



# 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

- New [transmucosal immediate-release fentanyl](#) REMS requires prescriber & pharmacy to document opioid tolerance with every prescription
- CDC reports that during a 12-month period, [COVID & illicit opioids are driving record high overdose death rates](#).
- [Black physician complains of racist denial of pain treatment](#); treated like an addict, before being discharged & dying from Covid-19.
- IASP welcomes the [United States Association for the Study of Pain](#) chapter to improve pain research, practice & policies.
- [Justice Department sues Walmart for alleged role in opioid crisis](#), despite facts they blocked filling questionable opioid prescriptions.
- [References to "opioid overdose death"](#) should be replaced with the more accurate "polysubstance-overdose death" crisis.
- [Veterans still endure ineffective treatment of chronic pain](#) given the VA system's strict adherence to disputed CDC opioid guidelines.
- [In Massachusetts, electronic prescriptions are now required](#) for controlled substances and medical devices. Prescribers must enroll.

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

- Venkatesh KK, Pate V, Boggess KA, et al. [Trends in opioid and psychotropic prescription in pregnancy in the United States from 2001 to 2015 in a privately insured population: a cross-sectional study](#). *Ann Intern Med*. 2020; Dec. 173(11\_Sup):S19-S28. Over 15-years, the rate (10%) and dose of [opioids prescribed pregnant women decreased](#) but the rate of prescribed psychotropics (6%) remained unchanged.
- Cogan J, André M, Ariano-Lortie G, et al. Injection of bupivacaine into the pleural and mediastinal drains: a novel approach for decreasing incident pain after cardiac surgery – Montreal Heart Institute experience. *J Pain Res*. 2020 Dec (13): 3409–13. [Pleural & mediastinal drain injections of 0.25% bupivacaine](#) (20 mL) after heart surgery effectively cut drain-related pain within 10 minutes; without added infection risk.
- Kelley-Quon LI, Kirkpatrick MG, Ricca RL, et al. [Guidelines for opioid prescribing in children](#) and adolescents after surgery: an expert panel opinion. *JAMA Surg*. 2021 Jan 1;156(1):76-90. Education & opioids-sparing approaches are needed for children/parents to cut misuse risk.
- Turner KM, Wilcox G, Nordstokke DW, et al. [Executive functioning in youth with and without chronic pain](#): a comparative analysis. *Clin J Pain*. 2021 Feb 1;37(2):102-117. Chronic pain impairs youth's attention, memory, cognitive processing speed, fatigue, mood & ADL's.
- Wang L, Zhang L, Yang L, et al. Effectiveness of pain coping skills training on pain, physical function, and psychological outcomes in patients with osteoarthritis: A systemic review and meta-analysis. *Clin Rehabil*. 2020 Oct 26. [Pain coping skills training for those with arthritis helped improve in pain](#), function, coping and a positive outlook that wasn't improved further with the addition of exercise.
- Osborne NR, Cheng JC, Rogachov A, et al. Abnormal subgenual anterior cingulate circuitry is unique to women but not men with chronic pain. *Pain*. 2021 Jan;162(1):97-108. Functional connectivity in key [neural networks may explain gender differences in chronic pain](#) rates.
- Thomaidou MA, Veldhuijzen DS, et al. An experimental investigation into the mediating role of pain-related fear in boosting nocebo hyperalgesia. *Pain*. 2021 Jan;162(1):287-99. Induced [pain-related fear increases sensitivity to pain](#), especially with high intensity pain.

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

- Gao H, Xu G, Li F, et al. Effect of combined pharmacological, behavioral, and physical interventions for procedural pain on salivary cortisol and neurobehavioral development in preterm infants: a randomized controlled trial. *Pain*. 2021 Jan;162(1):253-62. [Procedural pain & stress in preterm infants](#) is lowered with combined methods, including: massage, music, sucrose non-nutritive sucking & human touch.
- Warren C, Jaisankar P, Saneski E, et al. Understanding [barriers and facilitators to nonpharmacological pain management](#) on adult inpatient units. *Pain Manag Nurs*. 2020 Dec;21(6):480-487. Target knowledge, attitudes & use of nondrug relief measures to enhance its utilization.
- Khaw D, Bucknall T, Considine J, et al. Six-year trends in postoperative prescribing and use of multimodal analgesics following total hip and knee arthroplasty *Eur J Pain*. 2021 Jan;25(1):107-121. [Multimodal analgesics improves movement evoked pain & sleep](#) after arthroplasty.
- Rouch I, Edjolo A, Laurent B, et al. Association between chronic pain and long-term cognitive decline in a population-based cohort of elderly participants. *Pain*. 2021 Feb 1;162(2):552-560. A 15-year study concludes: [treat older adults' pain to prevent accelerated cognitive decline](#).
- McAfee J, Boehnke KF, et al. Perioperative cannabis use: a longitudinal study of associated clinical characteristics and surgical outcomes. *Reg Anesth Pain Med*. 2021 Feb;46(2):137-144. [Cannabis use is linked to more postoperative pain](#), opioid use, impaired mood & functioning.

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

- IASP launches the [2021 Global Year about Back Pain](#) by providing free multilingual facts, webinars, toolkits, research stimulus & resources.
- Description of the [top pain-relieving devices on the market](#); including phototherapy; neuromodulators, heating/cooling devices and more.
- New potential analgesics of the future, [JAK inhibitors](#) for arthritis, [glial cell modulators](#) for neuropathic pain & [kappa agonists](#) for inflammation.
- Correcting unconscious bias in assessing pain is a starting point to address [major ethnic disparities in pain treatment](#) & quality of outcomes.

## **Complementary Integrative Health**

- [Cognitive-behavioral intervention toolkits for children & parents cut the pain of venipunctures](#) compared to restraining the child.
- [Qigong mind-body exercise](#) is a safe method to reduce persistent physical & psychosocial discomforts after breast cancer surgery.
- People [taking glucosamine & chondroitin for a year](#) have a 39% lower all-cause mortality risk (65% lower CVD risk)
- [Percutaneous ultrasonic tenotomy cuts pain](#) and disability scores for persistent tendinopathy after conservative treatment fails.
- In addition to standard care, [Virtual Reality reduces pain and anxiety during cancer treatment](#) & pediatric procedures.
- Eight sessions of [electroacupuncture improves pain & functioning a month after spine surgery](#) for low back pain when added to usual care.

## **Pain-Related Education** Opportunities

- FDA-approved Risk Evaluation and Mitigation Strategies ([REMS](#)) for opioids [updated online training](#) & resources.
- Wed Mar 3 [Advancing Pain Relief Virtually](#) to better understand/treat pain & suffering; while tearing down silos
- Fri-Sat Mar 5-6; Live streamed [Kauai Pain Conference](#) will review evidence-based & best practice approaches to biopsychosocial care.
- Thu May 20 [AAPM Annual Meeting](#); focuses on multimodal and multidisciplinary approaches virtually this year.

## **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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