



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

- In 2020 [fentanyl accounted for 92% of the 2,035 overdose deaths in Massachusetts](#); as deaths rose 5% during the pandemic year.
- FDA approved a [bupivacaine / meloxicam solution for 3 days of post-op relief](#) after a soft tissue/periarticular injection or instillation.
- [Oklahoma law requires individualized pain treatment](#) instead of the mandatory tapering or dose-limits other states require.
- DHHS issues new practice guidelines, [facilitating access to buprenorphine](#) for treating Opioid Use Disorder; that are effective immediately.
- [FDA approves an 8mg dose of nasal naloxone](#), at least twice as high as the currently standard treatment for opioid overdose.
- [COVID-19 impact on chronic pain patients](#) worsened the isolation and access to treatment needed by many with chronic pain.
- The [Canadian Pain Task Force action plan](#) strives to lessen the impact chronic pain has on patients, their families, communities & society.
- Attorney General [Maura Healey files lawsuit against OxyContin marketing group](#), making \$50 million & allegedly fueling the opioid crisis.

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

- Boggero IA, Krietsch KN, et al. Improvements in sleep correlate with improvements in clinical outcomes among adolescents undergoing intensive interdisciplinary pain treatment. *Clin J Pain*. 2021 Jun 1;37(6):443-453. [Make sleep hygiene part of a multimodal pain treatment](#).
- Ballock RT, Seif J, Goodwin R, et al. Clinical and economic outcomes associated with use of liposomal bupivacaine versus standard of care for management of postsurgical pain in pediatric patients undergoing spine surgery. *J Health Econ Outcomes Res*. 2021 Apr 14;8(1):29-35. After spine surgery, [children who received liposomal bupivacaine had shorted stays & less opioids](#) and lower hospital costs.
- Küçükakça Çelik G, Özer N. Effect of cold application on chest incision pain due to deep breathing and cough exercises. *Pain Manag Nurs*. 2021 Apr;22(2):225-231. [Cold pack cut pain 15 minutes after deep breath and coughing](#) exercises post-cardiac surgery.
- Bérubé M, Martorella G, et al. The effect of [psychological interventions on the prevention of chronic pain](#) in adults: a systematic review and meta-analysis. *Clin J Pain*. 2021 May 1;37(5):379-395. Psychological approaches may not cut pain but improve coping & functioning.
- Moon M, Oh EG, Baek W, et al. Effects of nurse-led pain management interventions for patients with total knee/hip replacement. *Pain Manag Nurs*. 2021 Apr;22(2):111-120. Interventions like education & anxiety reduction using [nurse-led nondrug therapies cut post-op pain](#).
- Lavanga M, Bollen B, Caicedo A, et al. The effect of [early procedural pain in preterm infants](#) on the maturation of electroencephalogram and heart rate variability. *Pain*. 2021 May 1;162(5):1556-1566. High exposure to early procedural pain linked to brain & cardiac dysmaturity.
- Bebee B, et al. The CANBACK trial: a randomised, controlled clinical trial of oral cannabidiol for people presenting to the emergency department with acute low back pain. *Med J Aust*. 2021 May;214(8):370-375. [CBD is no better than placebo for acute low back pain](#).

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

- Francisco ASPG, Montemezzo D, Ribeiro SNDS, et al. [Positioning effects for procedural pain relief in NICU](#): systematic review. *Pain Manag Nurs*. 2021 Apr;22(2):121-132 Tucking by a parent for 30 minutes best comforts a premature newborn during NICU procedures.
- Lagisetty P, Macleod C, Thomas, et al. Assessing reasons for [decreased primary care access for individuals on prescribed opioids](#): an audit study. *Pain*. 2021 May 1;162(5):1379-86. Nearly half of 450 primary care clinics won't prescribe chronic opioids regardless of patient risk.
- Logan DE, Donado C, Kaczynski K, et al. From one pain to many: The emergence of overlapping pains in children and adolescents. *Clin J Pain*. 2021 Jun;37(6):404-412. [Children/adolescents with overlapping chronic pains](#) need more intense & diverse treatment for mental health.
- Shanthanna H, Ladha KS, Kehlet H, et al. Perioperative opioid administration. *Anesthesiology*. 2021 Apr 1;134(4):645-659. [Opioid-free surgery research](#) is premature & distracts from optimizing pain and minimizing realistic long-term harms through opioid-sparing strategies.
- Rabbitts JA, Holley AL, Zhou C, et al. Physical Activity as a Predictor of Chronic Pain Following Pediatric Spinal Surgery. *Clin J Pain*. 2021 Mar 1;37(3):186-193. [More active children 2 weeks after spine surgery had less persistent pain](#) at 4 months regardless of pre-op activities.
- Arthur J, Edwards T, Lu Z, et al. Healthcare provider attitudes, beliefs, and perceived confidence in managing patients with cancer pain and nonmedical opioid use. *J Pain Symptom Manage*. 2021 Jan;61(1):128-135. Interprofessional education improves professional's knowledge & [confidence in caring for cancer patients with non-medical opioid use](#). This is a multifactorial problem requiring interprofessional solutions.

Pain Resources on the Web:

- SCOPE of Pain reviews [safe, effective, appropriate opioid prescribing](#), including the impact of COVID on prescribing with in-depth training
- Lead NIH epidemiologist delineates underserved populations & steps needed to remove [disparities in pain treatment](#).
- The American Cancer Society is [a reliable source of cancer pain information & resources](#) for patients, families and professionals.
- [Resources for Pediatric Pain](#) for professionals, parents and researchers; including "it doesn't have to hurt" video.
- Information, brief videos & professional resources for addressing [Pelvic Pain](#) regardless of age or gender, or cause

Complementary Integrative Health

- Low-level laser therapy/ [photobiomodulation appears to improve pain and functioning with knee arthritis](#).
- [Mindfulness meditation appears better to lessen postop pain & improve functioning](#) than hypnosis or cognitive behavioral education.
- Despite growing evidence of effectiveness, methods of studying & [using virtual reality as a nondrug adjuvant for pain](#) need refinement.
- [Mindfulness can promote spiritual well-being](#), particularly meaning and peace for patients/ with terminal disease & their spouse.

Pain-Related Education Opportunities

- Tue Jun 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
- Pain Relief Nurse Education Thursday, June 17th 12 – 1pm. Realistic Goals aligned with Patient Expectations Email [Paul Arnstein](#) for 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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