



# 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

- USDHHS appointed a 28 member [Pain Management Best Practices Inter-Agency Task Force](#) address gaps & promote best pain treatments.
- Five [states sue opioid manufacturers](#) claiming over-prescribing raised health insurance costs to pay for overdoses and addiction treatment.
- [US Food & Drug Administration invites chronic pain dialog](#) about current therapy & challenges or barriers to accessing effective treatments.
- More than [95% of anesthesiologists indicate opioid shortages are affecting patients](#) with more side effects, care interruptions & dissatisfaction.
- Efforts to solve the [opioid crisis created new problems](#), including hospital shortages of IV opioids to dying patients enduring avoidable pain.
- US Food & Drug Administration approves [first non-opioid treatment for opioid withdrawal](#); (an alpha-2 agonist) for up to 2 weeks of treatment.
- [Cannabis legalization may reduce opioid prescriptions](#), but also [may increase non-medical use](#) of prescription drugs, a precursor to addiction.
- Massachusetts [prescription opioid overdose deaths continue downward trend](#) since 2014, with 85% of 2017 deaths linked to illicit fentanyl.
- Massachusetts revised advisory ruling states Nurse administered [opioid dosing solely on pain intensity rating is inappropriate](#).
- [Impact of the IV opioid shortage](#) is changing care and fears among cancer patients, family members & the professionals who care for them.
- New class of [migraine-preventing \(calcitonin gene-related peptide\) monoclonal antibodies](#) is coming to market with different drugs in the cue.

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

- Jones CM, Einstein EB, Compton WM. Changes in Synthetic Opioid Involvement in Drug Overdose Deaths in the United States, 2010-2016. *JAMA*. 2018 May 1;319(17):1819-1821. Illicit [fentanyl surpass prescription opioid & heroin deaths](#). Combined, they are the leading cause of overdose deaths. Fentanyl may be in heroin or counterfeit pills and 80% of fentanyl deaths mix it with alcohol &/or other drugs.
- Barbour KE, Moss S, Croft JB. Geographic variations in [arthritis prevalence](#), health-related characteristics, & management - United States, 2015. *MMWR Surveill Summ*. 2018 Mar 16;67(4):1-28. An estimated 54 million U.S. adults have arthritis at a cost of \$300 billion annually.
- Geenen R, Overman CL, Christensen R, et al. EULAR recommendations for the health professional's approach to [pain management in inflammatory arthritis and osteoarthritis](#). *Ann Rheum Dis*. 2018 Jun;77(6):797-807. Overall, physical activity, exercise & psychological methods improve arthritis pain. All patients should receive education and multidisciplinary, multimodal therapy when monotherapy fails.
- Guay J, Parker MJ, Griffiths R, et al. [Peripheral Nerve Blocks for Hip Fractures](#): A Cochrane Review. *Anesth Analg*. 2018 May;126(5):1695-1704. Nerve blocks reduce pain with movement, risk of pneumonia, & time to first mobilization; while cutting analgesic regimen cost.
- Vivolo-Kantor AM, Seth P, Gladden RM, et al. Vital Signs: Trends in emergency department visits for suspected opioid overdoses — U.S., July 2016–September 2017. *MMWR Morb Mortal Wkly*. 2018 Mar 9;67(9):279-85. [Significant rise in overdoses](#) demand ED preparedness.
- Carvajal G, Dupoirion D, Seegers V, et al. [Intrathecal drug delivery systems for refractory pancreatic cancer pain](#): observational follow-up study over an 11-year period in a comprehensive cancer center. *Anesth Analg*. 2018 Jun;126(6):2038-2046. Severe pancreatic pain was reduced from present in 90% to 5% of patients within a week with sustained analgesic benefits and common post-procedure complications.
- Simons LE, Sieberg CB, Conroy C, et al. [Children with chronic pain](#): Response trajectories following intensive pain rehabilitation treatment. *J Pain* 2018 Feb;19(2):207-218. Anxiety & a lack of readiness to change are key factors related to failure of pediatric pain rehabilitation.

MGH Cares About Pain Relief  
Massachusetts General Hospital

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To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Arnstein](mailto:Paul.Arnstein)

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

- Deyo RA, Hallvik SE, Hildebran C, et al. Use of prescription opioids before and after an operation for chronic pain. *Pain*. 2018 Jun;159(6):1147-54. [Lumbar fusion surgery often fails to eliminate the need for opioids](#) for patients on opioids before surgery.
- Bouhassira D, Attal N. [Emerging therapies for neuropathic pain](#): new molecules or new indications for old treatments? *Pain*. 2018;159:576-582. Reviews emerging drug (e.g. NaV1.7 antagonists) & nondrug (e.g. noninvasive brain neurostimulation) therapies for neuropathic pain.
- Sepucha K, Atlas SJ, Chang Y, et al.. Patient decision aids improve decision quality, patient experience and reduce surgical rates in routine orthopaedic care: A prospective cohort study. *J Bone Joint Surg Am*. 2017 Aug 2;99(15):1253-1260. [Patient-centered decision making improves satisfaction with pain relief](#), treatment & lowered regret about treatment chosen. It is also required by the 2018 TJC standards.
- Lioffi C, Failo A, Schoth DE, et al. The effectiveness of online pain resources for health professionals: a systematic review with subset meta-analysis of educational intervention studies. *Pain*. 2018 Apr;159(4):631-643. [Online professional instruction](#) better imparts pain-related knowledge than traditional training strategies. Students also did better with online training than students educated by traditional methods.
- Rose, ME. Opioid analgesic prescribing: [Facts vs. assumptions](#). *Pain Med*. 2018 Apr 1;19(4):793-807. Have regulatory, professional literature/conference proceedings & media reports created barriers to access for patients with clear medical indications for opioid analgesics?
- Nelson JC, Spyker DA. Morbidity and mortality associated with medications used in the treatment of depression: an analysis of cases reported to U.S. Poison Control Centers, 2000-2014. *Am J Psychiatry*. 2017 May 1;174(5):438-450. [Antidepressants overdoses more than doubled](#) in 15 years. Fatal cases overall increased by 32%; with suicide common and amitriptyline accounting for approximately 40% of fatalities.

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

- Shifting approaches to helping people with chronic pain, by [integrating self-management & opioid-sparing strategies](#).
- User-friendly [Geriatric Pain website](#) has information for nurses and other people who care for older adults with pain.
- [Scientific news on a variety of pain topics](#). Focus is on items of general interest rather than scientifically rigorous studies.
- The International Association for the Study of Pain has an [updated curricula for professionals](#) & interprofessional teams.

## **Complementary Integrative Health** (formerly called Complementary Alternative Medicine [CAM])

- [Acupuncture cut renal colic pain by 50%](#) within 15 minutes in the ED & was better than morphine with fewer side effects.
- [Relaxation, yoga &/or music during childbirth can reduce pain](#) & improve satisfaction with pain relief, without affecting other delivery outcomes.
- [Tai chi for fibromyalgia](#) was as good or better than aerobic exercise, which has shown a variety of desirable outcomes for those with FM.
- A systematic review & meta-analysis of [RCT's show weak evidence non-drug methods work to lessen pain](#) in the Emergency Department.

## **Pain-Related Education Opportunities**

- Sun – Mon, June 3<sup>rd</sup> – 4<sup>th</sup> (onsite), Every Wednesday in June from 6 – 8pm (online) Tufts Univ course on [Inter Team Management of Pain](#)
- Mon – Fri, June 25<sup>th</sup> – 29<sup>th</sup> [Principles & Best Practices in Pain Medicine](#) program by Harvard Medical School. Boston, MA
- Tue Jun 26<sup>th</sup> 1-2pm [Acceptance and Commitment Therapy for Chronic Pain in Older Adults](#) webinar.
- Wed – Sun, September 12<sup>th</sup> – 16<sup>th</sup>, [The 17<sup>th</sup> World Congress on Pain](#) (largest International conference) Boston, MA

## **MGH Pain Calendar**

- *Tools and Techniques for Effective Pain Management* – Wed, Jun 20<sup>th</sup>, 2018 Founders House 325 @ 8am-1:00pm [Sign-up](#) here.
- Palliative Care Grand Rounds are Wednesday mornings from 8AM – 9AM, Ether Dome. Email: [Margaret Spinale](#) for more information.
- MGH Interprofessional Pain Rounds 12 – 1pm Jackson 412 on Wed, June 6<sup>th</sup> on Pain & Addiction. Email [Tina Toland](#) for more information.

### **MGH Pain Resources**

The Patient Education Television: Dial 4-5212 from patient's phone then order; see handbook <http://handbook.partners.org/pages/168> for listing: #120 Acute Pain #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications;

Excellence Every Day Pain Portal Page: [http://www.mghpcs.org/eed\\_portal/EED\\_pain.asp](http://www.mghpcs.org/eed_portal/EED_pain.asp)

The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>

MGH Pain Medicine: <http://www.massgeneral.org/centerforpainmedicine/>

MGH Palliative Care: <http://www.massgeneral.org/palliativecare>

MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>

Intranet site for MGH use to locate pain assessment tools and policies: <http://intranet.massgeneral.org/pcs/Pain/index.asp>

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Massachusetts General Hospital

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