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

- NH pain doctor was reprimanded / fined for tapering a chronic pain patient; then dropping him when signs of a failed opioid taper emerged.
- Amidst lawsuits American Pain Society goes bankrupt despite leading international advances in research, education & care for 40 years.
- FDA revised guidance document calls for new opioid analgesics that safeguard against overdose, abuse & addiction.
- AMA condemns using high prescriber lists to blacklist physicians, and many adaptor medically necessary analgesic prescriptions.
- Exert witness for 1st of many States suing opioid makers could make $500,000; while leveraging DEA data & lawyers pocket $1.4 billion.
- GLial cell are responsible for neuroinflammation, that increase inflammatory markers found in the brains of patients with fibromyalgia.
- Consumer report reviews how some get relief from chronic pain using available physical, psychological and complementary methods.
- The sensory & emotional connections of pain in the brain can enhance memory, creativity and other responses that improve well-being.
- States with medical marijuana laws actually have higher opioid overdose mortality rates raising question about validity of prior research.
- Opioid overdose deaths down almost 15% in the past year with improvements being made to the national database for improved accuracy.
- Fearing legal consequences 40% of doctors refuse to treat chronic pain patients needing opioids to control pain; putting patients at risk.

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

- Amstein P, Herr K. Shifting Focus: From the opioid crisis to quality pain management. J Gerontol Nurs. 2019 Jun 1;45(6):3-5. Call to shift the dialogue from drug control to pain control, especially for older adults who are most vulnerable to the effects of pain & many treatments.

Peng KP, May A. Migraine understood as a sensory threshold disease. *Pain*. 2019 Jul;160(7):1494-1501. Migraine patients are more sensitive to sensory stimuli e.g., visual, hearing, olfactory, etc.) that could be affected by menstrual cycle, sleep or mood disturbance.


### Pain Resources on the Web:

- Functional MRI studies support a clear link between pain sensitivity and sleep deprivation; unrelated to mood. (1)
- Teaching children resiliency to cope with pain is preferred over learned anxiety, catastrophizing & helplessness. (2)
- Pain management in the context of the opioids use disorder epidemic for people with serious illness (National Academies of Science). (3)
- The challenges of implementing guidelines & best practices in pain control among vulnerable populations delineated in 15 languages. (4)

### Complementary Integrative Health

- Relaxing or stimulating self-administered acupressure cute pain intensity by 35% for some people with chronic low back pain. (6)
- Water therapy helps patients with fibromyalgia improve pain, fatigue, and quality of life; warranting further study. (7)
- Medicare may pay for acupuncture if part of an approved study to help patients with chronic low back pain; despite a lot of controversy. (8)
- For knee or shoulder pain, therapeutic ultrasound monotherapy doesn’t cut pain enough to improve functioning, (9)
- Research supports certain dietary ingredients-supplements can relieve musculoskeletal pain with minimal risk. (10)

### Pain-Related Education Opportunities

- Tues – Sat, September 3rd – 7th Pain Week: multidisciplinary faculty and diverse curriculum for front-line clinicians. Las Vegas (11)
- Wed – Sat, September 18th – 21st ASPMN meeting “Pain Management Nursing; Bridging the Gaps in Pain Management,” Portland, OR (12)
- Mon, September 23rd @ NIH Lorimer Moseley on “Why We Need a Pain Revolution: From Science to Practice” Bethesda, MD (13)
- NEJM Knowledge+ Pain and Opioids; case-based approach for clinicians to learn more about Pain Management and Opioids. (14)

### MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Wed, September 11th FND 325. Click to register. (15)
- Palliative Care Grand Rounds resume this fall on Wed mornings from 8:00 – 9:00 AM in the Ether Dome. email: Gail Chin for more info (16)
- Interprofessional Pain Rounds on 1st and 3rd Wednesday 9/4/19 – 12/18/19; then 3/4/20 – 6/17/20 noon-1pm GRJ-412 inquire here (17)

### MGH Pain Resources

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)

### MGH Cares About Pain Relief

Massachusetts General Hospital

Previous Newsletters

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