



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

In the News

- [Cancer patients are hurt by critical opioid shortages](#) as oncologists prescribe less & further manufacturing quota reductions limit access.
- CMS considers coverage: [is acupuncture a reasonable & necessary treatment](#) for chronic back pain? Please express your opinion.
- [Teen misuse of prescription opioids dropped](#) significantly in past 5 years and they report prescription opioids are more difficult to obtain.
- At 16 Billion Scoville units, [this hot non-addictive substance is a promising analgesic](#) to block pain signals from knee joints & bone cancer.
- A Prescriber's Guide to new [Medicare Part D opioid prescribing policy for 2019](#), with 1 week duration & cumulative 90mg dose limits.
- [Wearable sensor could prevent opioid overdose deaths](#) by sending out warnings when low blood oxygen is detected.
- Senator Wyden [challenges Lyrica price increase](#) then [discredits pain experts in a McCarthy Era rant](#) of guilt by association.
- Human Rights Watch [expresses concern](#) that diminished access to chronic pain treatment in U.S. may be a form of torture.
- Shocking accusations that [Purdue flooded the market with oxycontin](#), blamed victims for addiction, & [gained influential allies](#) for profit.
- FDA Panel supports [Narcan co-prescribing with opioids](#); which could hike opioid costs by 900%; but [risk-based strategy](#) may be better.
- [Pain Management Best Practices](#) Inter-Agency Task Force seeks public comments on plan to [improve pain management practices](#).

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

- Busse J, Wang L, Kamaleldin M. [Opioids for chronic noncancer pain a systemic review](#) and meta-analysis. *JAMA*. 2018;320(23):2448-60. A meta-analysis of 96 placebo-controlled RCTs (N > 26,000 patients) with chronic non-cancer pain, shows opioids significantly cut pain and improved physical functioning. Non-opioid alternatives were less effective & less consistent in improving either or both outcomes.
- Eluri M, Spiller HA, Casavant MJ, et al. Analgesic-related medication errors reported to US poison control centers. *Pain Med*. 2018 Dec 1; 19(12):2357-2370. [Analgesic-related medication errors](#) are common; and significantly rose 2000 to 2009 before leveling off & decreasing. Fewer than 2% had serious medical outcomes or needed hospitalization. Pediatric & duplicate dose errors pose the greatest dangers.
- Mis MA, Yang Y, Tanaka BS, et al. Resilience to pain: a peripheral component identified using induced pluripotent stem cells and dynamic clamp. *J Neurosci*. 2019 Jan 39(3):382-92. Genetic [prediction & explanation of individual pain sensitivity differences](#) may be possible.
- Hartley C, Moultrie F, Hoskin A, et al. Analgesic efficacy and safety of morphine in the Procedural Pain in Premature Infants (Poppi) study: placebo-controlled RCT. *Lancet*. 2018 Dec 392(10164):2595-2605. Avoid [oral morphine in premature infants](#) without a protected airway.
- Treede RD, Rief W, Barke A, et al. [Chronic pain as a symptom or a disease](#): the IASP Classification of Chronic Pain for the International Classification of Diseases (ICD-11). *Pain*. 2019;160:19-27. Chronic pain will be coded in the ICD-11 disease classification system as either secondary to an underlying condition (e.g. surgery, neuropathy, cancer, etc.) or a disease of its own, termed "chronic primary pain."

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](#)

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

- Yu Y, Liu N, et al. The efficacy of pregabalin for the management of acute & chronic postoperative pain in thoracotomy: a meta-analysis with trial sequential analysis of RCTs. *J Pain Res*, 2019(12):159-70. [Meta-analysis favors post-thoracotomy pregabalin](#) for less pain & opioid use.
- Baker BW, Villadiego LG, Lake YN, et al. Transversus abdominis plane block with [liposomal bupivacaine for pain control after cesarean delivery](#): a retrospective chart review. *J Pain Res*, 2018 (11):3109—3116. TAP blocks with LB cuts pain, LOS & opioid use post C-section.
- Trost Z, Sturgeon J, et al. Examining injustice appraisals in a racially diverse sample of individuals with chronic low back pain. *J Pain*. 2019 Jan;20(1):83-96. Racial inequities & [higher levels of perceived injustice](#) with back pain are linked to more pain, disability & depression.
- Viscusi ER. Clinical overview and considerations for the management of opioid-induced constipation in patients with chronic noncancer pain. *Clin J Pain*. 2019 Feb;35(2):174-188. When conservative measures fail, [opioid-induced constipation responds to newer treatments](#).
- Upson K, Adgent MA, et al.. Soy-based infant formula feeding and menstrual pain in a cohort of women aged 23-35 years. *Hum Reprod*. 2019 Jan 1;34(1):148-154. Young AA women had a 50% increased risk of having [significant menstrual pain if fed soy formula in infancy](#).
- Birnie KA, Hundert A, Lalloo C, et al. Recommendations for selection of [self-report pain intensity measures in children and adolescents](#): a systematic review and quality assessment of measurement properties. *Pain*. 2019 Jan;160(1):5-18. Evidence supports using numeric, faces and color analogue scales for children > age 6 years for acute pain. Further study is needed for younger children, chronic & post-op pain.

Pain Resources on the Web:

- Good case studies of [patients with chronic pain and comorbidities](#) like: PTSD; COPD; or [diabetic neuropathy, kidney disease & SUD](#)
- Neuroscience pioneer Howard Fields discusses [how expectations shape the pain experience](#). Read the transcript or listen to the [audio](#).
- Unique artificial intelligence enhanced, [smartphone App significantly lowers cancer pain](#) and cancer pain-related hospital admissions.
- [Teach the sensitive subject of palliative care](#), may be facilitated with these award-winning films that are free and easy to digest integrate.
- [2018 most popular stories](#) on RELIEF, from immune system influences on pain perceived, to why some body parts are more pain-sensitive.

Complementary Integrative Health

- [Glucosamine sulfate may be the best treatment for knee arthritis](#) pain and joint structure with 1-4 years into treatment.
- [Pulsed electromagnetic fields applied to the knee](#) for 12 hours/day cut pain 25%, improved function and cut medication use in a month.
- [Breastfeeding and/or sucrose for venipuncture pain in infants](#) (≤ 3 months) may be safer and more effective than EMLA cream.
- [ClearUP Sinus Pain Relief](#) is a first-in-class bioelectronic treatment for allergic-triggered sinus pain. (click skip ad)
- Providing [10 minute massages to pediatric palliative care patients](#) & family member cut pain, medications use & distress of family member.

Pain-Related Education Opportunities

- Mon-Fri Feb 11-15. [Pain Rehab Approaches for Every Practice Setting](#) 2019 for doctors, nurses psychologists & others. San Juan, PR
- Wed- Sat Apr 3-6. American Pain Society: Combating the Opioid Epidemic through [Innovations in the Treatment of Pain](#) Milwaukee, WI
- Sun-Tues June 9-11. [International Conference on Opioids 2019](#); highly acclaimed speakers on the topic. Boston, MA

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Wednesday, January 30th FND 325. Click here [Paul Arnstein](#) for more information.
- 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 will resume in February 2019 from 12–1pm. Email [Tina Toland](#) for more info.

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/Pain/default.shtml>

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 Arnstein](#)