain Management and Opioids](#); case-based approach for clinicians to learn more about Pain Management and Opioids.

## **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 on Wed mornings from 8:00 – 9:00 AM in the Ether Dome. email: [Gail Chin](#) for more info
- Interprofessional Pain Rounds on 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 9/4/19 - 12/18/19; then 3/4/20 – 6/17/20 noon-1pm GRJ-412 [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>

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