



# 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

- Latest CDC data shows [fewer than 10% overdoses were from a prescription opioid](#) alone versus 84% from illicit & combination of drugs.
- Governors report urges payors, regulators & others to adopt policies to [improve access non-opioid pain therapies](#) for chronic pain.
- FDA warns of potential [safety and efficacy concerns with spinal cord stimulators](#); urging the use of temporary trials before implantation.
- DEA's next [National Prescription Drug Take Back Day](#) is October 24, 2020 – 10AM to 2PM
- [National Recovery & Pain Awareness Months coincide](#), drawing attention to underuse of treatments for pain and/or opioid use disorder.
- [Public health agenda for osteoarthritis includes reducing pain](#), stiffness, and disability; to preserved function & optimum independence

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

- Williams ACC, Fisher E, Hearn L, et al. [Psychological therapies for the management of chronic pain](#) (excluding headache) in adults. *Cochrane Database Syst Rev.* 2020 Aug 12;8:CD007407. Cognitive Behavioral Therapy (CBT), has stronger evidence of less pain, distress & disability that other psychological (Behavioral/Acceptance & Commitment) therapies for chronic pain.
- Qaseem A, McLean RM, O'Gurek D, et al.. Nonpharmacologic and pharmacologic management of acute pain from non-low back, musculoskeletal injuries in adults: a clinical guideline *Ann Intern Med.* 2020;10.7326/M19-3602. doi:10.7326/M19-3602 New clinical [guideline recommend topical NSAIDs & nondrug therapies](#) to treat acute pain in injured ambulatory adults to limit opioid exposure.
- Ekinci M, Ciftci B, Celik EC, et al.. A randomized, placebo-controlled, double-blind study that evaluates efficacy of [Intravenous Ibuprofen and Acetaminophen for postoperative pain](#) treatment following laparoscopic cholecystectomy surgery. *J Gastrointest Surg.* 2020 Apr;24(4):780-785. IV ibuprofen cut pain & opioid use the first day after laparoscopic cholecystectomy better than IV acetaminophen.
- Barrevel AM, McCarthy RJ, et al. Opioid stewardship program and postoperative adverse events: a difference-in-differences cohort study. *Anesthesiology.* 2020; Jun;132(6):1558-1568. An opioid [educational intervention did cut opioid prescribing or related adverse events..](#)
- Wang L, Cohen JC, et al. Prevalence and intensity of persistent post-surgical pain following breast cancer surgery: a systematic review and meta-analysis of observational studies. *Br J Anaesth.* 2020 Sep;125(3):346-357. [Persistent pain affects half of women after breast cancer surgery](#) with lymph node dissection often resulting in persistent moderate-to-severe persistent post-surgical pain. Prevalence range varies.
- Chung KM, Chung-Han H, et al. Chronic pain increases the risk for major adverse cardiac and cerebrovascular events: a population-based study in Asia. *Pain Medicine.* 2020 Sep 1;21(9):1985-90. [Chronic pain linked to a 30% risk for major cerebrovascular events](#) over 10 years.
- Kocak A., et al. Comparison of topical capsaicin and topical piroxicam in the treatment of acute trauma-induced pain: A randomized double-blind trial. *Am J Emerg Med.* 2020;38:1767-1771. [Topical capsaicin may be better for acute pain than topical piroxicam.](#)
- Sheth KR, Bernthal NM, et al. Perioperative bleeding and non-steroidal anti-inflammatory drugs: An evidence-based literature review, and current clinical appraisal. *Medicine* (Baltimore). 2020;99(31):e20042. [NSAIDs can be part of multimodal analgesia](#) with caution.

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

- Oliveira J E Silva L, Lee JY, et al. [Intranasal \(IN\) ketamine for acute pain management in children](#): A systematic review and meta-analysis. *Am J Emerg Med*. 2020 Jun 1;38(9):1860-66. IN ketamine vs IN fentanyl have a similar safety & effectiveness profile for children in the ED.
- Sil S, Cohen LL, Bakshi N, et al. Changes in pain and [psychosocial functioning and transition to chronic pain in pediatric Sickle Cell Disease](#): a cohort follow-up study. *Clin J Pain*. 2020 Clin J Pain. 2020;36(6):463-471. Psychosocial therapy to build resilience is a best practice.
- Groenewald CB, Tham SW, Palermo TM. [Impaired school functioning in children with chronic pain](#): a national perspective. *Clin J Pain*. 2020 Sep;36(9):693-699. Children with chronic pain are 4 times as likely to have chronic absenteeism and other school problems.
- Lii TR, Aggarwal AK. Comparison of intravenous lidocaine vs epidural anesthesia for traumatic rib fracture pain: a retrospective cohort study. *Reg Anesth Pain Med*. 2020;45(8):628-33. [IV Lidocaine provides similar analgesia as epidurals](#) for rib fractures and may be opioid-sparing.
- Kang J, Zhao Z, et al. The efficacy of perioperative gabapentin for the treatment of postoperative pain following total knee & hip arthroplasty: a meta-analysis. *J Orthop Surg Res*. 2020;15(1):332 [Gabapentin did not decrease pain, opioid use or adverse effects](#) after TKA and THA.

## **Pain Resources on the Web:**

- [Adhesive arachnoiditis](#) is an increasingly prevalent cause of back pain linked to lifestyle that can have serious complications.
- The [NIH Centers of Excellence in Pain Education](#) has over 20 interprofessional online learning modules covering a range of topics.
- [Supporting self-management in everyday clinical practice](#). Pre-recorded this month by the International Association for the Study of Pain.
- NIH updated the PDQ related to [cancer pain assessment & management](#). Including updated Chemotherapy-induced peripheral neuropathy.

## **Complementary Integrative Health**

- [Aerobic exercise likely mobilizes endorphins](#) in women to reduce the intensity of chronic low back pain.
- [Turmeric extract reduced pain](#), stiffness without changing the joint structure in those with knee osteoarthritis
- Evidence of the pain relieving effects of [yoga is best for low-back pain and neck pain](#); rather than other pain types / locations.
- [Pulsed electromagnetic field therapy provides modest relief](#) of pain, stiffness & movement for arthritis compared with placebo.
- [Text messages can improve treatment adherence](#), but, by themselves don't improve pain or functioning.
- Studies support the benefits of underutilized [Osteopathic Manipulative Treatment for chronic low back pain](#),
- [Virtual Reality helps acute, chronic & experimental pain](#), with rapidly changing technology slowing our grasp of how it works.
- [Cognitive Behavioral Therapy alters brain function](#) in children and adolescents treated for migraine headaches.

## **Pain-Related Education Opportunities**

- Tue Oct 6<sup>th</sup> [Innovation in Prevention and Management of Pediatric Pain](#) webinar; part of the 2020 Global Year for the Prevention of Pain
- Sat Oct 10<sup>th</sup> [Alternative Therapies in Pain Management: Evidence-Based Approaches](#). [Alternative dates](#) available
- Wed – Fri Oct 21-23; ASPMN 30<sup>th</sup> [American Society for Pain Management Nursing Conference](#) creative virtual programming
- Fri Nov 6<sup>th</sup> [Building an integrative network](#) to promote well-being, resilience & collaboration. Virtual Conference 8:30 – 3:30
- Fri – Mon Nov 6-9 [European Pain Foundation Virtual Conference](#) with tracks for doctors, nurses psychologists and PT / OT therapists
- Sat-Sun Nov 7-8 [Essentials of Pain Management](#) virtual conference features experts presenting hot topics, panel discussions and debates.

## **MGH Pain Calendar Virtual Rounds**

- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM . Contact: [Gail Chin](#) for more information
- MGH Inter-professional Pain Rounds First and third Wednesday of month from 12–1pm. Email [Tina Toland](#) for more info

### **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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