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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]

- 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.
- 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.
Advanced imaging suggests Several FND 325. with cancer or chronic pain. Research needed.

2019 Aug;123 of Virtual reality was better at lowering pain than specialized TV programming may lead to effective prevention strategies and better treatments.

E, American Academy of Pain Medicine offers memberships & resources. 2019 Jul;38(7):1216 for more info

CJ. Eastern Pain Association Annual Fall Conference New York posted an updated eBook, " A single on 19:00 AM in the Ether Dome. email: to pain, possibly by reducing sensitization, nearly as fast as opioid (licit & illicit) fatalities. and

Basic human cellular research shows neuropathic pain can arise from ectopic activity of peripheral nerve(s).

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 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.

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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 Setember 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;


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://handbook.partners.org/pages/168

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