



# 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

- FDA had a public hearing on [standards for future opioid analgesics](#) & incentives to develop pain & addiction therapies. [Comment by 11/18](#)
- DEA [will cut the prescription opioid supply again](#) totaling 53% over 5 years, while increasing marijuana availability for studies.
- [Purdue Pharma filed for bankruptcy](#) due to federal, tribal & state lawsuits related to the opioid crisis, [after a \\$12 Billion deal was rejected](#).
- Angels pitcher [Tyler Skaggs died from an overdose](#) of fentanyl, oxycodone, oxycodone & alcohol; [may change player drug screening](#).
- Ethically, all [opioid prescribers should know how to taper](#) patients to prevent suffering related to pain and / or withdrawal.
- [Opioid overdose deaths declined 11%](#) the first half of 2019 in Massachusetts. Illicit Fentanyl was involved in 92% of those deaths.
- An EPA rule now in effect [prohibits facilities from flushing opioids](#) down the drain or toilet, despite FDA & DEA permitting it in homes.
- Last year there was a [substantial drop in prescription painkiller misuse](#), with [\\$1.8B to fight the opioid crisis](#) this trend can continue.
- [Oregon backs off its mandatory opioid taper guidelines](#), which included an involuntary taper to zero policy. Website has good pain content.
- Dr. Kolodny, longtime critic of opioids discloses how he profits from [creating and sustaining a narrative of opioid prescribing dangers](#).
- Listen to the [senate hearing on managing pain in the setting of an opioid crisis](#). Was the rush to policy change premature? What next?

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

- Lee P, Le Saux M, Siegel R, et al. [Racial and ethnic disparities](#) in the management of acute pain in US emergency departments: Meta-analysis and systematic review. *Am J Emerg Med*. 2019 Sep;37(9):1770-7. Black / Hispanic patients receive less analgesia for acute pain.
- Shover CL, Davis CS, Gordon SC, et al. Association between [medical cannabis laws and opioid overdose](#) mortality has reversed over time. *Proc Natl Acad Sci*. 2019;116(26):12624-26. States that have legal marijuana have a 23% increase in opioid-related deaths in recent years.
- Giannitrapani K, Holliday J, Miake-Lye I, et al. [Synthesizing the strength of the evidence of complementary and integrative health therapies for pain](#). *Pain Med*. 2019 Sept. 20(9): 1831–40. Among CIH methods, acupuncture has the strongest evidence of support with mindfulness, massage & tai chi supported for pain. Well conceptualized table shows the amount and strength of research by pain type, & gaps.
- Dumoulin S, Bouchard S, Ellis J, et al. A randomized controlled trial on the use of [virtual reality for needle-related procedures in children and adolescents](#) in the emergency department. *Games Health J*. 2019 Aug;8(4):285-293. VR reduces procedural pain & related fear more than watching TV. Child Life Specialist directed distraction and VR improve patient satisfaction. All 3 distractions cut pain & fear of pain.
- Beehler GP, Murphy JL, King PR, et al. [Brief cognitive behavioral therapy for chronic pain](#): results from a clinical demonstration project in primary care behavioral health. *Clin J Pain*. 2019 Oct;35(10):809-817 Modules teaching goal setting, activity pacing, adaptive thinking & relaxation training were associated with the most significant gains in treatment outcomes (pain & functioning) by the third appointment.
- Donne J, Odrowaz T, Pike S, et al. [Teaching palliative care to health professional](#) students: A systematic review and meta-analysis of randomized controlled trials. *Am J Hosp Palliat Care*. 2019 Nov;36(11):1026-41. A 2-hour seminar may be enough to improve students' knowledge & attitudes about palliative care, but additional training time and methods are needed for skill-building activities.

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

- Cheatle MD, Compton PA, et al. Development of the revised Opioid Risk Tool (ORT) to predict opioid use disorder (OUD) in patients with chronic non-malignant pain. *J Pain*. 2019 Jul;20(7):842-51. [Removing the sexual abuse item from the ORT](#) improves identification of risk.
- Noel M, Rosenbloom B, Pavlova M, et al. Remembering the pain of surgery one year later: a longitudinal examination of anxiety in children's pain memory development. *Pain*. 2019 Aug. 160(8): 1729-1739. Negative biases, baseline anxiety, pain anxiety, pain catastrophizing are linked to higher pain scores & [exaggerated pain recall contributes to chronic post-surgical pain development in children](#).
- Liu CW, Bhatia A, et al. Weeding out the problem: the [impact of preoperative cannabinoid use on pain](#) in the perioperative period. *Anesth Analg*. 2019 Sep;129(3):874-81. Preoperative cannabinoid is linked to higher pain scores & poorer sleep quality after orthopedic surgery.
- Traeger AC, Lee H, Hübscher M, et al. Effect of intensive patient education vs placebo patient education on outcomes in patients with acute low back pain: a randomized clinical trial. *JAMA Neurol*. 2019 Feb 1;76(2):161-169. [Intensive patient education failed to improve acute back pain](#) in patients at high risk of developing chronic pain; above and beyond advice, reassurance & simple, necessary analgesia.
- Schepis TS, McCabe VV, Boyd CJ, et al. The epidemiology of prescription fentanyl misuse in the United States. *Addict Behav*. 2019 Sep;96:89-93. Among subjects in a national study who misused fentanyl, [44 times more misused illicit fentanyl than the prescription form](#).
- Habbouche J, Lee J, Steiger R, et al. Association of hydrocodone schedule change with opioid prescriptions following surgery. *JAMA Surg*. 2018 Dec 1;153(12):1111-9. [Since hydrocodone was rescheduled](#), patients got more (MME) opioids prescribed after surgery & fewer refills.
- Solomon DH, Shao M, Wolski K, et al. Derivation and validation of a major toxicity risk score among NSAID users based on data from a randomized controlled trial. *Arthritis Rheumatol*. 2019 Aug;71(8):1225-31. A [risk tool predicting major NSAID toxicity](#) at 1-year validated.

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

- NCCIH digest summarizes [current scientific research about mind and body approaches for chronic pain](#), including [patient information](#).
- The [U.S. Pain Foundation](#) compiled a list of resources to help those living with pain get the physical, emotion & financial help needed.
- [Resources for pain in older adults](#) for professionals, organizational improvement, and materials for patients and caregivers.
- Free "PAMI" mobile tool provides easy access to an adult & pediatric [dosing guide along with nonpharmacologic options](#) to consider.
- NAS publication describes an evaluation of [the effects of co-prescribing opioids & benzodiazepines](#) on veterans' deaths and suicides.

## **Complementary Integrative Health**

- The pregnancy hormone [Relaxin may improve pain & joint mobility](#) for those with arthrofibrosis, such as frozen shoulder syndrome.
- Access to nondrug therapies is limited, but researchers are [making a case to expand and pay for nondrug programs](#) to cut opioid use.
- The science behind the [benefit of mind/body practices for older adults](#) is reviewed, delineating safe ways to help lower pain.

## **Pain-Related Education Opportunities**

- Sat Oct 5<sup>th</sup> Eastern Pain Association Annual Fall Conference [Packed agenda](#) with cutting edge innovations from top pain experts. New York
- Thurs Oct 10<sup>th</sup> MassPI [Pain Management: From Research to Yoga](#). Outstanding interprofessional line-up. Marlboro, MA. 7:30 – 3:45PM
- Thu-Sun Oct 17<sup>th</sup>-20<sup>th</sup> International Pelvic Pain Society with a new perspective on [chronic endometriosis & chronic pelvic pain](#), Toronto, CA

## **MGH Pain Calendar**

- Tools & Techniques for Effective Pain Management – Tuesday, January 28<sup>th</sup> Click here to email [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 First and third Wednesday of month 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/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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