



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

- Dr. Singh; HHS Chief Medical Officer on [filling gaps or inconsistencies for managing pain](#) through a personalized multimodal approach.
- New wave of [litigation against drug manufacturers](#) for their role as the proximate cause of the opioid crisis begins.
- William Bennett, the first U.S. drug czar explains that [opioid overdose epidemic focus is misguided](#) by concentrating on prescription drugs.
- Current state of [opioid prescribing, addiction, and response](#) in the United States frames key issue considerations to guide future actions.
- NPR explains [how the brain shapes pain](#) and links such with emotion from both a patient, clinician and research perspective.
- Keeping opioids away from people who abuse them is punishing those who need them; is resulting in [needless suffering of those with pain](#).
- Latest stats show [90% opioid overdoses form elicit fentanyl](#) in Massachusetts, while prescription opioid deaths continue to decline.
- National Center for Health Statistics shows [opioid overdose death rates decline over 13%](#) between 2016-2017.
- [Honor our veterans on Memorial Day](#) & everyday by acknowledging their service & sacrifice while treating their pain in a deserving way.
- A feeding frenzy of lawsuits forces [American Pain Society to consider filing for bankruptcy](#) threatening advances in pain research & care.

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

- Goesling J, DeJonckheere M, Pierce J, et al. Opioid cessation and chronic pain: perspectives of former opioid users. *Pain*. 2019;160(5): 1131-45. Half of chronic pain patients who stop opioids feel better, half are worse. [Shift focus from pain control to drug control](#) cautiously.
- Dowell D, Haegerich T, Chou R. No shortcuts to safer opioid prescribing *N Engl J Med*. 2019 Apr [10.1056/NEJMp1904190] [CDC opioid prescribing guidelines authors describe its impact, good & bad](#); including how related policies often go beyond, their recommendations.
- Cruz-Almeida Y, Fillingim RB, Riley JL, et al. Chronic pain is associated with a brain aging biomarker in community-dwelling older adults. *Pain*. 2019 May;160(5):1119-30. [Chronic pain accelerates brain aging](#) & may be slowed by education, physical exercise, and meditation.
- Groenewald CB, Giles M, Palermo TM. School absence associated with childhood pain in the United States. *Clin J Pain*. 2019 Jun;35(6): 525-31 [Pain is a leading reason for chronic school absenteeism](#) and is an important metric to measure the effectiveness of pain treatments.
- Mees Bruin M, de Vries F, Dekkers O, et al. Opioid epidemic and related endocrine effects: a systematic review and meta-analysis. *J Endocr Soc.*, 2019 (3, Sup_1): SUN-489. [Hypogonadism occurs with chronic opioid use](#) by men & 19% of patients develop hypocortisolism.
- Donado C, Solodiuk J, Rangel SJ, et al. Patient- and Nurse-Controlled Analgesia: 22-Year Experience in a Pediatric Hospital. *Hosp Pediatr*. 2019 Feb;9(2):129-133. [Pediatric and Nurse Controlled Analgesia is generally safe](#) (1% have adverse effects) and commonly used. Estimated 5% of adverse effects are preventable suggesting quality improvements are needed to reduce risk of harm
- Rigoard P, Basu S, Desai M, et al. Multicolumn Spinal Cord Stimulation for predominant back pain in failed back surgery syndrome patients: a multicenter randomized controlled trial. *Pain*. 2019 Jun;160(6):1410-1420. [Spinal Cord Stimulation cuts pain, disability after failed back surgery](#) but only 14% had 50% less pain at 6 months post-op with 18% having adverse effects & 18% needing more surgery.

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

- Mustonen L, Aho T, Harno H, et al. What makes surgical nerve injury painful? A 4-9 year follow-up of ... women treated for breast cancer. *Pain*. 2019 Jan;160(1):246-256. Type of surgery, plus individual's pain & biopsychosocial [factors linked to chronic pain after breast surgery](#).
- Allen KD, Somers T, Campbell L, et al. Pain coping skills training for African Americans with osteoarthritis. *Pain*. 2019 Jun;160(6):1297-1307. [A tailored pain program for African Americans](#) improved their confidence & use of coping skills to manage OA pain despite unchanged pain.
- Frey TM, Florin TA, Caruso M, et al. Effect of intranasal (IN) ketamine vs fentanyl on pain reduction for extremity injuries in children. *JAMA Pediatr*. 2019 Feb 1;173(2):140-146. [IN ketamine had comparable pain relief as IN fentanyl](#) with more ketamine side effects in the ED.
- Racine M, Jensen MP, Harth M, et al. [Operant learning versus energy conservation activity pacing](#) treatments in a sample of patients with fibromyalgia syndrome: a pilot randomized controlled trial. *J Pain*. 2019 Apr;20(4):420-439. Activity pacing that help patients overcome fear-avoidance patterns may be better than formats that have patients listening to body signs to determine when to start or stop activities.
- Mallick-Searle T, St Marie B. Cannabinoids in Pain Treatment: An Overview. *Pain Manag Nurs*. 2019 Apr;20(2):107-112. As more patients use [cannabinoids for pain](#), professionals needs to understand the side effects, interactions and proper initiation, cessation methods.

Pain Resources on the Web:

- [Test your knowledge of Opioid Use Disorder](#) then download and get updated guidance from [SAMHSA's Tip 63](#) on its treatment.
- [5W's strategy to treat neuropathic pain](#), by narrowing the therapeutic targets to improve therapeutic success rates.
- Video reviews ANA position on nurses' [Ethical Responsibility to Manage Pain and the Suffering It Causes](#).
- Modulation of the glial cells may hold the key to [novel treatments for neuropathic pain](#) and possibly opioid use disorder.
- FDA releases a [Remove the Risk Toolkit](#) to facilitate spreading the word (videos, social media, PSA's) about safe opioid disposal.
- [Pain medicines for older adults fact sheet](#) available as part of IASP's [global year against pain in the most vulnerable populations](#).
- The [complexity of cannabis](#), THC, CBD and related products as researchers/clinicians strive to untangle its effects on pain.

Complementary Integrative Health

- An [anti-inflammatory dietary supplement reduced moderate chronic pain](#); improved vascular health & social activity in 2 months.
- [Pain Management for People with Serious Illness](#) at a time when scrutiny of opioid use creates stigma & limited access.
- [Transcutaneous Electrical Nerve Stimulation](#) 5 times within 24 hours of herniorrhaphy significantly lowered pain.
- Meta-analysis reveals [mindfulness & cognitive-behavioral based therapies provide similar physical/emotional benefits](#) for chronic pain.
- [Music induced analgesia](#) can work via cognitive, affective, &/or neurotransmitter responses that needs more research for clinical utility.

Pain-Related Education Opportunities

- Thu – Fri, May 30th – 31st NIH Pain Consortium will highlight advances – in research focusing on “[Pain Across the Lifespan.](#)” Bethesda, MD
- Mon – Fri, June 24th – 28th [Evaluating and Treating Pain](#): a comprehensive update of evidence-based best practices. Harvard, Boston, MA
- Sun – Tues, June 9th – 11th [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/crisql/servlet/crlonline>

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