



# 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

- Of [Massachusetts overdose fatalities, 93% had illicit fentanyl](#) in their system versus. 42% with cocaine & <10% with prescription opioids..
- “[Do no harm](#)” to children with severe pain is easier said than done while balancing concerns for relief with avoiding adverse effects.
- The number of [opioid prescriptions are down 43%](#) since 2011, with doses per prescription cut by 17% in the last year alone.
- Post marketing studies over a 5-year period shows [Tapentadol carries a lower abuse liability](#) than most other opioids.
- Centers for Medicare / Medicaid updated its [resources to reduce opioid misuse](#) including [new CDC-developed opioid tapering guidelines](#).
- FDA update on work to increase the accessibility of naloxone, with the first [generic OTC naloxone HCL nasal spray](#), now approved.
- Pain experts can apply for a [Mayday Pain & Society Fellowship](#) to lead the public conversations about pain and related science.
- Synthetic opioids now account for [60% of opioid deaths with urban minority rates increasing](#); representing a shifting racial demographic.

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

- Pergolizzi JV Jr, Rosenblatt M, LeQuang JA. Three years down the road: the [aftermath of the CDC guideline for prescribing opioids](#) for chronic pain. *Adv Ther.* 2019 Jun;36(6):1235-40. CDC guidelines hastened the already declining rates of opioid prescribing & subsequently triggered the largest increase in overdose deaths ever recorded. Undertreated pain emerged as the silent epidemic within the opioid crisis.
- Diwan S, Sayed D, Deer TR, et al. An algorithmic approach to treating lumbar spinal stenosis: an evidenced-based approach. *Pain Med.* 2019 Dec 1;20(Suppl\_2):S23-31. An [evidence-based algorithm for lumbar spinal stenosis](#) helps emphasize avoiding invasive surgery.
- Hudgins JD, Porter JJ, Monuteaux M, et al. [Prescription opioid use and misuse among adolescents](#) and young adults in the United States: A national survey study. *PLoS Med.* 2019 Nov 5;16(11):e1002922. In 2015-2016 the prevalence of opioid misuse was 4-8% of adolescents and young adults, with more than twice as many getting them free from a friend or relative than getting a legitimate prescription.
- Ashrafioun L, Kane C, Bishop TM, et al. The association of [pain intensity and suicide attempts](#) among patients initiating pain specialty services. *J Pain.* 2019 Jul;20(7):852-859. Veterans seeking a pain specialist w/ severe pain are 41% more likely to have attempted suicide.
- Rosenbloom BN, Pagé MG, et al. [Pediatric chronic postsurgical pain](#) and functional disability: a prospective study of risk factors up to one year after major surgery. *J Pain Res* 2019 Nov(12):3079–98. Nearly 40% have pain & 4% continued opioid use 1 year after major surgery.
- Durán-Crane A, Laserna A, López-Olivo MA, et al. Clinical practice guidelines and consensus statements about [pain management in critically ill end-of-life patients](#): a systematic review. *Crit Care Med.* 2019 Nov;47(11):1619-26. Experts address pain in critically ill patients.
- Thigpen JC, Odle BL, Harirforoosh S. Opioids: a review of pharmacokinetics and pharmacodynamics in neonates, infants, and children. *Eur J Drug Metab Pharmacokinet.* 2019 Oct;44(5):591-609. [Review of pediatric opioid](#) pharmacokinetics and pharmacodynamics.
- Burden M, Keniston A, et al. Opioid utilization and perception of [pain control in hospitalized patients](#): a cross-sectional study of 11 sites in 8 countries. *J Hosp Med.* 2019 Dec;14(12):737-45. Changes to inpatient opioid prescribing & patients' expectations are desired in America.

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

- Weiss KE, et al. Improving distress and behaviors for parents of adolescents with chronic pain enrolled in an intensive interdisciplinary pain program. *Clin J Pain*. 2019;35(9):772-9. A 3-week [program for parents & children with chronic pain improves physical & mental functioning](#).
- Zah V, Brookfield RB, Imro M, et al. Healthcare costs and resource utilization in chronic pain patients treated with extended release formulations of tapentadol oxycodone or morphine stratified by type of pain: a retrospective claims analysis 2012 to 2016. *J Pain Res* 2019;12 3037–48. [Patients taking tapentadol ER had lower healthcare utilization & costs](#) than those on other extended release opioids.
- Eaton LH, Hulett JP, et al. How theory can help facilitate implementing relaxation as a complementary pain management approach. *Pain Manag Nurs*. 2019 ;20(3):207-213. [Relaxation techniques should be taught to all with chronic/cancer pain](#) as an evidence-based approach.
- Martire LM, Zhaoyang R, Marini CM, et al. Daily and [bidirectional linkages between pain catastrophizing and spouse responses](#). *Pain*. 2019 Dec;160(12):2841-47. Spousal harsh responses increases next-day patient catastrophizing, which in turn affects the spouse's mood.
- Schreijenberg M, Lin CC, et al. Paracetamol is ineffective for acute low back pain even for patients who comply with treatment: complier average causal effect analysis of a randomized controlled trial. *Pain*. 2019 Dec;160(12):2848-54. [Acetaminophen doesn't help back pain](#).

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

- [Survey](#) seeks to develop US-based chapter of the IASP for interprofessional pain group and [maintain the viability of the Journal of Pain](#).
- Online presentation of [opioid sparing way to control pain](#): scheduled non-opioids; nondrug therapies & prudent opioid use.
- [Pain can be assessed and managed in dementia patients](#) with the right professional education, organizational structure and [resources](#).
- Fact sheet on [Palliative Care for the Older Person in Pain](#) adds to resources for the [global year against pain in the most vulnerable](#).
- [Animated pain toolkit to help patients](#) learn handy tips, proven strategies and skills to support them to better self-manage pain.
- Infographic of actions taken by residents, before surgery with under 60% [addressing pain before obtaining consent](#) & 14% not treated.
- An artistic & public awareness campaign aims to [illustrate the disease of chronic pain](#) and reduce the stigma of this invisible condition.

## **Complementary Integrative Health**

- Research studies show [patients taking opioids for pain benefit from mind-body therapies](#) resulting in reduced pain and medication use.
- [Physical Therapy is better than prolotherapy](#) alone for reducing tennis elbow pain at 3 months. Symptoms resolve at a year for all groups.
- [Mindfulness training to cut the pain & anxiety in metastatic cancer](#) was feasible and acceptable as part of early palliative care.
- Capsaicin, ginger, glucosamine, melatonin & vitamin D are among the [best dietary supplements for musculoskeletal pain](#).
- [Percutaneous electrical nerve stimulation](#) of the outer ear safely lowered the pain & medication use of women after cesarean section.
- [Mindfulness-based interventions were adapted to help military personnel](#) in a way that fits their cultural, communication & routines.

## **Pain-Related Education Opportunities**

- Wed Jan 9<sup>th</sup> [NIH pain seminars](#): All in the Mind? The Role of Psychology in the Treatment and Etiology of Pain 11am – 12pm.
- Wed-Sun Feb 26 – Mar 1<sup>st</sup> [American Academy of Pain Medicine meeting](#) covers a range of pain & treatment types in National Harbor, MD

## **MGH Pain Calendar**

- Tools & Techniques for Effective Pain Management – Tue, January 28<sup>th</sup> FND 325. 4.5 CE with 1 pharmacology credit Click here to [register](#) .
- 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 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>

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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