



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

- Massachusetts Hospital Associations developed a guideline for [Inpatient Opioid Misuse Prevention](#) to improve care for those with OUD
- The FDA pushes for [generic abuse-deterrent opioids](#) because payers won't cover approved more expensive brand-name products.
- New [Massachusetts law encourages specialist consultations for chronic pain](#) and the use of complementary therapies.
- US Food and Drug Administration approves minimally-invasive, one or two-lead [peripheral nerve stimulators for non-drug pain relief](#).
- The next [National Prescription Drug Take Back Day](#) is October 27, 2018. Urging all people to safely dispose of unused drugs.
- The National Academies of Sciences will write new [opioid prescribing guidance for acute pain](#) to supplement & update the CDC guidelines.
- [Oregon moves to force Medicaid patients off opioids](#) unless their pain is from cancer, sickle cell disease, or rheumatoid arthritis.
- Trump recommends federal [lawsuits to sue opioid manufacturers](#) for contributing to the opioid abuse crisis.
- Payers and lawmakers are increasingly [forcing pain patients off opioids](#) despite growing evidence of harm.
- Drug Enforcement Administration plans to [cut opioid quotas by another 10%](#) next year after cuts of 45% in the past two years.
- [Don't Punish Pain Rallies](#) are being held nationwide on September 18th. Over 60 rallies across America scheduled & could hit 100 by Sept.
- [Fentanyl found in 89% of the opioid overdose deaths](#) (toxicology confirmed) in Massachusetts this year with 34% testing positive for heroin.

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

- Bay S, Kuster L, McLean N, et al. A systematic review of psychological interventions in total hip and knee arthroplasty. *BMC Musculoskeletal Disord.* 2018 Jun 21;19(1):201. Isolated techniques such as guided imagery or [psychoeducational interventions alone don't improve outcomes](#) after total knee or hip replacement surgery; as patient selection and comparative effectiveness trials are needed.
- Alexander MJ, Kiang MV, Barbieri M. [Trends in black and white opioid mortality](#) in the United States, 1979-2015. *Epidemiology.* 2018 Sep;29(5):707-715. Over 4 decades opioid mortality rose with a faster increase in mortality among whites & a back to illicit drugs recently.
- Hayhurst CJ, Jackson JC, Archer KR, et al. Pain and its long-term interference of daily life after critical illness. *Anesth Analg.* 2018 Sep;127(3):690-697. [Three-quarters of ICU patients report chronic pain a year later](#), with ICU opioid use not linked to outcomes.
- Martucci KT, Mackey SC. Neuroimaging of pain: human evidence and clinical relevance of central nervous system processes and modulation. *Anesthesiology.* 2018 Jun;128(6):1241-1254. [Neuroimaging of pain](#) has improved our understanding of pain & its treatment.
- Comerci G Jr., Katzman J, Duhigg D. Controlling the swing of the [opioid pendulum](#). *N Engl J Med.* 2018 Feb 22;378(8):691-693. A clear account of pressures faced by prescribers to stop treating patients with opioids, even when benefits outweigh risks.
- Bai J, Brubaker A, Meghani SH, et al. Spirituality and quality of life in black patients with cancer pain. *J Pain Symptom Manage.* 2018 Sep; 56(3):390-398. [Spirituality among African Americans](#) with cancer pain improves pain, biopsychosocial outcomes & measures of functioning.

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

- Bennell KL, Nelligan RK, Rini C, et al. Effects of internet-based pain coping skills training prior to home exercise for individuals with hip osteoarthritis (HOPE trial): a randomised controlled trial. *Pain*. 2018 Sep;159(9):1833-1842. [Internet-based pain coping skills training improved pain](#) & functioning for at least a year even without adherence to an exercise program. Benefits modestly improve with time.
- Richebe P, Capdevila X, Rivat C. [Persistent postsurgical pain: pathophysiology](#) and preventative pharmacologic considerations. *Anesthesiology*. 2018 Sep;129(3):590-607. Nerve inflammation & injury produces synaptic plasticity that amplifies/prolongs postsurgical pain.
- Indovina P, Barone D, Gallo L, et al. [Virtual Reality as a distraction](#) intervention to relieve pain and distress during medical procedures: A comprehensive literature review. *Clin J Pain*. 2018 Sep;34(9):858-877. VR is safe & effective for procedural pain & cancer-related discomfort.
- Aiyer R, Gulati A, Gungor S, et al. Treatment of chronic pain with various buprenorphine formulations: A systematic review of clinical studies. *Anesth Analg*. 2018 Aug;127(2):529-538. [Buprenorphine in different formulations](#) is a safe, effective analgesic for patients with chronic pain.
- Davis T, Loudermilk E, DePalma M, et al. Prospective, multicenter, randomized, crossover clinical trial comparing the [safety and effectiveness of cooled radiofrequency ablation](#) with corticosteroid injection in the management of knee pain from osteoarthritis. *Reg Anesth Pain Med*. 2018 Jan;43(1):84-91. Cooled radiofrequency ablation is better than a single corticosteroid injection for arthritic knee pain.
- Gatchel RJ, Reuben DB, Dagenais S, et al. [Research agenda for the prevention of pain](#) and its impact: Report of the work group on the prevention of acute and chronic pain of the federal pain research strategy. *J Pain*. 2018 Aug;19(8):837-851. Public education is top priority.

Pain Resources on the Web:

- [Opioid drugs work similarly to endorphins](#) on nerve cell surface, but have additional intercellular effects explaining their hazards.
- Brief video on how to ["Tame the Beast" of chronic pain](#) and how science is changing the way we are thinking about it.
- New [Interprofessional Pain Education Modules](#) released by the Centers of Excellence for Pain Education (CoEPE) program
- [Enhanced Recovery After Surgery protocols](#) are available for different abdominopelvic surgical procedures.
- The [National Pain Report](#) features chronic pain stories, emerging treatments, public policy; with perspectives of specialists & patients.

Complementary Integrative Health (formerly called Complementary Alternative Medicine [CAM])

- [Acupuncture cuts joint pain](#) and may improve adherence to aromatase inhibitors for those with breast cancer.
- Exposure to [music or heartbeat sounds appear to help newborns](#) undergoing potentially painful procedures.
- [Peripheral Nerve Stimulation](#) may be a feasible treatment for pain after total knee arthroplasty while reducing undesired medication effects.
- Use of a [non-drug protocol to reduce pediatric pain](#) effectively lowers the prevalence & severity of needle-induced pain.
- [Progressive muscle relaxation](#) reduced discomforts & medication (analgesic &/or psychotropic) use among cancer patients.

Pain-Related Education Opportunities

- Wed – Sun, September 12th – 16th, ["The 17th World Congress on Pain"](#) (largest International conference) Boston, MA
- Wed – Sat, September 26th – 29th, ["Pain Management Nursing Annual Conference"](#) Bonita Springs, Florida
- Thurs, Oct 25th, The [Opioid Crisis: How is Massachusetts Doing](#) for Providers, Policymakers & Patients. Marlborough, MA

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management. Next offering Wednesday, September 27th Founders Room 325. [Click](#) to register.
- Palliative Care Grand Rounds are held Wednesday morning from 8:00 – 9:00 AM in the Ether Dome. email: [Gail Chin](#) for more information
- MGH Interprofessional Pain Rounds 12 – 1 PM Jackson 412 on Wednesday September 5th. Email [Tina Toland](#) for more information.

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_portal/EED_pain.asp

The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>

MGH Pain Medicine: <http://www.massgeneral.org/centerforpainmedicine/>

MGH Palliative Care: <http://www.massgeneral.org/palliativecare>

MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>

Intranet site for MGH use to locate pain assessment tools and policies: <http://intranet.massgeneral.org/pcs/Pain/index.asp>

MGH Cares About Pain Relief
Massachusetts General Hospital

PainRelief@partners.org ● <http://www.mghpcs.org/painrelief>

To be added to or removed from the Pain Relief Connection mailing list, send an email to [Paul Amsten](#)