



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
Journal Watch.....	Page 1-2
CIH.....	Page 2

Pain Resources on the Web.....	Page 2
Pain Education Opportunities.....	Page 2
MGH Pain Calendar & Resources.....	Page 2

In the News

- [CMS to repeal reimbursement for nondrug devices](#) recently approved for pain (e.g. VR, digital therapeutic & neuromodulators).
- [FDA approves low dose naltrexone to treat Complex Regional Pain Syndrome](#) by suppressing pain amplifiers & releasing endorphins.
- Australia disseminates its [Strategic Action Plan for Pain Management](#) promoting access to care that cuts pain-related disability
- New Hampshire mother facing charges after [1-year-old toddler overdoses on improperly stored methadone](#).
- A 64% reduction in opioid prescribing in recent years is associated with a similar [increase in suicide rates among VA patients](#).

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

- Burns JW, Gerhart J, Van Dyke BP, et al. Examination of mechanism effects in cognitive behavioral therapy and pain education: analyses of weekly assessments. *Pain*. 2021 Sep 1;162(9):2446-55. A [literacy-adapted pain education program has similar benefits as a standard CBT program](#); with most benefits realized in the first few (of 10) sessions by decoupling cognitive distortions from pain intensity & disability.
- Kim K, Rendon I, Starkweather A. Patient and provider perspectives on [patient-centered chronic pain management](#). *Pain Manag Nurs*. 2021 Aug;22(4):470-477. Patients want providers to listen/understand their difficulties while providers struggle to facilitate access in the setting of mental exhaustion, multiple barriers & unrealistic expectations. Barriers to access due to system or payer policies are common.
- Busse JW, Vankrunkelsven P, Zeng L, et al. Medical cannabis or [cannabinoids for chronic pain: a clinical practice guideline](#). *BMJ*. 2021 Sep 8;374:n2040. Cannabis for chronic pain yields small benefits in pain, functioning & sleep with a small risk of limited, transient harms.
- 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):439-445. [Adolescents use OTC analgesics](#) for pain, stress & anxiety given their accessibility & alleged safety.
- Cabral CM, Miyamoto GC, Franco KF, et al. Economic evaluations of educational, physical, and psychological treatments for fibromyalgia: a systematic review with meta-analysis. *Pain*. 2021 Sep;162(9):2331-5. [Psychologic & aquatic therapies are cost-effective for fibromyalgia](#).
- Leake HB, Moseley GL, Stanton TR, et al. What do patients value learning about pain? A mixed-methods survey on the relevance of target concepts after pain science education. *Pain*. 2021 Oct 1;162(10):2558-2568. Using a tailored approach [patients value knowing that](#): 1) pain does not equate with bodily damage, 2) many controllable factors influence pain, 3) reducing heightened protective responses can help.
- Nagaoka H, Momo K, Hamano J, et al. Effects of an indomethacin oral spray on pain due to oral mucositis in cancer patients treated with radiotherapy and chemotherapy: a double-blind, randomized, placebo-controlled trial. *J Pain Symptom Manage*. 2021 Sep;62(3):537-544. [Indomethacin oral spray cuts oral mucositis pain](#), making drinking liquids, eating, and talking easier for 3 hours, without side effects.
- Hussain N, Brummett CM, et al. Efficacy of perineural versus IV dexmedetomidine as a peripheral nerve block adjunct: a systematic review. *Reg Anesth Pain Med*. 2021 Aug;46(8):704-12. [Perineural dexmedetomidine hastens onset & prolongs effects of nerve blocks](#).
- Fassassi C, Dove D, Davis A, et al. Analgesic efficacy of morphine sulfate immediate release vs. oxycodone/acetaminophen for acute pain in the emergency department. *Am J Emerg Med*. 2021 Aug;46:579-584. [Oral morphine provides similar analgesia as Percocet](#) with less risks.

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](#)]

- Lanzkron S, Little J, et al. Treatment of [acute pain in adults with sickle cell disease in an infusion center versus the emergency department](#) : a multicenter prospective cohort study. *Ann Intern Med.* 2021 Sep;174(9):1207-13. Sickle cell crisis pain is well treated in an infusion center.
- Singh SA, Moreland RA, Fang W, et al. Compassion inequities and Opioid Use Disorder (OUD): a matched case-control analysis examining patient management of cancer-related pain for patients with OUD. *J Pain Symptom Manage.* 2021 Sep;62(3):e156-e163. [Cancer patients with OUD receive lower quality inpatient pain management](#). Provider education and early involvement of pain specialists improves care.
- Frimerman L, Verner M, Sirois A, et al. Day-to-day [hedonic and calming effects of opioids, opioid craving, and opioid misuse](#) among patients with chronic pain prescribed long-term opioid therapy. *Pain.* 2021 Aug 1;162(8):2214-2224. Catastrophizing patients reporting stronger pain who find opioids calming and enjoyable crave them more; and may be more likely to subsequently misuse them with long-term therapy.
- Hicks CW, Wang D, Matsushita K, et al. Peripheral neuropathy and all-cause and cardiovascular mortality in U.S. adults : a prospective cohort study. *Ann Intern Med.* 2021 Feb;174(2):167-174. Over a 15-year study period [people with peripheral neuropathy were twice as likely to die cardiovascular disease](#) regardless of whether or not they had diabetes. Those with diabetes had almost double the mortality rate.
- Aman MM, Mahmoud A, Deer T, et al. The American Society of Pain and Neuroscience (ASPN) best practices and guidelines for the interventional management of cancer-associated pain. *J Pain Res.* 2021;14:2139-2164. [Guidelines for cancer pain management](#) with evidence that exists for opioid utilization for cancer pain, adjunct medication such as ketamine and methadone and interventional therapies

Pain Resources on the Web:

- University of Iowa has [updated resources on geriatric pain](#) for clinicians, older adults and their caregivers.
- The [pediatric Pain Assessment and Management Initiative](#) has many useful tools & resources for managing pain in children.
- The [Global Year \(2021\) of Back Pain](#) cite has many resources for clinicians, scientists & patients to better understand & treat back pain.
- [Find a validated pain assessment tool specific to your population](#) by searching the COSMIN database of outcome measurement instruments

Complementary Integrative Health

- Rather than turning attention away through distraction, [mindful attention to pain may reduce its intensity](#).
- Different forms of [virtual reality can cut pain in half](#) while improving mood, anxiety & relaxation.
- [Neuromuscular exercise helped older adults reduce pain](#) & its interference with functioning with 12 hour-long sessions over 6 weeks.
- Chinese men with [chronic prostatitis/pelvic pain got more relief from acupuncture than sham treatment](#) with sustained benefits.
- [Enablers and barriers to telehealth interventions for people with chronic pain](#) reveals to engage patients in self-management programs

Pain-Related Education Opportunities

- Presentation on [Cannabis and Cannabinoids for Pain Management](#) which also includes pharmacology & drug interactions CE available
- Thu Oct 14th [Steering the Course of Pain Management](#) in Today's Changing Tide. Massachusetts Pain Initiative virtual webinar. 8am-1:15pm
- Fri Oct 22nd Pain Medicine Symposium. [Virtual interprofessional sessions exploring alternatives to traditional opioid prescribing](#) 8am-3pm

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
- MGH Inter-professional Pain Rounds First and third Wednesday of month from 12–1pm. Email [Tina Toland](#) for more info
- Pain Relief Nurse Education Thu October 21st 12 – 1pm. IV non-opioids and adjuvants used for pain: . 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](#)