



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

- [NIH needs your input](#) about integrating quality interprofessional pain & opioid competencies (CoEPEs model) into education curriculum.
- Now is the [time to revisit opioid epidemic facts](#) & correct course for those with pain &/or addiction while it still commands public attention.
- US Preventive Services Task Force recommends [screening all adults for use of illicit or prescription drugs](#), Send [comments](#) until 9/9/19.
- [FDA approves generic pregabalin](#) (Lyrica®) for different forms of neuropathic pain and fibromyalgia, which will likely reduce cost.
- [CMS stands by its restrictive opioid prescribing policy](#) despite CDCs opposition to convert their guideline into laws & payers' policies.
- IASP looking for comments about a [proposed new international definition of pain](#) An aversive sensory *and* emotional experience
- [Buprenorphine is a gold standard](#) treatment for the symptoms of opioid withdrawal, but most pharmacies don't carry it.
- Does the DOJ's [counterproductive approach to the war on drugs](#), impede medically necessary treatment for pain and/or addiction?
- [Interdisciplinary team helps kids with pain](#) using a combination of traditional & complementary approaches; a rare, but valuable approach.
- Surgeon General tweets "[we have a crisis of undertreated pain in the US](#)" and patients with pain respond, describing horrific experiences.

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

- Lagisetty PA, Healy N, Garpestad C, et al. Access to primary care clinics for patients with chronic pain receiving opioids. *JAMA Netw Open*. 2019 Jul 3;2(7):e196928. A random sample of 94 practices showed [40% of primary care clinics wouldn't accept a new patient on opioid therapy](#), regardless of insurance; creating a cohort of chronic pain refugees without access to basic healthcare.
- Edgley, Hogg M, De Silva A, et al. [Severe acute pain and persistent post-surgical pain](#) in orthopaedic trauma patients: a cohort study. *Br J Anaesth*. 2019 Sep;123(3):350-9. Women and those with prior post-trauma surgery have are approximately twice as likely to have higher pain 3 days after surgery. Patients with higher intensity preoperative pain are more likely to have pain that lingers at least for 3 months.
- Mallari B, Spaeth EK, Goh H, et al. Virtual Reality as an analgesic for acute and chronic pain in adults a systematic review and meta-analysis. *J Pain Res*. Jul 2019;(12):2053—85. [Virtual reality holds promise to treat both acute and chronic pain](#); but standardization needed
- Kemp HI, Laycock H, Costello A, et al. Chronic pain in critical care survivors: a narrative review. *Br J Anaesth*. 2019 Aug;123(2):e372-e384. Up to [77% critical care survivors report chronic pain 1 year later](#). Older age, pre-existing pain & medical co-morbidity may increase this risk.
- Riddell JM, Trummel JM, Onakpoya IJ. Low-dose ketamine in painful orthopaedic surgery: a systematic review and meta-analysis. *Br J Anaesth*. 2019 Sep;123(3):325-34. [Meta-analysis supports use of ketamine for total joint replacement patients](#) to cut pain & opioid dose.
- Anand KJS. [Discovering Pain in Newborn Infants](#). *Anesthesiology*. 2019 Aug;131(2):392-5. Revisiting the science that proved neonates have pain that needs to be treated (1987) is considered on of the top anesthesia articles of all time. What have we learned since then?
- Blanke C, LeBlanc M, Hershman D, et al. Characterizing 18 years of the death with dignity act in Oregon. *JAMA Onc* 3(10):1403-6. In 18 years of physician assisted suicide, a 250% increase occurred with [inadequate pain control driving suicide in more than 25% of cases](#).

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Massachusetts General Hospital
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To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to [Parl Amstein](#)

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

- Ruhm CJ. [Nonopioid overdose death rates rose almost as fast as those involving opioids](#), 1999-2016. *Health Aff*. 2019 Jul;38(7):1216-24. Over an 18 year period in USA, nonopioid overdose deaths substantially increased by 274% , nearly as fast as opioid (licit & illicit) fatalities.
- Eccleston C, Fisher E, Cooper TE, et al. Pharmacological interventions for chronic pain in children: an overview of systematic reviews. *Pain*. 2019 Aug;160(8):1698-1707. Little to [no RCT-level evidence that analgesics help/hurt children](#) with cancer or chronic pain. Research needed.
- Talbot K, Madden V, et al. The sensory & affective components of pain: are they differentially modifiable dimensions or inseparable aspects of a unitary experience? A systematic review. *Br J Anaesth*. 2019 Aug;123(2): [Sensory & affective parts of pain are inseparable](#), treat both.
- Shim H, Rose J, Halle S, et al. Complex regional pain syndrome: a narrative review for the practicing clinician. *Br J Anaesth*. 2019 Aug;123(2):e424-e433. [Emerging understanding of CRPS pathophysiology](#) may lead to effective prevention strategies and better treatments.
- Vögtle E, Kröner-Herwig B, Barke A. Nocebo hyperalgesia can be induced by the observation of a model showing natural pain expressions. *Clin J Pain*. 2019 Sep;35(9):737-43. In 80 women, [sensitivity to pain was increased by seeing a person grimace](#), supporting a nocebo effect.
- Jonas WB, Crawford C, Colloca L, et al. Are invasive procedures effective for chronic pain? A systematic review *Pain Med*. July 2019; 20(7):1281–93 A [systematic review doesn't find support for invasive procedures](#) efficacy for chronic back or knee pain.

Pain Resources on the Web:

- [NCCIH](#) posted an updated eBook, "[Pain: Considering Complementary Approaches](#)" that reviews integrative treatments in plain language.
- A physiotherapist & psychologist likens [good interdisciplinary treatment](#) to a good jazz band, showcasing individual skills & teamwork.
- Basic human cellular research shows [neuropathic pain can arise from ectopic activity of peripheral nerve\(s\)](#).
- [American Academy of Pain Medicine offers memberships & resources](#) to members of recently dissolved pain organizations.

Complementary Integrative Health

- Advanced imaging suggests [mindfulness can help pain](#) because it uniquely enhances cognition, emotional control & acceptance.
- [Virtual reality was better at lowering pain than specialized TV programming](#) in hospitalized patients, with lingering effects recorded.
- [Burst occipital nerve stimulation for chronic migraine & chronic cluster headache](#) has demonstrated efficacy without annoying numbness.
- A single [hyperbaric oxygen treatment cuts spread of burn-injury hypersensitivity](#) to pain, possibly by reducing sensitization / neuroplasticity.
- Several [dietary ingredients that may help alleviate musculoskeletal pain](#) with few side effects when taken by mouth or applied to the skin.

Pain-Related Education Opportunities

- Tue-Sat Sept. 3-7 [Pain Week](#): multidisciplinary faculty and diverse curriculum for front-line clinicians. Las Vegas
- Wed-Sat 18-21 ASPMN meeting "Pain Management Nursing; [Bridging the Gaps in Pain Management](#)." Portland, OR
- Mon Sept 23 @ NIH Lorimer Moseley on "[Why We Need a Pain Revolution: From Science to Practice](#)" Bethesda, MD
- Sat Oct. 5th Eastern Pain Association Annual Fall Conference New York [Packed agenda](#) with cutting edge innovations in pain.

MGH Pain Calendar

- Tools & Techniques for Effective Pain Management – Wednesday, September 11th FND 325. [Click](#) to register
- 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
- Interprofessional Pain Rounds will resume September 4th on 1st and 3rd Wednesdays of each month. [inquire here](#)

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/crisql/servlet/crlonline>

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