



# 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

- [Congresswoman develops a perforated ulcer from ibuprofen](#) taken for more than the recommended 2-week limit for lingering surgical pain
- Opioid overdose deaths last year rose only 5% in Massachusetts, less than other states, but the [overdose rates soared 69% for Blacks](#).
- Currently being developed for cancer, HDAC6 inhibitors, may restore [neuronal flexibility to improve pain therapy responsiveness](#).
- [FDA declined to approve IV tramadol](#), given delayed & unpredictable relief by itself & lack of safety data if combined with other analgesics.
- [New implantable neurostimulator for pain](#) has an 11-year battery life and adapts to the patient's movement or body position.
- Virtual meeting July 16<sup>th</sup> 10am - 5pm to discuss [revising CDC Guidelines for Prescribing Opioids](#) with public comment @ 2:15 – 4:15pm.

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

- Wan EYF, Yu YET, Chan L, et al. Comparative risks of nonsteroidal anti-inflammatory drugs on CKD. *Clin J Am Soc Nephrol*. 2021, Jun;16(6):898-907. People who take [NSAIDs over 28 days per year have a significantly risk of reduced kidney function measure \(eGFR\)](#) within 9 years; more than double that of people with no NSAID use. Ibuprofen may be least toxic, & etoricoxib most toxic to the kidneys.
- Morin M, et al. Multimodal physical therapy versus topical lidocaine for provoked vestibulodynia: a multicenter, randomized trial. *Am J Obstet Gynecol*. 2021 Feb;224(2):189.e1-189.e12. [Physical Therapy improved pain, sexual function & distress](#) more than topical lidocaine.
- Nicola M, Correia H, et al. Invalidation of chronic pain: a thematic analysis of pain narratives. *Disabil Rehabil*. 2021;43(6):861–869. [Pain-invalidation is a stigmatizing barrier to seeking treatment](#) & adhering to a treatment plan. Believing patients in a non-judgmental way helps.
- Lewis GN, Bean DJ. What influences outcomes from inpatient multidisciplinary pain management programs? a systematic review & Meta-analysis *Clin J Pain*. 2021 Jul;37(7):504-23. Inpatient [multidisciplinary pain programs have long term pain, emotion & functional benefits](#).
- Willingham MD, Vila MR, Ben A, et al. Factors contributing to lingering pain after surgery: The role of patient expectations. *Anesthesiology*. 2021 Jun 1;134(6):915-924. Surgical factors, pain intensity & [expectations of chronic pain contributed to pain 3 months after surgery](#)
- Sort R, Brorson S, Gögenur I, et al. [Peripheral nerve block anaesthesia and postoperative pain in acute ankle fracture surgery](#). *Br J Anaesth*. 2021 Apr;126(4):881-8. Pain & opioid use were lower with peripheral nerve blocks than spinal anesthesia, until they wore off.
- Gulia A, Dhamija E, et al. Impact of early intervention in pain management in cancer patients- a randomised controlled study in a tertiary care cancer hospital. *Clin J Pain*. 2021 Apr 1;37(4):259-64. [Nerve blocks plus opioids get better cancer pain outcomes](#) than opioids alone.
- Burns S, Urman R, Pian R, et al. [Reducing new persistent opioid use after surgery](#): a review of interventions. *Curr Pain Headache Rep*. 2021 Mar 24;25(5):27. Prudent prescribing, monitoring use & opioid-sparing multimodal analgesia cuts opioid use after surgery.
- Wan BA, Pidduck W, Zhang L, et al. Patient-reported pain in [patients with breast cancer who receive radiotherapy](#). *Pain Manag Nurs*. 2021 Jun;22(3):402-7. Breast cancer patients had less post-radiotherapy pain if they had adjuvant chemotherapy &/or chest wall radiation; whereas those with higher baseline pain &/or locoregional RT had higher post-radiation pain that should be monitored and treated..

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

- Racaru S, Sturt J, Celik A. The [effects of psychological interventions on diabetic peripheral neuropathy](#): a systematic review and meta-analysis. *Pain Manag Nurs*. 2021 Jun;22(3):302-311. Relaxation/breathing techniques, CBT, Mindfulness & counseling interventions reduce pain, improve functioning, mood & self-care for patients with painful diabetic neuropathy. Strongest effects were for acute pain reduction.
- Dear BF, Karin E, Fogliati R, et al. A cost-effectiveness analysis of an internet-delivered pain management program delivered with different levels of clinician support: a randomised controlled trial. *J Pain*. 2021 Mar;22(3):344-358. An [internet-delivered pain management program showed cost-effective clinical benefits](#) (e.g.  $\geq 30\%$  lower disability, depression, anxiety & pain) even with different levels of clinician support.
- Zhen N, De-Sheng C, et al. The [analgesic effect of ketorolac addition for renal colic](#) pain: A meta-analysis of randomized controlled studies. *Am J Emerg Med*. 2021 May;43:12-16. Adding ketorolac to analgesics for renal colic pain enhances efficacy without more GI side effects.
- Lee HM, Park JH, Park SJ, et al. Comparison of monotherapy versus combination of intravenous ibuprofen and acetaminophen for reduction of postoperative opioid administration in children undergoing laparoscopic hernia repair: a double-blind randomized controlled trial. *Anesth Analg* 2021 Jul 1;133(1):168-75. [Intravenous ibuprofen + acetaminophen](#) reduce pain & opioid used after pediatric laparoscopic hernia repair.
- Fritz JM, Davis AF, Burgess DJ, et al. Pivoting to [virtual delivery for managing chronic pain with nonpharmacological treatments](#): implications for pragmatic research. *Pain*. 2021 Jun 1;162(6):1591-96. Non-drug treatments can be effectively delivered virtually on a large scale.
- Erzincanli S, Kasar KS. [Effect of hand massage on pain, anxiety, and vital signs in patients before venipuncture procedure](#): a RCT. *Pain Manag Nurs*. 2021 Jun;22(3):356-360. A 5-6-minute bilateral arm & hand massage cut anxiety, BP & pulse but not pain during venipuncture.

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

- [Can newly approved migraine drugs help other chronic pain patients](#); considering the location of target receptors throughout the pain system?
- Pain Assessment & Management Initiative of University of Florida Jacksonville has [resources & videos for patients & providers](#).
- NIH symposium: "[Pain and Pandemics](#): Challenges and Opportunities in the Current Social and Healthcare Climate," that aired May 24<sup>th</sup>
- American Academy of Family Physicians has resources on pain management & opioid misuse, including a [Chronic Pain Toolkit](#).

## **Complementary Integrative Health**

- [Specialized spa therapy \(18 sessions\) helped people with Fibromyalgia](#) that lasted 6-12 months after treatments were completed.
- Online [Acceptance & Commitment Therapy effectively improves chronic pain and desired outcomes](#) like improved functioning & mood .
- [Stellate ganglion low-level laser therapy](#) may restore autonomic nervous system balance to help with fibromyalgia and related conditions.
- [Sound nutritional principles & foods to avoid for people with intractable pain](#) delineated in this new guide.
- [Acupuncture reduces pain in children and adolescents with sickle cell](#) disease during painful sickle cell crises.
- [Virtual Reality reduces pain more than other distraction methods for children](#) in the Emergency Department to reduce venipuncture pain.

## **Pain-Related Education Opportunities**

- Wed-Thu Jul 21-22; [Approaches to Effective Therapeutic Management of Pain for People with Sickle Cell Disease](#); a free NIH Workshop.
- Wed Sep 29<sup>th</sup> – Sat Oct 2<sup>nd</sup> ASPMN's National [Pain Management Nursing Conference](#) will be live in San Antonio, or virtually available.
- Wed Sep 29 – Sat Oct 2 European Pain Federation; [Targeting pain and its comorbidities in the digital age](#), Dublin IR

## **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
- Pain Relief Nurse Education Thursday, July 15<sup>th</sup> 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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