



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

- Massachusetts [opioid overdoses are mostly \(93%\) from illicit fentanyl](#) with close to 10% from prescription opioids.
- [California may declare acetaminophen a carcinogen](#) based on unclear and conflicting research findings in peer-reviewed journals.
- Procedures in the ED to help with the [opioid crisis makes it harder for those with Sickle Cell crises](#) to get expedient relief.
- Many patients [taper from chronic opioid therapy](#), but the rate of serious harm (overdose/suicide) is unclear.
- [Walgreens settled a \\$7.5 million lawsuit](#) as and unlicensed pharmacist filled over 100,000 Controlled Substance prescriptions
- [FDA approves a nondrug topical patch](#) that delivers an electromagnetic pulse to relieve musculoskeletal pain available over the counter.
- [Medicare to educate patients on opioid risks](#), disposal & alternate treatments while stepping up monitor/curtail prescribing practices.
- [CMS will cover acupuncture for chronic low back pain](#), as it is in the best interest of Medicare patients to use alternatives to medications.
- [John Kapoor, CEO of Insys Therapeutics founder got a 5 ½ year prison sentence](#) for his role in an opioid fraud & kickback scheme.
- Over a quarter of adults are prescribed a [benzodiazepine; with opioid co-prescribed](#) in one-third of cases despite [CMS restrictive policies](#).
- [National Drug Control Strategy \(2020\)](#) acknowledges opioids help pain & includes a goal to cut opioid prescriptions by a third this year.
- [FDA approves Diclofenac topical gel](#) from to transition from a prescription drug to one available over the counter as [Voltaren Arthritis Pain](#)

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

- Jungquist CR, Quinlan-Colwell A, Vallerand A, et al. ASPMN Guidelines on monitoring for opioid induced advancing sedation & respiratory depression: revisions. *Pain Manag Nurs.* 2020 Feb;21(1):7-25. Evidence based guidelines on [strategies to prevent opioid-induced sedation & respiratory depression](#) given that all inpatients receiving opioids are at risk with individual, environmental & treatment factors.
- Strickler GK, Kreiner PW, Halpin JF, et al. Opioid prescribing behaviors - prescription behavior surveillance system, 11 States, 2010–2016. *MMWR Surveill Summ* 2020;69(No. SS-1):1–14. [Opioid prescribing dropped 15%-33% over 7-years](#); while [fatal overdose rates tripled](#).
- Kolasinski SL, et al. American College of Rheumatology/Arthritis Foundation [Guideline for the management of osteoarthritis](#) of the hand, hip, and knee. *Arthritis Rheumatol.* 2020 Feb;72(2):220-233. Strong recommendations include lifestyle, self-efficacy & self-management programs, tai chi, topical/oral NSAIDs & other therapy based on the joints involved, patient values & individual preferences.
- Craig KD, Holmes C, Hudspith M, et al, Wallace B. Pain in persons who are marginalized by social conditions. *Pain.* 2020 Feb;161(2):261-265. Customizing [care for socially marginalized pain patients](#) in important using an interdisciplinary, biopsychosocial multimodal approach.
- Horn A, Kaneshiro K, Tsui BCH. Preemptive and preventive pain psychoeducation and its potential application as a multimodal perioperative pain control option: a systematic review. *Anesth Analg.* 2020 Mar;130(3):559-573. [Preoperative psychoeducation cuts postoperative pain](#).

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

- Ohlsson A, Shah PS. Paracetamol (acetaminophen) for prevention or treatment of pain in newborns. *Cochrane Database Syst Rev.* 2020 Jan 27;1:CD011219. Alone, [acetaminophen is not useful for neonatal procedural pain](#), but may have opioid-sparing effects after surgery.
- Gandhi W, Rosenek NR, et al. Functional connectivity of the amygdala is linked to individual differences in emotional pain facilitation. *Pain.* 2020 Feb;161(2):300-307. Amygdala connectivity may predict [risk vs. resilience to chronic pain](#) & emotional amplifiers of pain intensity.
- Murray CB, Groenewald CB, Vega R, et al. [Long-term impact of adolescent chronic pain](#) on young adult educational, vocational, and social outcomes. *Pain.* 2020 Feb;161(2):439-45. Adolescent chronic pain impacts educational achievements & social relationships in adulthood.
- St Marie B, Broglio K. [Managing Pain in the Setting of Opioid Use Disorder](#). *Pain Manag Nurs.* 2020 Feb;21(1):26-34. Excellent content on assessing, diagnosing and managing patients with pain and OUD in an empathetic, effective way with medications and non-drug methods.
- Iordanova Schistad E, Kong XY, Furberg AS, et al. A population-based study of [inflammatory mechanisms and pain sensitivity](#). *Pain.* 2020 Feb;161(2):338-350. Eighteen inflammation markers are linked to pain threshold & tolerance and are targets for developing new therapies.
- D'Souza RS, Gurrieri C, et al. Intraoperative methadone administration and postoperative pain control: a systematic review & meta-analysis. *Pain.* 2020 Feb;161(2):237-43. [Intraoperative methadone slightly reduces pain, postoperative opioid use](#) & satisfaction with analgesia.

Pain Resources on the Web:

- 2020 is the "[Global Year for the Prevention of Pain](#)" focusing on prevention of pain, transition to chronic pain to promote health & healing.
- Imaging the [limbic system may identify individual risk for chronic pain](#) & help target factors driving the acute-to-chronic pain transition
- Tom Bowen is [a chronic pain patient & advocate with a helpful perspective](#) on living a full life despite chronic pain, along with sound advice.

Complementary Integrative Health

- New brain images show how the [supportive touch of a loved one can reduce stress and pain](#) while enhancing coping.
- [Music-induced pain relief](#) is mapped to areas of the brain that affect thoughts, feelings, memories & pain perception.
- [Stretching plus a moderate-intensity aerobic regimen lowers fibromyalgia pain](#), improves sleep & quality of life.
- Review of research on how [nutrition can help people with pain](#) as part of a whole person approach.
- A chapter on [Yoga for Pain Conditions](#) appears in the new NCCIH eBook on Yoga for health.
- [Research](#) & testimonial about how [Transcranial Magnetic Stimulation](#) changed the life of a person with chronic pain and opioid side effects.

Pain-Related Education Opportunities

- Thu Mar 19th [Scope of Pain](#) includes potential risks/benefits of opioids for acute or chronic pain & risk mitigation strategies. Waltham 6pm
- Tue Mar 24th [Mindfulness-Oriented Recovery Enhancement](#): Restructuring Reward Processing in Addiction, Stress, and Pain 11:00 a.m. ET
- Thu Apr 2nd ASAM [Pain & Addiction: Common Threads](#) Course on April 2nd 2020 in Denver Colorado
- Tue – Fri May 19-22 Canadian Pain Society Meeting Calgary, Alberta [check for details](#)

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Tue, April 28th 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>

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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