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

● Of Massachusetts overdose fatalities, 93% had illicit fentanyl in their system versus 42% with cocaine & <10% with prescription opioids.
● "Do no harm" to children with severe pain is easier said than done while balancing concerns for relief with avoiding adverse effects.
● The number of opioid prescriptions are down 43% since 2011, with doses per prescription cut by 17% in the last year alone.
● Post marketing studies over a 5-year period shows Tapentadol carries a lower abuse liability than most other opioids.
● Centers for Medicare / Medicaid updated its resources to reduce opioid misuse including new CDC-developed opioid tapering guidelines.
● FDA update on work to increase the accessibility of naloxone, with the first generic OTC naloxone HCL nasal spray, now approved.
● Pain experts can apply for a Mayday Pain & Society Fellowship to lead the public conversations about pain and related science.
● Synthetic opioids now account for 60% of opioid deaths with urban minority rates increasing; representing a shifting racial demographic.

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

● Pergolizzi JV Jr, Rosenblatt M, LeQuang JA. Three years down the road: the aftermath of the CDC guideline for prescribing opioids for chronic pain. Adv Ther. 2019 Jun;36(6):1235-40. CDC guidelines hastened the already declining rates of opioid prescribing & subsequently triggered the largest increase in overdose deaths ever recorded. Undertreated pain emerged as the silent epidemic within the opioid crisis.
● Hudgins JD, Porter JJ, Monuteaux M, et al. Prescription opioid use and misuse among adolescents and young adults in the United States: A national survey study. PLoS Med. 2019 Nov 5;16(11):e1002922. In 2015-2016 the prevalence of opioid misuse was 4-8% of adolescents and young adults, with more than twice as many getting them free from a friend or relative than getting a legitimate prescription.

To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to Parl Arnstein.
Journal Watch (continued)  [MGHers can obtain articles through the Treadwell home page]


Pain Resources on the Web:

- [Survey](https://www.massgeneral.org/palliativecare) seeks to develop US-based chapter of the IASP for interprofessional pain group and maintain the viability of the Journal of Pain.

- Online presentation of [opioid sparing way to control pain](https://www.mghpcs.org/EED/Pain/default.shtml): scheduled non-opioids; nondrug therapies & prudent opioid use.

- [Pain can be assessed and managed in dementia patients](https://www.mghpcs.org/EED/Pain/default.shtml) with the right professional education, organizational structure and resources.

- Fact sheet on [Palliative Care for the Older Person in Pain](https://www.mghpcs.org/EED/Pain/default.shtml) adds to resources for the global year against pain in the most vulnerable.

- [Animated pain toolkit to help patients](https://www.mghpcs.org/EED/Pain/default.shtml) learn handy tips, proven strategies and skills to support them to better self-manage pain.

- Infographic of actions taken by residents, before surgery with under 60% addressing pain before obtaining consent & 14% not treated.

- An artistic & public awareness campaign aims to illustrate the disease of chronic pain and reduce the stigma of this invisible condition.

Complementary Integrative Health

- Research studies show [patients taking opioids for pain benefit from mind-body therapies](https://www.massgeneral.org/TranslationalPainResearch/) resulting in reduced pain and medication use.

- [Physical Therapy is better than prolotherapy](https://www.mghpcs.org/EED/Pain/default.shtml) alone for reducing tennis elbow pain at 3 months. Symptoms resolve at a year for all groups.

- [Mindfulness training to cut the pain & anxiety in metastatic cancer](https://www.mghpcs.org/EED/Pain/default.shtml) was feasible and acceptable as part of early palliative care.

- Capsaicin, ginger, glucosamine, melatonin & vitamin D are among the best dietary supplements for musculoskeletal pain.

- [Percutaneous electrical nerve stimulation](https://www.mghpcs.org/EED/Pain/default.shtml) of the outer ear safely lowered the pain & medication use of women after cesarean section.

- [Mindfulness-based interventions were adapted to help military personnel](https://www.mghpcs.org/EED/Pain/default.shtml) in a way that fits their cultural, communication & routines.

Pain-Related Education Opportunities


- Wed-Sun Feb 26 – Mar 1st [American Academy of Pain Medicine meeting](https://www.mghpcs.org/EED/Pain/default.shtml) covers a range of pain & treatment types in National Harbor, MD

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Tue, January 28th FND 325. 4.5 CE with 1 pharmacology credit Click here to [register](https://www.massgeneral.org/palliativecare).

- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM in the Ether Dome Email: [Gail Chin](mailto:gail.chin@massgeneral.org) for more information

- MGH Inter-professional Pain Rounds Jackson 412 First and third Wednesday of month from 12–1pm. Email [Tina Toland](mailto:tina.toland@massgeneral.org) for more info.

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**MGH Pain Resources**

- [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/](https://www.massgeneral.org/TranslationalPainResearch/)
- MGH Palliative Care: [http://www.massgeneral.org/palliativecare](http://www.massgeneral.org/palliativecare)

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**MGH Cares About Pain Relief**

Massachusetts General Hospital

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