

# 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*

- Given the possibility of accidental exposure by children, [households with fentanyl patches should have naloxone available](#).
- [Drug makers/distributors pay \\$26 billion](#) for allegedly causing opioid deaths despite evidence pointing to illicit fentanyl.
- U.S. Pain Foundation compares [early draft 2022 CDC Opioid Prescribing updates](#) with the original 2016 guidelines.
- FDA designates a [Virtual Reality device](#) & a [smartphone app to treat chronic pain](#) as breakthrough devices; facilitating their approval.
- New co-chair will steer NAM in [development of acute pain prescribing guidelines to counter the U.S. Opioid Epidemic](#).

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

- Fernández-Castro M, Martín-Gil B, López M, et al. Factors relating to [Nurses' Knowledge and Attitudes regarding pain management in inpatients](#). *Pain Manag Nurs*. 2021 Aug;22(4):478-484. Deficits in knowledge & poor attitudes about pain management demands training programs for nurses with less than 10 years of experience and those who work on specific units with challenging pain populations.
- Darnall BD, Roy A, Chen AL, et al. Comparison of a single-session pain management skills intervention with a single-session health education intervention and 8 sessions of cognitive behavioral therapy in adults with chronic low back pain: a randomized clinical trial. *JAMA Netw Open*. 2021 Aug 2;4(8):e2113401. [A \(2-hour\) "Empowered Relief" session yielded a similar benefit as a 16-hour CBT program](#).
- Kiza AH, Manworren RCB, Cong X, et al. Over-The-Counter analgesics: a meta-synthesis of pain self-management in adolescents. *Pain Manag Nurs*. 2021 Aug;22(4):439-45. [Adolescents commonly use OTC analgesics to treat pain & emotional discomforts](#) (stress/anxiety).
- Giordano NA, Kent M, et al. Postoperative pain mediates the association between peripheral nerve blocks & postoperative sleep following lower extremity arthroplasty. *Clin J Pain*. 2021 Jul;37(7):487-93. Multimodal therapy with [peripheral nerve blocks cut pain & disturbed sleep](#).
- Sahgal A, Myrehaug SD, Siva S, et al. Stereotactic body radiotherapy versus conventional external beam radiotherapy in patients with painful spinal metastases: *Lancet Oncol*. 2021 Jul;22(7):1023-33. [Stereotactic body radiotherapy better relieves spinal metastases pain](#).
- Korwisi B, Hay G, Attal N, et al. Classification algorithm for the International Classification of Diseases-11 chronic pain classification: development and results from a preliminary pilot evaluation. *Pain*. 2021 Jul 1;162(7):2087-2096. The [new ICD-11 chronic pain classification](#) system is complex with over 200 diagnostic criteria. New algorithms help classify chronic pain using specific criteria.
- Sultan P, Ando K, Sultan E, et al. A systematic review of patient-reported outcome measures used to assess postpartum pain using Consensus Based Standards for the Selection of Health Measurement Instruments (COSMIN) guidelines. *Br J Anaesth*. 2021 Aug;127(2):264-274. [Brief Pain Inventory is the best pain tool for post-partum patients](#) for research studies and in clinical practice.
- Ilfeld BM, Plunkett A, Vijjeswarapu AM, et al. Percutaneous peripheral nerve stimulation (neuromodulation) for postoperative pain: A randomized, sham-controlled pilot study. *Anesthesiology*. 2021 Jul 1;135(1):95-110. During the first week, [few opioids & less pain was reported by patients using percutaneous neuromodulation](#) (electrical stimulation) after major foot, knee and shoulder surgeries.

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](#)

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

- Ng W, Slater H, Starcevic C, et al. Barriers and enablers influencing healthcare professionals' adoption of a biopsychosocial approach to musculoskeletal pain: A systematic review and qualitative evidence synthesis. *Pain*. 2021 Aug 1;162(8):2154-2185. [Barriers & facilitators to using a biopsychosocial approach to pain](#) are delineated at the micro (individual), meso (service/research) & macro (health policy) levels.
- Roofthoof E, Joshi GP, et al. PROSPECT guideline for elective caesarean section: updated systematic review and procedure-specific postoperative pain management recommendations. *Anaesthesia*. 2021 May;76(5):665-80. [New guidelines for post C-section pain](#) relief.
- Chao CC, Tseng MT, Lin YH, et al. [Brain imaging signature of neuropathic pain](#) phenotypes in small-fiber neuropathy: altered thalamic connectome and its associations with skin nerve degeneration. *Pain*. 2021;162(5):1387-1399. Feelings of electrical shock, numb/tingling pain & allodynia of those with small fiber neuropathy are linked to white matter connectivity between the thalamus and pain centers in the brain.
- Minaya-Freire A, Subirana-Casacuberta M, et al. Pain management nursing practice assessment in older adults with dementia. *Nurs Open*. 2021 Apr 7. doi: 10.1002/nop2.880. [Patients with dementia aren't assessed as frequently/reliably as needed](#) to reach their comfort goals.
- Bao Y, Zhang H, Wen K, et al. [Robust prescription monitoring programs and abrupt discontinuation of long-term opioid use](#). *Am J Prev Med*. Jul 2021. States with stronger drug monitoring regulations have higher rates of the risky practice of stopping opioids without a tapering period
- Agnoli A, Xing G, et al. [Association of dose tapering with overdose or mental health crisis](#) among patients prescribed long-term opioids. *JAMA*. 2021 Aug 3;326(5):411-9. Involuntary tapering opioids after a year of stable therapy doubles the risk of overdose/mental health crisis.

## Pain Resources on the Web:

- The International Association for the Study of Pain updated its website, including many [resources for patients, professionals and policy-makers](#)
- Patient education review of [pharmacologic & nondrug methods of controlling pain management during vaginal childbirth](#).
- September [Pain Awareness Month toolkits](#) are available for civilian (including social media posts) and for [Military Health Systems](#).

## Complementary Integrative Health

- [Virtual reality simulated walking reduces chronic neuropathic pain](#) resulting from spinal cord injury; with additional benefits noted.
- [Cranial microcurrent stimulation helps tension headache patients](#) (20 minutes daily for 2 weeks) when other treatments have failed.
- Integrating a 20 minute psychoeducational session (e.g. mindfulness) into [pre-op preparation can cut post-op pain and opioid use](#).
- [Nutrient-rich diets may help those with chronic pain](#), while conducting/interpreting the research is difficult.
- [Virtual reality or other games reduce procedural pain/anxiety](#) (pediatric & parental) and are easy to integrate into practice.
- [Reiki reduces pain & anxiety in OB/GYN patients](#) with positive and effects being reported for weeks after treatment.

## Pain-Related Education Opportunities

- Wed Sep 29<sup>th</sup> – Sat Oct 2<sup>nd</sup> ASPMN's National [Pain Management Nursing Conference](#) will now be a virtual-only conference.
- Thu Sept 30 ["Long Hauler" COVID-19 Pain Morbidities and Their Management](#) free virtual event 9:00am -1:30pm
- Thu Oct 14<sup>th</sup> [Steering the Course of Pain Management](#) in Today's Changing Tide. Massachusetts Pain Initiative virtual webinar. 8am-1:15pm

## 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
- [Interprofessional Pain Rounds](#) will resume (1<sup>st</sup> and 3<sup>rd</sup> Wednesdays on 9/15/21 with "Evidence For & Against Chronic Opioid Therapy"
- Pain Relief Nurse Education Thu Sep 16<sup>th</sup> 12 – 1pm. Aligning realistic comfort/function goals with patient expectations. 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>

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](#)