



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

- The [2019 Global Year Against Pain in the Most Vulnerable](#) (young, old, survivors of torture & war, intellectual disabilities) begins.
- Jim Carroll, new Drug Czar at the Office of National Drug Control Policy released a [policy roadmap to address the opioid crisis](#).
- Arizona and other southwestern states bordering Mexico have become a hot spot with [fentanyl-laced oxycodone](#) taking a toll on teen lives.
- Health plans discourage opioids while [limiting access to nondrug pain treatments](#); including both mainstream and alternative methods.
- The [future of pain](#) suggests better assessments & holistic treatments are ahead, but much more research and clinical changes are needed.
- [Academy of Integrative Pain Management suddenly ceased operations](#) in January after 30 years improving the way pain is managed.
- NIH is [pushing for objective pain measures](#), while acknowledging they have limitations and subjective accounts will remain important.
- FDA developed labeling templates to expedite [making naloxone \(nasal spray or auto-injector\) available without a prescription](#).
- [Chronic pain patients are collateral damage](#) in [strategies to overcome the opioid crisis](#), but have no voice on key policy-making committees

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

- National Comprehensive Cancer Network (NCCN) [Adult Cancer Pain Guidelines](#). Updated January 25, 2019 (Free registration required). Updates include pain management needed to improve quality of life & survival; moderate pain is 4-7/10 in intensity & Pain \geq 8 is severe pain or a pain crisis. Additional content on oral methadone and buprenorphine; plus monitoring for toxicity to TCA's and NSAIDs.
- Ferguson W, Coogler C, Leppert J, et al. Local Anesthetic Systemic Toxicity (LAST): designing an educational effort for nurses that will last. *J Perianesth Nurs*. 2019 Feb;34(1):180-187. Nurse education about [life-threatening LAST from peripheral nerve or neuraxial blocks](#) helps.
- Henry SG, Paterniti DA, Feng B, et al. Patients' experience with opioid tapering: a conceptual model with recommendations for clinicians. *J Pain*. 2019 Feb;20(2):181-191. [Insights from patients' tapering experiences](#) find strategies to bridge the gap between clinician-patient goals
- Stonington S, Coffa D. [Structural latrogenesis](#): A 43-year-old man with "opioid misuse." *NEJM*. 2019 Feb 21;380(8):701-704. Bureaucratic systems of urine screens, payer & pharmacy policies for opioid safety backfired for a high functioning man on low-dose meds for 15 years.
- Green G, Hartley C, Hoskin A, et al., Behavioural discrimination of noxious stimuli in infants is dependent on brain maturation. *Pain*. 2019 Feb;160(2):493-500. From 33 weeks gestation, [facial expressions of pain](#) get more discriminative with age until they grimace only to pain.
- Gregori D, Giacobelli G, et al. Association of pharmacological treatments with long-term pain control in patients with knee osteoarthritis: a systematic review & meta-analysis. *JAMA*. 2018;320(24):2564-2579. [Celecoxib &/or glucosamine may be best for knee](#) osteoarthritis.
- Rollman JE, Heyward J, Olson L, et al. Assessment of the FDA Risk Evaluation and Mitigation Strategy for [Transmucosal Immediate-Release Fentanyl \(TIRF\) Products](#). *JAMA*. 2019 Feb 19;321(7):676-685. Data from payers & the FDA suggest that 35-55% TIRF was prescribed to patients not tolerant to opioids or for off-label purposes despite a seemingly robust REMS program that FDA never monitored.
- Burkill S, Montgomery S, Kockum I, et al. The association between multiple sclerosis and pain medications. *Pain*. 2019 Feb;160(2):424-32. Risk of requiring treatment for [neuropathic pain is 5X's greater for those with multiple sclerosis](#). Other pain medication rates unaffected.

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

- Bohnert ASB, Guy GP Jr, Losby JL. Opioid prescribing in the United States before and after the Centers for Disease Control and Prevention's 2016 opioid guideline. *Ann Intern Med.* 2018 Sep 18;169(6):367-375. A [36% decline in opioid prescribing 2012-2017](#) coincides with a [doubling of opioid overdose deaths](#) primarily due to a 10-fold increase in illicit fentanyl deaths.
- Xu J, Herndon C, Anderson S, et al. . Intravenous [Ketamine Infusion for Complex Regional Pain Syndrome](#): Survey, Consensus, and a Reference Protocol *Pain Med.* 2018 Feb. 20 (2): 323–334. Renewed interest in ketamine infusion therapy for CRPS has yielded various practices for inpatient or outpatient treatment sufficient to provide guidance but falling short of evidence needed for guidelines.
- Agarwal SD, Landon BE. Patterns in Outpatient Benzodiazepine Prescribing in the United States. *JAMA Netw Open.* 2019 Jan 4;2(1):e187399. [Long-term use of benzos increased by 50%](#) over a 10-year period, with prescriptions commonly for chronic pain.
- Crockett SD, Greer KB, Heidelbaugh JJ, et al. American Gastroenterological Association (AGA) Institute Guideline on the Medical [Management of Opioid-Induced Constipation](#). *Gastroenterology.* 2019 Jan. 156(1): 218–226. Strongest evidence for laxatives & PAMORAs
- Malfliet A, Kregel J, Meeus M, et al. Patients with chronic spinal pain benefit from pain neuroscience education regardless the self-reported signs of central sensitization: secondary analysis of a randomized controlled multicenter trial. *PM R.* 2018. Dec;10(12):1330-43. A 3-session program (Group, in-person & on-line) [educating patients about underlying pathophysiology](#) of chronic pain reduced their fear of movement.

Pain Resources on the Web:

- The American Chronic Pain Association published the [2019 Pain Resource Guide](#) filled with good information all affected by pain should see
- A newly identified [protein linked to allodynia](#) (pain from non-painful touch), may lead to new understandings and treatments.
- [Managing children's pain after surgery](#) can be safe & effective with limited opioid use; but undertreatment & misconceptions remain.
- Occupational Therapists provide tips for [making life with arthritis less painful](#) and strategies making daily activities easier to do.
- Provocative issues of [cannabis use to treat or deter opioid use disorders](#) that is well constructed based on the state of the science.
- Another month to [weigh in](#) on the best way to manage pain. Do you agree with [Pain Management Best Practices Inter-Agency Task Force?](#)

Complementary Integrative Health

- Avocado Soybean Unsaponifiables ([ASU dietary supplements](#)) slow inflammation, joint deterioration and pain common in arthritis.
- [Mindfulness eases pain & suffering](#), and is available through professionally led sessions or mobile apps (*Calm, Headspace, Insight Timer*)
- [High-frequency transcutaneous electrical nerve stimulation](#) has a moderate effect in cutting low back pain.
- [Older adults with arthritis benefit from resistance training](#), which along with yoga, is increasingly popular among older women with pain.
- Review of the [state of science in pediatric chronic musculoskeletal pain](#), with more evidence for nondrug methods, & call for research..

Pain-Related Education Opportunities

- Thurs April 4th [Pain Management Today: A Fresh Perspective](#) with Dr. Vanila Singh, MD, from the U.S. Dept. of HHS. Marlboro, MA
- Wed- Sat Apr 3-6. American Pain Society: Combating the Opioid Epidemic through [Innovations in the Treatment of Pain](#) Milwaukee, WI
- Sun-Tues June 9-11. [International Conference on Opioids 2019](#); highly acclaimed speakers on the topic. Boston, MA

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Tuesday, April 23rd FND 325. Click here [Paul Arnstein](#) for more information.
- 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

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/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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