



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

- The [DEA plans to cut prescription opioid supply in 2022](#) for the 6th year in a row citing a 20% cut in "medical need" for opioids in the U.S..
- The [Oklahoma Supreme Court overturned a \\$465 million ruling against Johnson & Johnson](#) for its role in the opioid crisis.
- [Massachusetts opioid overdose deaths rose 1% through September 2021](#) (primarily illicit fentanyl) compared to the same time last year.
- [Oral Ketamine for treating Complex Regional Pain Syndrome](#) has been granted orphan drug status by the FDA.
- FDA issues a [recall of Methocarbamol 500mg](#) that contain 750mg in Lot Number 163935/ Exp. Date 10/22.
- [Why modern medicine struggles with treating chronic pain](#) and how personal insights, self-help & hope succeed where medicine fails.
- [FDA approves the first virtual reality device for chronic back pain](#) with embedded Cognitive Behavioral Therapy & breathing biofeedback.
- Walmart, Walgreens & CVS [pharmacies found liable for Ohio's opioid crisis](#) disregarding their therapeutic role in treating pain.

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

- Wilton J, Abdia Y, Chong M, et al. . Prescription opioid treatment for non-cancer pain and initiation of injection drug use: large retrospective cohort study. *BMJ*. 2021 Nov 18;375:e066965. [Under 4% of patients treated with long-term opioids for chronic pain develop IV drug use.](#)
- Pogatzki-Zahn EM, Liedgens H, Hummelshoj L, et al. Developing consensus on core outcome domains for [assessing effectiveness in perioperative pain management](#): results of the PROMPT/IMI-PainCare Delphi Meeting. *Pain*. 2021 Nov 1;162(11):2717-2736. Perioperative pain control should target condition-specific functioning, pain intensity at rest & with activity, adverse events & self-efficacy.
- Garrett SB, Nicosia F, Thompson N, et al. Barriers and facilitators to older adults' use of nonpharmacologic approaches for chronic pain. *Pain*. 2021 Nov 1;162(11):2769-79. [Appeal, accessibility & the patients' awareness of nondrug methods influence their use](#) by older adults
- Navratilova E, Fillingim RB, Porreca F. [Sexual dimorphism in functional pain syndromes](#). *Sci Transl Med*. 2021 Nov 10;13(619):eabj7180. Neuroendocrine differences of some pain syndromes more prevalent & disabling in women, supports developing gender-specific therapy.
- O'Brien CM, Ntoumanis N, Duda JL, et al. Pain and fatigue ... are longitudinally and bi-directionally associated with more sedentary time and less standing time in rheumatoid arthritis. *Rheumatology* 2021 Oct 2;60(10):4548-4557. [RA pain & fatigue linked to being sedentary.](#)
- Viel E, Eerdeken M, Kandaswamy P. Treatment impact on patient-reported outcomes in peripheral neuropathic pain: comparing single intervention with topical high-concentration capsaicin to daily oral pregabalin. *Pain Physician*. 2021 Sep;24(6):453-463. A single application of [high-concentration capsaicin application works quicker & is as effective as pregabalin](#) at 8 weeks with fewer systemic side effects.
- Ziadni MS, Gonzalez-Castro L, Anderson S, et al. Efficacy of a single-session "Empowered Relief" Zoom-delivered group intervention for chronic pain: randomized controlled trial conducted during the COVID-19 pandemic. *J Med Internet Res* 2021;23(9):e29672. One-time ["Empowered Relief" Zoom session makes treating chronic pain accessible](#) in a feasible, engaging way to reduce symptom burden.

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

- Yang CP, Liang CS, Chang CM, et al. Comparison of new pharmacologic agents with triptans for treatment of migraine: a systematic review and meta-analysis. *JAMA Netw Open*. 2021 Oct 1;4(10):e2128544. [Triptans are more likely than CGRP antagonists to relieve migraine two hours after administration](#). The Calcitonin Gene-related Peptide (CGRP) antagonist class is better for those with cardiovascular risks.
- Wang L, Tobe J, Au E, et al. Selective serotonin reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors as adjuncts for postoperative pain management: systematic review and meta-analysis of randomised controlled trials. *Br J Anaesth*. 2021 Oct 28:S0007-0912(21)00613-9. [SNRIs but not SSRIs help reduce acute & chronic postoperative pain and opioid consumption](#) with few adverse events.
- Hurley RW, Adams MCB, Barad M, et al. Consensus practice guidelines on interventions for cervical spine (facet) joint pain from a multispecialty international working group. *Reg Anesth Pain Med*. 2021 Nov 11:rapm-2021-103031. [Guidelines for cervical facet pain](#).
- Nielsen NI, Kehlet H, et al. High-dose steroids in high pain responders undergoing total knee arthroplasty: a randomised double-blind trial. *Br J Anaesth*. 2021 Nov 5:S0007-0912(21). [Higher dose preoperative steroid cuts pain with movement](#) a day after TKA without side-effects.
- Chou R, Fu R, Dana T, et al. [Interventional treatments for acute and chronic pain: systematic review, comparative effectiveness review](#) No. 247. AHRQ Publication No. 21-EHC030. Rockville, MD: Agency for Healthcare Research and Quality; September 2021.
- Boehnke KF, Gagnier JJ, et al. Substituting cannabidiol for opioids and pain medications among individuals with fibromyalgia. *J Pain*. 2021 Nov;22(11):1418-28. Fibromyalgia patients are [substituting cannabinoids for conventional pain medications](#) despite the lack of evidence.
- Yennurajalingam S, et al. Genetic factors associated with pain severity, daily opioid dose requirement & pain response in advanced cancer patients receiving supportive care. *J Pain Symptom Manage*. 2021 Oct;62(4):785-95. [Genes linked to cancer pain severity & opioid response](#)

Pain Resources on the Web:

- Roundtable discussion on the [differences between episodic vs. chronic migraine](#) pathophysiology, treatments and access to care.
- Infographic well summarizes recommendations for [deciding if medical cannabinoids should be tried for chronic pain](#).

Complementary Integrative Health

- [Mirror therapy helps reduce phantom limb pain](#), more for longer duration pain; but sustained benefits are unclear.
- [Pain Reprocessing Therapy cuts primary chronic back pain](#) over the course of this 4-week psychological treatment.
- [Music, rhythm, singing & dancing help people with pain](#) by changing the arousal level within the nervous system.
- Adding [TENS after cardiothoracic surgery, cuts pain & opioid use](#) while improving pulmonary functioning.
- [White noise cut blood draw pain in premature babies better than a lullaby](#), as nondrug methods reduce pain, VS changes & [cortisol levels](#).
- Topical [cold applied to the incision after abdominal surgery](#) has little, if any effect on postoperative pain & analgesic use.

Pain-Related Education Opportunities

- Wed Dec 8th 4-5:30pm IASP webinar [Promoting a Foundation of Resilience among Adults with Chronic Low Back Pain](#)
- Thu – Sun Mar 17-20 [Today & Tomorrow in Pain Medicine: Innovations & Practical Applications](#) AAPM Scottsdale AZ

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
- Pain Relief Nurse Education Thu Dec 16th 12 – 1pm. Nurse-driven pain relief interventions (Aynsley Foresythe). Email [Paul Arnstein](#)

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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