



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

- Requiring new label warnings, [FDA warns of uncontrolled pain, psychological distress & suicide](#) from rapid opioid taper / discontinuation.
- CDC [opposes using their guidelines to deny access](#) or delay care for patients with cancer, cancer survivors or sickle cell crises.
- National Academy of Science released its workshop proceedings on: [The Role of Nonpharmacological Approaches to Pain Management](#)
- Among studies supported; [PCORI funds \\$2.7 million to compare acupuncture to massage therapy](#), for patients with severe cancer pain.
- Secondary analysis of 5 Million heroin-positive urine drug test found 39% of specimens had [non-prescribed fentanyl](#) present.
- Massachusetts, New York, Ohio and Kentucky are the four states [awarded \\$350 million to cut opioid death](#) by 40% within three years.
- Doctors, pharmacists, nurse practitioners, dentists & other [health professionals are charged with overprescribing opioid for cash or sex](#).
- [FDA views CBD as a drug needing approval](#); stalling major retailers plan to sell non-THC cannabis products after hemp is legalized.
- Oregon delays [controversial “taper to zero policy” for vulnerable Medicaid patients](#) with fibromyalgia and possibly neck, back or spine pain.
- FDA public forums [give voice to patients with chronic pain](#) describing their experiences of treatments, access & medical abandonment.

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

- Glare P, Aubrey KR, Myles PS. [Transition from acute to chronic pain after surgery](#). *Lancet*. 2019; 393:1537-1546. Review of the nature, prevalence, prognosis, mechanisms, predictors & potential biopsychosocial ways to prevent chronic postsurgical pain.
- Hamvik OR, Alford DP, Ryan CT, et al. NEJM Knowledge+ [Pain Management and Opioids - A New Adaptive Learning Module](#). *N Engl J Med*. 2019 Apr; 380:1576-1577. Development and background of [free online modules to train prescribers](#) in safe opioid prescribing.
- American Geriatrics Society 2019 [Updated AGS Beers Criteria](#) for Potentially Inappropriate Medication Use in Older Adults. *J Am Geriatr Soc*. 2019 Apr;67(4):674-694. Update based on 1,500 new studies support avoiding NSAIDs without gastroprotection, or with certain drugs/diseases; Avoid opioids with a risk of falling & in patients with gabapentinoids or benzodiazepines. Tramadol or SNRI's increases the risk of hyponatremia & should be used cautiously. Combinations of three or more CNS depressing drug classes should be avoided.
- Chua IS, Leiter RE, Brizzi KT, et al. US national trends in opioid-related hospitalizations among patients with cancer. *JAMA Oncol*. 2019 Apr;67(4):674-694. [Six of 10,000 cancer patient hospitalizations are related to opioids](#), with only a slight rise in recent years.
- Hall KR, Stanley AY. Literature review: assessment of opioid-related sedation & the Pasero Opioid Sedation Scale. *J Perianesth Nurs*. 2019 Feb;34(1):132-42. POSS monitoring adult & pediatric post-op patients increases [awareness of serious opioid-related adverse events](#).
- Zeng C, Dubreuil M, LaRochelle MR, et al. Association of tramadol with all-cause mortality among patients with osteoarthritis. *JAMA*. 2019 Mar 12;321(10):969-982. [Tramadol is associated with a higher rate of all-cause mortality](#) (including cardiovascular, GI & cancer) over the first year after it is started among older adults with arthritis compared with those prescribed nonsteroidal anti-inflammatory drugs.

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

- Griesler PC, Hu MC, Wall MM, et al. Nonmedical prescription opioid use by parents and adolescents in the US. *Pediatrics*. 2019;143(3). [Nonmedical prescription opioids use is more common in adolescents whose mothers engaged in nonmedical use](#) or had conflicts with parents. Protective factors include: parental monitoring, religiosity, school engagement, & adolescents believing drug use is risky.
- Buffington DE, Lozicki A, Alfieri T, et al. Understanding factors that contribute to the [disposal of unused opioid](#) medication. *J Pain Res*. 2019; 12 725–732. Only a third of patients with opioids prescribed in the prior two years disposed of them; education improves disposal rates.
- Ng SC, Habib AS, et al. High-dose versus low-dose local anesthetic for [transversus abdominis plane block post-Caesarean delivery](#) analgesia: a meta-analysis. *Br J Anaesth*. 2018;120:252-63. Low-dose TAP blocks work as well as high-dose blocks for Caesarean delivery.
- Chukwulebe SB, Kim HS, McCarthy DM, et al. Potentially inappropriate medication prescriptions for older adults with painful conditions and association with return emergency department visits. *J Am Geriatr Soc*. 2019 Apr;67(4):719-25. [Older adults prescribed opioids for severe pain](#) had fewer ED return visits within 9 days of discharge. Benzodiazepines for moderate pain were associated with more frequent returns.
- Gannon J, Atkinson JH, Chircop-Rollick T, et al. Telehealth therapy effects of nurses and mental health professionals from 2 randomized controlled trials for chronic back pain. *Clin J Pain*. 2019 Apr;35(4):295-303. Despite recruitment challenges; [telehealth-delivered CBT vs. Supportive Care treatment of chronic back pain](#) had comparable benefits when delivered by either a nurse or mental health professional.

Pain Resources on the Web:

- Guide to [sources of liver injury](#) attributable to prescription and nonprescription medications, herbals and dietary supplements.
- New FDA guidance on [Disposal of Unused Medicines](#): what you, your patients and the public should know. ([also in Spanish](#))
- Brief video for parents whose [children have been prescribed opioids](#); including safe use, secure storage & proper disposal.
- Meditation reverses the undesirable [pain-induced loss of cortical cells](#) in the brain, suggesting its role in pain treatment.
- How [tapering opioids as a pain treatment](#) differs from that of tapering a person with an opioid use disorder.

Complementary Integrative Health

- Consumer-targeted [self-help Virtual Reality applications](#) to cut pain, anxiety and stress and are increasingly available to the public.
- [Transcranial Magnetic and Direct Current Stimulation for headaches](#) may help different types, although practical questions remain.
- Either [mindfulness-based stress reduction or cognitive-behavioral therapy](#) help chronic pain patients; but which is better remains unclear.
- Although [difficult to access, integrative therapies](#) (e.g. acupuncture, imagery, meditation, music therapy, etc.) help children with pain.
- Mounting electroencephalography & pain assessment evidence shows either [TENS or acupuncture helps patients with fibromyalgia](#).

Pain-Related Education Opportunities

- Thu-Fri May 30-31 NIH Pain Consortium will highlight advances in research focusing on “[Pain Across the Lifespan.](#)” Bethesda, MD
- Mon-Fri June 24-28 [Evaluating and Treating Pain](#): a comprehensive update of evidence-based best practices. Harvard, Boston, MA
- 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, June 11th 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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