



# 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

- Whistleblowers on [opioid pill-mill warnings were ignored by Walmart](#) leaders who are reassured by Trump they wouldn't be prosecuted.
- FDA approves a new drug application for a bupivacaine collagen implant to reduce postop pain after open inguinal hernia surgery.
- SAMHSA provides preemptive guidance for [methadone and buprenorphine](#) treatment of Opioid Use Disorder in the COVID-19 emergency.
- Comments wanted by June 16<sup>th</sup> for an updated [CDC Guideline for Managing Acute and Chronic Pain](#) including treatment with opioids.
- U.S. Pain Foundation survey on how [COVID-19 is affecting people living with pain](#) by increasing vulnerability and barriers to care.
- DEA issues [guidance for prescribing controlled substances without an in-person visit](#) during the corona virus public emergency.
- FDA recommends temporary suspension of REMS testing unless there are compelling reasons given our current public health emergency.
- FDA warns about [serious breathing problems with gabapentin & pregabalin](#) for elders, CNS depressants &/or lung disease.
- NAS has the final report on [Framing Opioid Prescribing Guidelines for Acute Pain](#): Developing the Evidence for free download.
- The Mayday Fund welcomes their next cohort of leaders, advocates and [experts in pain science and care](#) for 2020 – 2021.

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

- Cohen SP, Zafeer BB, et al. Best practices from multispecialty organizations during the COVID-19 pandemic and public health crises. *Pain Med*, 2020 Apr: pnaa127, Guidelines to balance risks (patients & providers), resources, & access to [pain care during COVID-19 crisis](#).
- Kamper SJ, Logan G, Copsey B, et al. What is usual care for low back pain? A systematic review of healthcare provided to patients with low back pain in family practice and emergency departments. *Pain*. 2020 Apr;161(4):694-702 [Overuse of imaging & opioids for back pain](#) contributes to high costs, while published best practice guidelines to avoid these as first line approaches are largely ignored.
- Puschmann AK, DrieBlein D, Beck H, et al. Stress and Self-Efficacy as Long-Term Predictors for Chronic Low Back Pain: A Prospective Longitudinal Study. *J Pain Res*. 2020;13 613–621. Social & work stress are important risk factors to identify and manage amidst evidence that enhanced [self-efficacy protects against the development of chronic back pain](#).
- Safiri S, Kolahi AA, Hoy D, et al. Global, regional, and national [burden of neck pain in the general population](#), 1990-2017: systematic analysis of the Global Burden of Disease Study 2017. *BMJ*. 2020 Mar 26;368:m791. Neck pain is a serious public health problem in the general population. It remains a leading cause of disability worldwide, with the highest burden clustered in northern Europe.
- Rosa WE, Riegel B, Ulrich CM, et al. A concept analysis of analgesic nonadherence for cancer pain in a time of opioid crisis. *Nurs Outlook*. 2020 Feb;68(1):83-93. Patient deviation from a prescribed regimen may be intentional, unintentional or transient [analgesic nonadherence](#).
- Cibert-Goton V, Kung VWS, et al. Functional and anatomical deficits in visceral nociception with age: a mechanism of silent appendicitis in the elderly? *Pain*. 2020;161(4):773-86. Sensorimotor & autonomic [nerve degeneration impairs visceral pain perception with advanced age](#).

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](#)]

- Kapustin D, Bhatia A, McParland A, et al. Evaluating the impact of gabapentinoids on sleep health in patients with chronic neuropathic pain: a systematic review and meta-analysis. *Pain*. 2020 Mar;161(3):476-90. [Gabapentinoids improve sleep, QOL & neuropathic pain](#) after 6 weeks.
- Quesada C, Pommier B, Fauchon C, et al. New procedure of high-frequency repetitive transcranial magnetic stimulation (r-TMS) for central neuropathic pain: a placebo-controlled randomized crossover study. *Pain*. 2020 Apr;161(4):718-28. Nearly half of patients with a spine/brain lesion had [30% lower neuropathic pain with high-frequency r-TMS](#) spaced 3 weeks apart. Analgesic use & quality of life unaffected.
- Letzen JE, Mun CJ, Kuwabara H, et al. Ethnic disparities in pain processing among healthy adults:  $\mu$ -opioid receptor binding potential as a putative mechanism. *Pain*. 2020 Apr;161(4):810-20. Mu-receptor structure accounts for [ethnic differences in pain modulation & perception](#).
- Polacek C, Christopher R, Mann M, et al. Healthcare professionals' perceptions of challenges to chronic pain management. *Am J Manag Care*. 2020 Apr 1;26(4):e135-e139. [Barriers to chronic pain management](#) included variable care fragmented by context; the multidimensional, subjective nature of pain; variation in approaches to pain; & limited resources to manage pain with nondrug methods.
- Groenewald CB, Patel KV, Rabbitts JA, Palermo TM. Correlates and motivations of prescription opioid use among adolescents 12 to 17 years of age in the United States. *Pain*. 2020 Apr;161(4):742-748. The top reason [adolescents misuse opioids for pain](#) (50% of cases).
- Gomez-Penedo JM, Rubel JA, Blattler L, et al. The complex interplay of pain, depression, and anxiety symptoms in patients with chronic pain. A network approach. *Clin J Pain*. 2020;36:249-59. [Mobilizing patients' strengths](#) yields better results than focusing on vulnerabilities.

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

- Resources for clinicians providing treatment for pain &/or substance use disorder in the context of [COVID & the opioid crisis](#).
- Alliance for Balanced Pain Management website has many resources aligned with [Best Practices in Pain Management](#)
- Good review of how positive &/or negative reinforcements from the [family dynamics affect pain](#), behavior & functioning.
- People in pain deserve drug control [policies that facilitate humane and compassionate treatment](#). CERPSA was developed to help.
- [Preventing chronic post-surgical pain](#). What we know and can do to reduce the unacceptably high prevalence rates.
- [Multilingual, multimedia tools on pain](#) for patients and professionals from our Australian colleagues.

## **Complementary Integrative Health**

- [Osteopathic manipulation](#) may help some avoid surgery to treat pain in the back, neck, head, shoulder, ankle, and/or foot.
- [Acupressure lowers postpartum low back pain](#), improves physical functioning and may improve mood compared to sham acupressure.
- A meta-analysis shows that [Virtual Reality used during dental treatments](#) can distract children & adults from related pain and anxiety.

## **Pain-Related Education Opportunities**

- Wed-Thu Jun 3-4 NIH: [Technologies for Improving Understanding and Management of Pain](#) Bethesda, MD
- Mon-Fri Jun 15-19 [Harvard Medical School annual Principles & Practices in Pain Medicine](#) Boston, MA
- [Reducing inpatient opioid consumption](#): Creating a therapeutic foundation with breakthrough analgesia based on patient function (recorded)

## **MGH Pain Calendar** *Likely postponed through May, check ahead*

- Tools & Techniques for Effective Pain Management – Tue, June 9<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>

**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](#)