



# 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](#) and [WHO](#) weigh in on controversy that [NSAID use for fever/pain during the COVID-19 pandemic](#) should be a second line choice.
- Opioid company pays Practice Fusion to design its [EHR software that prompts opioid prescribing](#). Favoring their products.
- [FDA approved Advil Dual Action](#) (125mg Ibuprofen plus 250mg acetaminophen) for over-the-counter (OTC) sales.
- [People harmed by improper \(Purdue\) opioid prescriptions can file claims](#) against bankrupt Purdue Pharma by June 30<sup>th</sup> 2020.
- [Injectable IV meloxicam \(FDA approved\)](#) is given daily to treat moderate to severe pain for lower opioid use with less NSAID side effects.
- [National Take Back Day is April 25<sup>th</sup>](#) for safe, convenient & responsible dispose of unused/ or expired prescription drugs.
- Hospira issued a voluntary U.S. [recall of ketorolac due to potential particulates](#) that may produce microemboli.
- In [2018, drug overdose deaths were over 4% lower](#), with prescription opioid deaths down 14% & illicit fentanyl fatalities up 10% from 2017.
- Legislators extends the bill that keeps leading opioid overdose drugs, [fentanyl analogues, classified as a Schedule I drug](#).
- Experts discuss [pain & symptom management during COVID-19](#) pandemic, including the vulnerabilities and care of patients taking opioids.

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

- Scholten W, Christensen AE, et al. Analyzing and benchmarking global consumption statistics for opioid analgesics 2015: inequality continues to increase. *J Pain Palliat Care Pharmacother.* 2020 Mar;34(1):1-12. The 20 most-developed countries use of 256mg morphine per capita was 33 times higher than developing nations. The [U.S. has 4<sup>th</sup> most opioid consumption rate behind Germany, Austria & Canada](#).
- Boland EG, Bennett MI, Allgar V, et al. Cannabinoids for adult cancer-related pain: systematic review and meta-analysis. *BMJ Support Palliat Care.* 2020 Mar;10(1):14-24. Meta-analysis shows [for cancer pain, adjunctive cannabinoids don't cut pain](#), but adds side effects.
- Xu YJ, Sun X, et al. Randomized clinical trial of continuous transversus abdominis plane block, epidural or patient-controlled analgesia for patients undergoing laparoscopic colorectal cancer surgery. *Br J Surg.* 2020 Jan;107(2):e133-e141. [TAP blocks during laparoscopic surgery](#) cut pain, opioid use & improved GI motility better than general anesthesia alone with shorter hospital stays than patient who got epidurals.
- Andrews-Cooper IN, Kozachik SL. How [patient education influences utilization of nonpharmacological modalities](#) for persistent pain management: an integrative review *Pain Manag Nurs.* 2020 Apr;21(2):157-164. Patient education about nondrug methods can motivate adults with chronic pain to use these modalities to improve outcomes. professionals should inform patients & urge them to try these methods.
- Kiang MV, Humphreys K, Cullen MR, et al. Opioid prescribing patterns among medical providers in the United States, 2003-17: retrospective, observational study. *BMJ.* 2020;368:l6968. Prudent opioid prescribing is demonstrated by the clear majority but the [top 1% of prescribers account for 27% of opioid](#) and 19% of benzodiazepine prescriptions. Focusing on them instead of 99% of prescribers is advised.
- Martinez-Calderon J, et al. Conservative interventions reduce [fear in individuals with chronic low back pain](#): a systematic review. *Arch Phys Med Rehabil.* 2020 Feb;101(2):329-358. Exercise, CBT, manual therapy &/or electrotherapy can reduce fear and improve LBP outcomes.

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

- Neill LA, Kim HS, Cameron KA, et al. [Who Is Keeping Their Unused Opioids](#) and Why? *Pain Med*. 2020 Jan 1;21(1):84-91. A qualitative study of 100 patients who decided to keep of unused opioids a month after prescribed, revealed they did so “just in case” their pain recurred.
- Kienzl M, Storr M, Schicho R. Cannabinoids and opioids in the treatment of inflammatory bowel diseases. *Clin Transl Gastroenterol*. 2020; Jan 11(1):e00120. Anecdotal reports show [cannabis may have reduce pain, inflammation & diarrhea](#) in patients with IBD.
- Gudin J, Fudin J. [Peripheral opioid receptor antagonists for opioid-induced constipation](#) (OIC): a primer on pharmacokinetic variabilities with a focus on drug interactions. *J. Pain Res* 2020;13 447–456. Peripherally acting  $\mu$ -receptor antagonists (PAMORAs) include methylnaltrexone, naloxegol & naldemedine. Each are approved for treating OIC & have unique pharmacokinetic properties that can interact with food or drugs.
- Lancaster RJ, Wren K, Hudson A, et al. Intravenous [lidocaine for chronic neuropathic pain](#) a systematic review addressing nursing care. *Pain Manag Nurs*. 2020 Apr;21(2):194-200. Lidocaine for pain has infrequent side effects but demand monitoring for neurological changes.
- Bailey CS, Rasoulinejad P, Taylor D, et al. [Surgery versus Conservative Care for Persistent Sciatica](#) Lasting 4 to 12 Months. *N Engl J Med*. 2020 Mar 19;382(12):1093-1102. Microdiscectomy cuts pain at 6-12 months better than conservative therapy for disc-related chronic sciatica.

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

- *We Are Visible* documentary details [daily living with the stigma of painful conditions](#) like Ehlers-Danlos syndrome in different countries
- [Misdirected Anger can hurt](#) patients & professionals despite being a natural part of the grieving process that patients & families endure.
- The American Chronic Pain Association, in collaboration with Stanford published their updated [2020 Pain Resource Guide](#).
- [Multidisciplinary multimodal pain care](#) can replace our failed capitalistic approach, by supporting team-based, patient centered care.
- Get tools & resources to [prevent diversion of opioids](#) from their primary source, the medicine cabinet of family & friends.
- An informed patient guide to pain management covers frequently asked questions & a variety of [tools & resources for chronic pain patients](#).

## **Complementary Integrative Health**

- Hints for people on [getting through bad arthritis pain days](#) by being proactive in using effective strategies to prevent it from getting worse.
- The National Institutes of Health Pain Consortium has a resource page that summarizes [what is known about different pain conditions](#)
- Slow-breathing combined with [mindful attention to breath reduces pain](#) but is not reversible by naloxone.
- A systematic review & meta-analysis supports the effectiveness of at least [20 minutes of music reduces pain in adults critical care patients](#).
- Although a burden for some, many find [pets help older adults learn & use CBT coping strategies](#) with physical, emotional & social benefits.

## **Pain-Related Education Opportunities**

- [Hour-long module aims to guide pediatricians](#) to appropriate prescribing practices for children and adolescents with acute or chronic pain
- Wed-Thu Jun 3-4 NIH: [Technologies for Improving Understanding and Management of Pain](#) Bethesda, MD

## **MGH Pain Calendar – Likely postponed through April, check ahead**

- Tools & Techniques for Effective Pain Management – Tue, April 28<sup>th</sup> 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](#) 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**

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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