In the News

- DOJ Office of Inspector General blasts the DEA for its slow response & failure to take effective actions during the emergent opioid crisis.
- USDHHS guide delineates strategies to help clinicians taper or stop chronic opioid therapy without sacrificing adequate pain control.
- Patients protest opioid quota cuts; while the DEA denies responsibility for less access to prescribed opioids as they don’t regulate practice.
- Manufacturers cut supply to avoid paying opioid tax in New York, leaving many patients unable to access treatment … opioid or otherwise.
- Four companies scramble to reach a $300 million settlement in the 1st lawsuit against opioid distributors, in 2 Ohio counties.
- Doctor sentenced to 40 years in prison for prescribing opioids, including 25 murders. Or was he treating pain & mistreated by the system?
- Massachusetts Advisory: Best Practice in Prescribing Opioids clarifies state standards paralleling CDC guidelines to prevent addiction.
- CMS updates it’s resources to reduce opioid misuse and reveals it’s plan, that includes improved access to opioid treatment programs.
- Legislation could fund FDA innovations to develop four alternatives to opioids, each year for the next 10 years.

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

● Acupressure cuts pain intensity by 35% [MGHers can obtain articles through the Treadwell home page]

- Lemay CA, Saag KG, Franklin PD. A qualitative study of the postoperative pain management educational needs of total joint replacement *Pain Manag Nurs*. 2019 Aug;20(4):345-351. Postop patients found information about pain & its treatment lacking; unless they had a prior surgery or a family member in a health care field. More information about pain control methods should be delivered at multiple time points.
- Fuller-Thomson E, Kotchapaw LD. *Remission from suicidal ideation* among those in chronic pain: What factors are associated with resilience? *J Pain*. 2019 Sep;20(9):1048-1056. Chronic pain patients with serious financial strain, depression and anxiety disorders often continue to struggle while better educated, confident, patients with certain demographic commonalities (white older women) do better.
- Ferrell BR. *Family caregiving and cancer pain management*. *Anesthesiology*. 2019 Nov;129(5):1408-13. Family caregivers of patients with advanced cancer have many complex needs as care shifts to outpatient & home settings while caregivers may be old or sick themselves.

**Pain Resources on the Web:**
- Dr. Moseley’s talk to NIH on *Pain Revolution: From Science to Practice* see minutes 22 – 1:09 on the video.
- See videos on the Global Year Against Pain in the Most Vulnerable educational series addressing *State of the Science in Pain*.
- Pain Resource helps people living with chronic pain better understand & manage daily living challenges with a variety of online content.

**Complementary Integrative Health**
- Acupressure cuts pain intensity by 35% for patients with chronic low back pain, and a slight variation in technique can also reduce fatigue.
- Pilates improves flexibility, strength & pain in children up to age 22 with musculoskeletal pathology; that further impacts their quality of life.
- Hypnosis helps reduce medication for procedural pain & anxiety during minimally invasive procedures using light conscious sedation.
- An hour of applied kinesiotape reduces knee arthritis pain while improving active range of motion & physical functioning for at least 3-days.
- Electrical nerve stimulation at traditional TENS or acupoint application sites reduces postoperative abdominal pain & analgesic use.
- Mindfulness-oriented recovery enhancement helps patients with chronic pain & reduces opioid craving for those with opioid use disorder.

**Pain-Related Education Opportunities**
- Fri-Sat Nov 15-16, 2019 *Pain Care for Primary Care* with additional workshops available on addiction & medical cannabis. Orlando FL
- Wed-Sun Feb 26 – Mar 1st *American Academy of Pain Medicine meeting* covers a range of pain & treatment types in National Harbor, MD

**MGH Pain Calendar**
- Tools & Techniques for Effective Pain Management – Tuesday, January 28th FND 325. Click to email Paul Arnstein for more information.
- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM in the Ether Dome Email: Gail Chin for more information
- MGH Inter-professional Pain Rounds Jackson 412 First and third Wednesday of month from 12–1pm. Email Tina Toland for more info.

**MGH Pain Resources**
- The Patient Education Television: Dial 4-5212 from patient’s phone then order: see handbook http://handbook.partners.org/pages/168 for listing: #120 Acute Pain #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Pain Medications; Excellence Every Day Pain Portal Page: http://www.mghpcs.org/EED/Pain/default.shtml
- 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

**MGH Cares About Pain Relief**
Massachusetts General Hospital
Previous Newsletters

To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to Paul Arnstein.