



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

- Massachusetts statistics show [94% of opioid deaths in 2019 involved illicit fentanyl](#); while other opioid deaths declined slightly.
- FDA has granted Orphan Drug designation to begin trials of a proprietary [topical amitriptyline to treat erythromelalgia](#).
- [Symptoms of heart attack or stroke may signal COVID-19](#) infection, whose late effects may resemble fibromyalgia.
- [Cebranopadol is a novel, centrally acting, first-in-class analgesic](#) with a unique mechanism of action in phase III trials.
- A CDC [stakeholder engagement meeting to discuss pain](#) (acute & chronic) will be online Wednesday July 22, from 10:00am-1:00pm.
- [FDA recalls injectable Cannabidiol + Curcumin](#) whose safety & efficacy for pain has not been established.
- Australians roll out a number of [regulatory changes to minimize prescription opioid harms](#) while maintaining access when needed for pain.

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

- Robson EK, Hodder RK, Kamper SJ, et al. Effectiveness of [weight-loss interventions for reducing pain](#) and disability in people with common musculoskeletal disorders: a systematic review with meta-analysis. *J Orthop Sports Phys Ther.* 2020 Jun;50(6):319-333. Weight-loss interventions may have a small effect on pain & disability in people with knee or hip osteoarthritis, but not back pain.
- Muzaale AD, Daubresse M, Bae S, et al. [Benzodiazepines, co-dispensed opioids, and mortality among patients initiating long-term in-center hemodialysis](#). *Clin J Am Soc Nephrol.* June 2020, 15 (6) 794-804. Benzodiazepines are often prescribed to hemodialysis patients & is associated with a 20% higher risk of death with short-acting agents and a 60% higher mortality rate when co-prescribed with an opioid.
- Hayes CJ, Krebs EE, et al. Impact of opioid dose escalation on pain intensity a retrospective cohort study. *Pain.* 2020 May;161(5):979-988. VA databases suggest for chronic noncancer pain, a [stable opioid dose, is better than escalating opioid doses](#) over a 6-month period.
- Friedman BW, Ochoa LA, Naeem F, et al. Opioid use during the six months after an emergency department visit for acute pain: a prospective cohort study. *Ann Emerg Med.* 2020 May;75(5):578-586. Although 21% of opioid-naïve patients filled up to 2 opioid prescriptions after being [prescribed an opioid in the ED](#), only 1% had persistent opioid use for ongoing moderate-severe pain at 6 months.
- Goyal MK, Johnson TJ, Chamberlain JM, et al. Racial and ethnic differences in emergency department pain management of children with fractures. *Pediatrics* May 2020, 145 (5) e20193370 [Minority children with long bone fractures](#) often get less opioids / adequate pain control.
- Chino F, Kamal A, Chino J. Incidence of opioid-associated deaths in cancer survivors in the United States, 2006-2016: a population study of the opioid epidemic. *JAMA Oncol.* ePub online May 7, 2020. [Cancer patients die from opioids at 1/10 the rate](#) of the general population.
- Al-Ghabeesh SH, Bashayreh IH, Saifan AR, et al. [Barriers to effective pain management in cancer patients](#) from the perspective of patients and family caregivers: a qualitative study. *Pain Manage Nursing* 2020 Jun 21(3), p238-44. Regulatory factors, knowledge deficit, and the use of religious and cultural strategies to cope with pain were major barriers to effective cancer pain management.

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

- Bevil KM, Klesius LL, Chambers T, et al. [Educating perioperative nurses about local anesthetic systemic toxicity](#) (LAST) using high-fidelity simulation. *Pain Manage Nursing* 2020 Jun 21(3), p265-70. Teaching perioperative nurses about LAST using a simulation where the patient progressed from mild to life-threatening effects were found to significantly improved knowledge that was retained for 3 months
- Donnelly TJ, Palermo TM, Newton-John TRO. Parent cognitive, behavioural, and affective factors and their relation to child pain and functioning in pediatric chronic pain: a systematic review and meta-analysis. *Pain*. 2020 Jul;161(7):1401-1419 Parental mood, thoughts & [protective behaviors linked to poorer school functioning & disability among children](#) with chronic pain.
- Searle S, Muse D, Paluch E, et al. Efficacy and safety of single and multiple doses of a fixed-dose combination of [ibuprofen and acetaminophen in the treatment of postsurgical dental pain](#): Results from two studies. *Clin J Pain*. 2020 Jul;36(7):495-504. Fixed-doses of ibuprofen (IBU) 250mg + acetaminophen (APAP) 500mg were better than either IBU or APAP alone after ≥ 3 molar extractions.
- Fredrikson KM, Fasolino T. Pharmacogenetic testing: the ethics of implementing in clinical practice for chronic pain patients. *J Pain Palliat Care Pharm*. 2020;34(2):69-76. Is it our ethical duty to do [use pharmacogenetics to promote safe, effective pain treatments, not trial & error?](#)
- Depelteau A, et al. Chronic pain and frequent use of emergency department: A systematic review. *Am J Emerg Med*. 2020, Feb;38(2):358-363. [Chronic pain patients are high utilizers of the emergency room](#), with higher impact (disabling) chronic pain had more frequent visits.
- Ojo OA, Mehdiratta JE, Gamez BH, et al. Comparison of Programmed Intermittent Epidural Boluses (PIEB) with Continuous Epidural Infusion (CEI) for the maintenance of labor analgesia: a double-blind RCT study. *Anesth Analg*. 2020;130:426-435. [Epidurals in women during labor with PIEB had less motor block](#) than those with a continuous epidural infusion. Both had similar patient controlled epidural doses received.
- Wei J, Lane NE, Bolster MB, et al. Association of tramadol use with risk of hip fracture. *J Bone Miner Res*. 2020 Apr;35(4):631-40. Among adults over age 50 in an 18 year study, those placed on [tramadol had a higher risk of hip fracture](#) than those on codeine or NSAIDs.

Pain Resources on the Web:

- Physiologic evidence now shows [African Americans experience pain as more intense](#) unpleasant and disabling than whites
- [European Pain Federation position papers](#) include timely topics, including a new one on opioid prescribing to prevent a US-type opioid crisis.
- The Emergency Medical Services for Children has a [Pediatric Pain Management Toolkit](#) for professionals, caregivers & organizations.

Complementary Integrative Health

- Some [psychologic therapies cut chronic pain intensity in 4 sessions](#), including hypnosis, cognitive therapy & pain education.
- Multiple clinical trials show [kinesio-taping effectively reduces pain](#) & improves knee functioning with arthritis.
- A single shot of [vitamin D lowered neuropathic pain and improved balance](#) in diabetic patients with low vitamin D levels.
- Singing as a form of [music therapy helps people with chronic pain](#) develop a sense of physical, psychological & social well-being

Pain-Related Education Opportunities

- Jul 28, 8:00am [Educating Healthcare Professionals about Pain Prevention](#). An international global year for pain prevention webinar.
- FDA-approved Risk Evaluation and Mitigation Strategies ([REMS](#)) for opioids updated online training & resources
- [NEJM Knowledge+ Pain Management best practices](#) and Safe Opioid Prescribing Principles with CME credits
- [Scope of Pain](#) A 6-part series on effectively manage acute &/or chronic pain, with a judicious and safer use of opioid analgesics.

MGH Pain Calendar Postponed until the fall

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>

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