



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	Pain Education Opportunities.....	Page 2
Journal Watch.....	Page 1-2	MGH Pain Calendar & Resources.....	Page 2
CIH.....	Page 2		

In the News

- AMA requests a [new approach to the opioid epidemic](#) after a decade of significantly lower prescribing amidst escalating overdose rates.
- [CDC wants public input to update opioid prescribing guidelines](#); The draft will be posted in the Federal Register early in 2022.
- [Baby steps amid 'tsunami of overdose death'](#) need to be replaced with bold, evidence-based approaches to overcome barriers.
- [illicit fentanyl was involved in nearly two-thirds of > 100,000 U.S. drug overdose deaths](#), including counterfeit pain pills.
- [FDA expanded Zynrelef \(bupivacaine and meloxicam\) indications](#) to include soft tissue or periarticular instillation for up to 3 days of relief.
- [Global year about back pain fact sheets and resources](#) close out this year's effort to enhance understanding and treatment of this problem.

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

- Rivas E, Cohen B, Pu X, et al. Pain and opioid consumption and mobilization after surgery: post hoc analysis of two randomized trials. *Anesthesiology*. 2022 Jan 1;136(1):115-126. Pain interferes with functioning as [post-op mobility diminishes for each point increase over 3/10](#).
- Costales B, Goodin AJ. Outpatient off-label gabapentin use for psychiatric indications among U.S. adults, 2011-2016. *Psychiatr Serv*. 2021 Nov 1;72(11):1246-53. Over [99% of gabapentin prescriptions are for unapproved indications](#), raising questions about its safety and efficacy.
- Hetta DF, Elgalaly NA, Mohammad MAF. The efficacy of preoperative duloxetine in patients undergoing major abdominal cancer surgery: a randomized controlled trial. *Clin J Pain*. 2021 Dec 1;37(12):908-13. [Duloxetine before major abdominal surgery cut postop pain](#), opioid use.
- Qaseem A, McLean RM, O'Gurek D, et al. Nonpharmacologic and pharmacologic management of acute pain from non-low back, musculoskeletal injuries in adults: a clinical guideline from the ACP and AAFP. *Ann Intern Med*. 2020 Nov 3;173(9):739-748. [Guideline recommends topical NSAID & acupressure or TENS as 1st line approach to musculoskeletal injuries](#) plus avoiding tramadol or other opioids.
- Chappell KE, Holmboe L, Poulin S, et al. (2021). Educating together, improving together: Harmonizing interprofessional approaches to address the opioid epidemic. Washington, DC: National Academy of Medicine. [Opioid crisis evolution and solutions well articulated](#).
- Chong CC, Schug SA. Efficacy & tolerability of [oral compared with sublingual ketamine](#) lozenges as rescue analgesics in adults for acute pain *Clin Drug Investig*. 2021 Sep;41(9):817-23. Sublingual & oral ketamine produce analgesia in 30 minutes. SL has more adverse events.
- Fisher E, Villanueva G, et al. Efficacy and safety of pharmacological, physical, and psychological interventions for the management of chronic pain in children: a WHO systematic review and meta-analysis. *Pain*. 2022 Jan 1;163(1):e1-e19. In-depth review of evidence supporting pharmacological, physical, and psychological [therapies for children with chronic pain](#) & a need for more robust research.
- Short NA, Tungate AS, Bollen KA, et al. [Pain is common after sexual assault](#) and posttraumatic arousal/reactivity symptoms mediate the development of new or worsening persistent pain. *Pain*. 2022 Jan 163(1):e121-e128. Persistent pain affects 41% women after sexual assault.
- Yıldız İU, Yıldırım Ç, Özhasenekler A, et al. Effectiveness of lidocaine spray on radial arterial puncture pain: A randomized double-blind placebo controlled trial. *Am J Emerg Med*. 2021 Dec;50:724-728. [Lidocaine spray cut procedural pain during radial arterial puncture](#).

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

- Guichard L, Hirve A, Demiri M, et al. [Opioid-induced hyperalgesia \(OIH\) in patients with chronic pain](#): A systematic review of published cases. *Clin J Pain*. 2021 Oct 26;38(1):49-57. OIH most often occur at higher (850mg OME/day) doses. Effective treatment strategies are available.
- van Dijk JFM, Zaslansky R, van Boekel RLM, et al. Postoperative pain & age: a retrospective cohort association study. *Anesthesiology*. 2021 Dec 1;135(6):1104-19. [Postop pain intensity decreases slightly with age](#), but often is strong enough to interfere with activities need to recover
- Gianola S, Barger S, Del Castillo G, et al. Effectiveness of [treatments for acute and subacute mechanical non-specific low back pain](#): a systematic review with network meta-analysis. *Br J Sports Med*. 2022 Jan;56(1):41-50. NSAIDs, muscle relaxants &/or nondrug therapy best.
- Lim J, Chen D, McNicol E, et al. [Risk factors for persistent pain after breast and thoracic surgeries](#): a systematic literature review and meta-analysis. *Pain*. 2022 Jan 1;163(1):3-20. Gender, youth, & moderate/severe acute postoperative pain predict persistent post-surgical pain.
- Fernández-de-Las-Peñas C, Rodríguez-Jiménez J, Fuensalida-Novo S, et al. Myalgia as a symptom at hospital admission by SARS-CoV-2 infection is associated to persistent musculoskeletal pain as long-term post-COVID sequelae: a case-control study. *Pain*. 2021 Dec 1. 162(12):2832-40. Patients admitted with [COVID-19 plus myalgia linked to chronic post-COVID symptoms](#) 7 months after hospital discharge.
- Walker LS, Stone AL, Han GT, et al. Internet-delivered cognitive behavioral therapy for youth with functional abdominal pain: a randomized clinical trial testing differential efficacy by patient subgroup. *Pain*. 2021 Dec 1;162(12):2945-2955. [Internet-delivered cognitive behavioral therapy helps 11-17 years old children](#) with functional abdominal pain, especially those with more maladaptive coping styles.
- de Oliveira Lima L, Saragiotto BT, et al. Self-guided [web-based pain education](#) for people with musculoskeletal pain: a systematic review & meta-analysis. *Phys Ther*. 2021 Oct 1;101(10):pzab167. Web-based pain education provides small benefits in low-resource settings.
- Bernardes SF, Tomé-Pires C, Brandão T, et al. Classism in pain assessment and management: the mediating role of female patient dehumanization and perceived life hardship. *Pain*. 2021 Dec 1;162(12):2854-64. [Nurses & medical students may exhibit classism biases](#) that affect their perception of the credibility of pain reports & their intentions of providing individualized care; similar to racism & sexism biases.
- Reed SE, Tan HS, Fuller ME, et al. [Analgesia after cesarean delivery](#) in the United States 2008-2018: A Retrospective Cohort Study. *Anesth Analg*. 2021 Dec 1;133(6):1550-1558. Guideline-recommended multimodal analgesia therapies after cesarean delivery are underutilized.
- Aoyagi K, Neogi T, Peloquin C, et al. Association of Physical Therapy interventions with long-term opioid use after total knee replacement. *JAMA Netw Open*. 2021 Oct 1;4(10):e2131271. [Physical Therapy reduces the risk of long-term opioid use](#) after total knee replacement.
- Dos Santos PR, Mendonça CR, Hernandez JC, et al. Pain in patients with chronic kidney disease undergoing hemodialysis: a systematic review. *Pain Manag Nurs*. 2021 Oct;22(5):605-615. [Pain is highly prevalent in dialysis](#) patients that impacts their mood & independence.

Complementary Integrative Health

- [Prolotherapy injecting platelet-rich plasma was ineffective for knee osteoarthritis](#) pain and structural changes.
- [Acupuncture cuts migraine frequency, intensity & response rate](#) better than a sham method per a meta-analysis.
- [Nutritional approaches may prevent pediatric migraines](#) by targeting neuropeptides, ions, receptors, inflammation; & endocrine triggers.

Pain-Related Education Opportunities

- Wed Nov 10 IASP [Balancing Pain & Safety After Musculoskeletal Trauma](#) using a multimodal approach. 10a-1pm
- 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 Thurs. January 20th 12 – 1pm. Replacing Stigmatizing with Nonjudgmental Language . 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>