



# 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

- [National Pain Advocacy Center launched](#) to advance the health and human rights of people in pain, including access to healthcare.
- After years of study, an international expert panel's [Position Statement declines to endorse the use of cannabinoids to treat pain](#).
- FDA warns of [serious cardiovascular events and cancer linked to the arthritis drug Xeljanz](#) at the 10mg BID dose.
- AHRQ publishes several new evidence summaries on [nonopioids](#) & [opioids for chronic pain](#), [treatments for acute pain](#) & [migraines](#).
- Novartis & The Gates Foundation are pursuing [gene therapy to cure painful sickle cell disease](#) in low-resource settings.
- The [National Prescription Drug Take Back Day is April 24](#), 2021 from 10am – 2pm to educate & promote safe disposal of unused drugs.

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

- Hunter OO, Wong A, Leng J, Mariano ER. Educating nurses on intravenous lidocaine for postoperative pain management. *Pain Manag Nurs*. 2021 Feb;22(1):94-99. Review of [how IV lidocaine cuts pain after surgery](#) and resources to train nurses on its use & know the risks.
- Doshi TL, Dworkin RH, Polomano RC, et al. AAAPT diagnostic criteria for acute neuropathic pain. *Pain Med*. 2021 Mar 22(3):616-36. [Acute neuropathic pain evaluation should include core criteria](#), e.g. mechanism, biopsychosocial features, modulating factors & functional impact.
- Christe G, Crombez G, Edd S, et al. Relationship between psychological factors and spinal motor behaviour in low back pain: a systematic review and meta-analysis. *Pain*. 2021 Mar 1;162(3):672-686. [Limited motion with back pain](#) is not explained by psychological factors alone.
- Van Cleave JH, Booker SQ, Powell-Roach K, et al. A scoping review of nursing's contribution to the management of patients with pain and opioid misuse. *Pain Manag Nurs*. 2021 Feb;22(1):58-68. Training & collaboration improves [care for patients with pain & opioid misuse](#),
- Miettinen T, Mäntyselkä P, Hagelberg N, et al. Machine learning suggests sleep as a core factor in chronic pain. *Pain*. 2021 Jan;162(1):109-123. Artificial intelligence supports that [sleep problems are linked to pain severity and disability](#) among those with chronic pain.
- Gamwell KL, Kollin SR, Gibler RC, et al. Systematic evaluation of commercially available [pain management apps](#) examining behavior change techniques. *Pain*. 2021 Mar 1;162(3):856-865. Among 76 apps, 28 were for patient use to control pain with quality ratings listed.
- Busse JW, Sadeghirad B, Oparin Y, et al. Management of [acute pain from non-low back, musculoskeletal injuries](#): a systematic review and network meta-analysis of randomized trials. *Ann Intern Med*. 2020;173:730-8. 32805127. Topical NSAIDs have the greatest net benefit, followed by oral NSAIDs & acetaminophen. Opioids are better for pain lasting > 2 hours and tramadol was ineffective for acute injury pain.
- Anand KJS. Neonatal opioids and preschool outcomes. *Pediatr Res*. 2020 Feb;89(3):407-8. Repetitive [neonatal pain/stress appears to play a central role in promoting brain dysmaturations](#), altering development in many ways & contributing significantly to the cognitive, perceptual, & behavioral difficulties of pre-terms as they mature to adulthood. Opioid-exposed neonates didn't exhibit late cognitive or motor effects.

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

- Mattson CL, Tanz LJ, et al. Trends and Geographic Patterns in Drug and Synthetic Opioid Overdose Deaths; United States, 2013-2019. *MMWR Morb Mortal Wkly Rep*. 2021 Feb;70(6):202-7. From [2013-2019 prescription opioid deaths declined](#), unless used with illicit fentanyl
- Aronowitz SV, Compton P, Schmidt HD. Innovative approaches to educating future clinicians about opioids, pain, addiction and health policy. *Pain Manag Nurs*. 2021 Feb;22(1):11-14. [Course overview](#) to understand [context of pain & the opioid overdose crises](#).
- Bernetti A, Agostini F, de Sire A, et al. [Neuropathic pain and rehabilitation: a systematic review of international guidelines](#). *Diagnostics (Basel)*. 2021;11(1):74. A multimodal (drug/nondrug) interprofessional approach to neuropathic pain is key to improvements.
- Lee B, Zhao W, Yang KC, et al. Systematic evaluation of state policy interventions targeting the US opioid epidemic, 2007-2018. *JAMA Netw Open*. 2021 Feb 1;4(2):e2036687. [Laws to reduce misuse of prescription opioids](#) may have increased illicit drug use & overdose deaths.
- Mueri K, Kennedy M, Pavlova M, et al. The sociocultural context of pediatric pain: an examination of the portrayal of pain in children's popular media. *Pain*. 2021 Mar 1;162(3):967-975. [Media portrayal of pediatric pain](#) often results from violence with unhelpful responses by others.
- Shkodra M, Brunelli C, Zecca E, et al. Neuropathic pain: clinical classification and assessment in patients with pain due to cancer. *Pain*. 2021 Mar 1;162(3):866-874. Neuropathic pain: clinical classification and assessment in patients with pain due to cancer. [Neuropathic pain is common with cancer](#) & is often mixed with visceral or bone pain. Care provided is enhanced by an individualized assessment & care plan.

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

- National Comprehensive Cancer Network has published updated [2021 Adult Cancer Pain Guidelines](#). Free registration required.
- [Pediatric pain resources](#) for understanding, preventing, assessing & managing pain in children; as well as tips for parents
- The [Migraine Toolbox](#) is a free, comprehensive "how to" course in managing migraine. It covers the diagnosis and treatment of this disease. It includes downloadable practical tools - including questionnaires, medication guidelines for clinicians, a patient brochure and other resources.
- [The Truth about Painkillers](#); addresses the historical and contextual link between pain, opioids, prescribing patterns and opioid use disorder.

## **Complementary Integrative Health**

- AHRQ compiled evidence from over 230 RCT's for the report on [Noninvasive Nonpharmacological Treatment for Chronic Pain](#)
- [Music cut pain & distress after surgery](#) when used 90 minutes a day (3 sessions) after surgery through 2 days post-discharge.
- [Guided imagery relieves pain & anxiety in Covid-19](#) patients in a, effective & cost-effective manner.
- GammaCore® is a new FDA-cleared [device for acute & preventive treatment of migraine in adolescents](#) between 12 and 17 years old.
- [Postoperative percutaneous peripheral nerve stimulation](#) to cut pain & opioid use for up to 60 days is being studied.

## **Pain-Related Education Opportunities**

- Online (4-part) course [Integrative Approaches to Managing Patients with Chronic Pain](#), including patient engagement in their healing journey.
- Fri-Sun Apr 23-25 AAPM annual meeting held virtually; [Scientific and clinical advances in the field of pain management](#).
- June 8, 2021 - [Cooperative Pain Education and Self-Management \(COPES\): A Technology-Assisted Intervention for Pain](#)
- Wed- Fri Jun 9 – 18, The IASP 2021 World Congress on Pain (virtual) the [preeminent global meeting on pain research, education & practice](#)

## **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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