



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

- [Opioid overdoses disproportionately affect different populations](#); supporting a need for focused support & access to care.
- [OxyContin-maker pleads guilty to 3 federal crimes](#) with an \$8 billion settlement forcing Purdue to become a public benefit company.
- [Mallinckrodt files for bankruptcy over opioid crisis](#) due to unmanageable legal liabilities, as stocks dip to under a dollar.
- [Online salesman of fentanyl-laced counterfeit analgesics](#) targeted patients who were unable to get opioid refills from their doctors.
- Dec. 11th the FDA will hold a workshop "[Opioid Analgesics Risk Evaluation and Mitigation Strategy](#)" and are seeking public comments.
- [Drug Takeback Day collected nearly a million pounds](#) of unused/unwanted drugs, but it's unclear how many opioids were returned.
- Recently approved opioid [olicecidine was assigned a Schedule II classification](#) by the DEA, like other intravenous (IV) opioids.

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

- Tauben DJ, Langford DJ, Sturgeon JA, et al. Optimizing [telehealth pain care after COVID-19](#). *Pain*. 2020 Nov;161(11):2437-45. Multidisciplinary telehealth pain treatments could work if obstacles & reimbursement challenges can be overcome
- Varas V, Bertinelli P, Carrasco P, Intraoperative ketamine and magnesium therapy to control postoperative pain after abdominoplasty and/or liposuction: a clinical randomized trial. *J Pain Res* 2020 Nov (13): 2937—46. Co-administration of [intraoperative ketamine plus magnesium cut pain & opioid use first 12 hours after surgery](#). No more side effects were observed in those getting study drugs vs. placebo.
- Pradal J. Comparison of skin permeation and putative anti-inflammatory activity of commercially available topical products containing ibuprofen and diclofenac. *J Pain Res* 2020;13: 2805—14. Although ibuprofen may penetrate better, [topical diclofenac may have superior anti-inflammatory activity](#) with compound concentration, salt & excipients playing a role. Implications to practice & research are delineated.
- Karran EL, Grant AR, Moseley GL. [Low back pain and the social determinants of health](#): a systematic review and narrative synthesis. *Pain*. 2020 Nov;161(11):2476-93. Educational attainment & socioeconomic status are important social determinants of health with low back pain.
- Wu CY, Lin HC, Chen SF, et al. Efficacy of pulsed [radiofrequency in herpetic neuralgia](#): a meta-analysis of randomized controlled trials. *Clin J Pain*. 2020 Nov;36(11):887-95. Pulsed radiofrequency treatment effectively controls refractory postherpetic neuralgia pain.
- The United States Drug Enforcement Administration and prescription opioid production quotas: An end game of eradication? *J Pain Res*. 2020 Oct (13) 2629-31. [DEA reduction in production quotas despite COVID opioid shortages](#) raises questions about the DEA's intentions.
- Montes A, Roca G, Statistics JC, et al. Presurgical risk model for chronic postsurgical pain based on six clinical predictors: a prospective external validation. *Pain*. 2020 Nov;161(11):2611-18. New model predicts [which patients will develop chronic postsurgical pain](#) with 70% accuracy, based on six factors including pain intensity, age, gender, obesity, emotional state (e.g. anxiety, depression) and substance use.
- Motov S, Butt M, Masoudi A, et al. Comparison of oral ibuprofen and acetaminophen with either analgesic alone for pediatric Emergency Department patients with acute pain. *J Emerg Med*. 2020 May;58(5):725-32. [Oral ibuprofen & acetaminophen](#) have similar efficacy for short-term treatment of acute pain in the pediatric Emergency Department. It is unclear if combining the two has any added benefit.

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

- Turan A, Leung S, Bajracharya GR, et al. Acute [postoperative pain is associated with myocardial injury](#) after noncardiac surgery. *Anesth Analg*. 2020 Sep;131(3):822-829. Heart muscle damage can occur with sustained high pain levels the first 3 days after surgery.
- Merrer J, Chantry AA, Khoshnood B, et al.. Determinants of the use of [nonpharmacological analgesia for labor pain](#) management: a national population-based study. *Pain*. 2020 Nov;161(11):2571-2580. Nondrug methods combined with neuraxial analgesia mainly depends on the woman's preference, socioeconomic factors, quality of prenatal care, and organization's resources. Only 6% used nondrug therapies alone.
- Janevic MR, Shute V, et al. The role of pets in supporting cognitive-behavioral chronic pain self-management: perspectives of older adults. *J Appl Gerontol*. 2020 Oct;39(10):1088-1096 Although a burden to some, [pets help many older adults learn & use CBT coping techniques](#)..
- Markman JD, Bolash RB, McAlindon TE, et al. Tanezumab for chronic low back pain: a randomized, double-blind, placebo- and active-controlled, phase 3 study of efficacy and safety. *Pain*. 2020 May 19;161(9):2068-78. An anti-NGF [Tanezumab improves back pain & function](#).
- Ghoshal M, Shapiro H, Todd K, et al. Chronic noncancer pain management and systemic racism: time to move toward equal care standards. *J Pain Res* 2020 (13): 2825—36. [Racial injustice in pain care can't be ignored](#); a time for action to improve access to quality pain care.
- LeVoir A, Lee M, Fitzgibbon D, et al. [Chronic opioid therapy in cancer survivors](#) at a specialty oncology pain clinic: opioid dosing, efficacy and safety over five years of pain management. *J Pain Symptom Manage*. 2020 Nov 10:S0885-3924(20)30866-6. Of 180 patients on opioids for post-cancer treatment chronic pain; most had stable or lower doses over 5 years, with only 1 showing aberrant behavior or serious effects.

Pain Resources on the Web:

- Australian-based grassroots "[Pain Revolution](#)" has resources to change the understanding of pain how patients, professionals & researchers.
- November is [Complex Regional Pain Syndrome](#) month. Resources for physiotherapists can be very helpful to patients & professionals
- Dialog on the state of the science; [does cannabis fit into pain practice?](#) between a pharmacist and medical researcher.
- National Academy of Medicine Action Collaborative [virtual symposium on Countering the U.S. Opioid Epidemic](#).

Complementary Integrative Health

- Meta-analysis shows moderate evidence that [acupuncture &/or acupressure reduces cancer pain](#) while reducing analgesic use.
- Evidence-based decision aid assists in choosing [complementary and integrative approaches that reduce pain in children with cancer](#).
- [Virtual Reality helps patients with chronic pain](#) develop coping skills in a way that is highly engaging with a low side effect burden.
- New study examines disparities in race of the experience and [relief of knee osteoarthritis with mindfulness and transcranial stimulation](#).
- [Kinesio taping reduces shoulder pain](#), subluxation, & improves arm functioning and activities of daily living in patients with hemiplegia.
- [Cryoneurolysis & percutaneous peripheral nerve stimulation](#) are promising innovations to relieve acute pain for weeks without drugs.

Pain-Related Education Opportunities

- Wed-Fri Dec 9-11 [Transforming Pain Science & Care in Challenging Times](#) , 2pm to 6:15pm (virtual format) USASP Inaugural Meeting
- [Neural Basis of Mind-Body Pain Therapies](#): how pain and its treatment effects the brain. Free CE
- Manipulating the Pain: [Chiropractic and Other "Alternative" Treatments](#) for Back Pain. Free CE
- Clinically Relevant [Herb-Drug Interactions](#): Past, Present, and Future. Free CE

MGH Pain Calendar Virtual Rounds

- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM . Contact: [Gail Chin](#) for more information
- MGH Inter-professional Pain Rounds First and third Wednesday of month from 12–1pm. Email [Tina Toland](#) for more info

MGH Pain Resources

Excellence Every Day Pain Portal Page: <http://www.mghpcs.org/EED/Pain/default.shtml>

MGH Pain Management Center Newsletter: <https://conta.cc/2Hk79qV>

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/crlsql/servlet/crlonline>

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