



# PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

## Inside this issue:

In the News.....	Page 1
Journal Watch.....	Page 1-2
CIH.....	Page 2

Pain Resources on the Web.....	Page 2
Pain Education Opportunities.....	Page 2
MGH Pain Calendar & Resources.....	Page 2

## In the News

- FDA says [avoid using NSAIDs in pregnancy after 20 weeks](#) because of low amniotic fluid & potential fetal kidney problems
- [FDA rejects intravenous Tramadol](#) because its slow onset of action of the first dose, requires another opioid; which can increase risks
- [Walmart sues US government for DEA's ineffective handling of the opioid crisis](#), that is not due their company's filling opioid prescriptions
- Over 1,500 [pain patients speak up](#) about obstacles, from cost to mobility issues, that inhibit access to care NIH-recommended pain care
- FDA calls for [label changes to all benzodiazepines](#) after an upsurge of poison control center calls and a 9-fold rise overdose deaths.

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

- Covington E, Argoff C, Ballantyne JC, et al. Ensuring patient protections when tapering opioids: Consensus panel recommendations. *Mayo Clin Proc.* 2020;95(10):2155-2171. [New guidelines for opioid tapering](#) emphasize safety, feasibility & harm reduction while controlling pain.
- de Aguiar GPCG, Saraiva MD, Khazaal EJB, et al. Persistent pain and cognitive decline in older adults: a systematic review and meta-analysis from longitudinal studies. *Pain.* 2020 Oct;161(10):2236-47. [Cognitive decline in elders with chronic pain](#) vary with pain intensity.
- Cheesman Q, DeFrance M, et al. The effect of preoperative education on opioid consumption in patients undergoing arthroscopic rotator cuff repair. *J Shoulder Elbow Surg.* 2020 Sep29:1743-50. [Opioid education reduces opioid requirement](#) for 2 years after shoulder surgery.
- Fasolino A, Di Stefano G, Leone C, et al. Small-fibre pathology has no impact on somatosensory system function in patients with fibromyalgia. *Pain.* 2020 Oct;161(10):2385-2393. Skin [biopsies reveal 30% \(not 75%\) of fibromyalgia patients have small-fiber pathology](#).
- Duensing K, Twillman R, et al. An examination of State and Federal opioid analgesic and continuing education policies: 2016–2018. *J Pain Res.* 2020 Oct. (13):2431-42. In 2-years [527 federal & state opioid-related laws were passed with 170 imposing limits](#) on prescribers.
- Voon P, Wang L, Nosova E, et al. Greater pain severity is associated with inability to access addiction treatment among a cohort of people who use drugs. *J Pain Res* 2020 Oct(13): 2443-49. The [severity of pain among those with illicit drug use](#) impedes access to OUD treatment
- Darnall BD, Mackey SC, Lorig K, et al. Comparative effectiveness of cognitive behavioral therapy for chronic pain and chronic pain self-management within the context of voluntary patient-centered prescription opioid tapering. *Pain Med.* 2020 Aug 21(8):1523-31. The EMPOWER study demonstrates a [method to help patients undergoing voluntary opioid tapering improve biopsychosocial outcomes](#).
- Armstrong AD, et al. Risk factors for increased postoperative pain and recommended order set for postoperative analgesic usage. *Clin J Pain.* 2020 Nov;36(11):845-851. [Anxiety, current smoking, psychological conditions, & current opioid use](#) raise the risk of post-op pain.
- Burns JW, Janssen I, Lillis T, et al. The transition from [acute to persistent pain: the identification of distinct trajectories among women presenting to an emergency department](#). *Pain.* 2020 Nov;161(11):2511-19. Women with high levels of PTSD symptoms, anger, sleep disturbance & low social support are more vulnerable to have continuing pain 3 months after the index ED visit for that condition.
- de Jesus FLA, et al. Addition of specific hip strengthening exercises to conventional rehabilitation therapy for low back pain: a systematic review and meta-analysis. *Clin Rehabil.* 2020 Nov;34(11):1368-77. [Adding hip strengthening exercises to PT can cut back pain](#) & disability

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](#)

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

- Oliveira J E Silva L, Lee JY, et al. [Intranasal \(IN\) ketamine for acute pain management in children](#): A systematic review and meta-analysis. *Am J Emerg Med*. 2020 Jun 1;38(9):1860-66. IN ketamine vs IN fentanyl have a similar safety & effectiveness profile for children in the ED.
- Karos K, McParland JL, Bunzli S, et al. The social [threats of COVID-19 for people with chronic pain](#). *Pain*. 2020 Oct;161(10):2229-2235. The negative impact of social changes prompted by the pandemic has worsened social distress & access to care for those with chronic pain.
- Naegle MA, Finnell DS, Kaplan L, et al. Opioid crisis through the lens of social justice. *Nurs Outlook*. 2020 Sep-Oct;68(5):678-681. Patients with either pain or opioid use disorders have encountered more [disparities during the opioid crisis that interfere with access to care](#).
- Nalamachu S, Gudin J. Characteristics of [analgesic patch formulations](#). *J Pain Res*. 2020 :13 2343–54. Topical/ transdermal analgesic patch systems are an effective option for treating different pains. Nice review of advantaged & potential problems of the different systems & drugs.
- Keaveney A, Peters E, Way B. Effects of acetaminophen on risk taking. *Soc Cogn Affect Neurosci*. 2020 Sep 24;15(7):725-732. Among the most-used drugs in America, [Acetaminophen can facilitate risk-taking behavior](#) which may result from the anxiety reducing effect of the drug
- Owiredua C, Flink I, Vixner L, et al. The context matters: A retrospective analysis of life stage at chronic pain onset in relation to pain characteristics and psychosocial outcomes. *J Pain Res* 2020 Oct (13): 2685—95. [Chronic pain before age 30 is linked to worse outcomes](#).

## **Pain Resources on the Web:**

- Videos to help professionals [talk effectively about opioid use](#) for chronic pain management.
- [FDA's "Remove the Risk" resources](#) provides guidance on safe use, secure storage and proper disposal of opioids in the home.
- [Race and ethnicity disparities in pain treatments](#) are glaringly evident. We need to recognize and address implicit bias for equity.
- [Chronic overlapping pain conditions](#) & chronic non-pain disorders may have overlapping biopsychosocial features, including stress.
- Article in the journal "Psychology Today" addresses [6 Ways to Handle the Stigma of Chronic Pain](#) and Illness.
- Efforts at NIH are [Unlocking the Secrets of Nerve Pain](#) to find new non-addictive treatment targets for this clinical challenge.
- Good review of the value and efficacy of [massage therapy for acute &/or chronic pain](#), as well as rehabilitation and behavioral health.

## **Complementary Integrative Health**

- [Listening to a music app reduced pain & anxiety](#) in the emergency department observation unit; especially for catastrophizing patients.
- [Hypnosis, cognitive therapy, hypnotic cognitive therapy & education](#) produce similar symptom reductions for chronic pain lasting a year.
- [Black sesame extract oil, relieves acute musculoskeletal pain](#) as quickly as acetaminophen & improves sense of well-being.
- [Extracorporeal shock wave therapy for neck/back pain](#) or [hip pain](#) cuts pain for longer than standard physiotherapy or sham treatment.
- Slow breathing combined with [focused attention on breath reduces pain](#) and its unpleasantness independent of endogenous opioids

## **Pain-Related Education Opportunities**

- Fri Nov 6<sup>th</sup> [Building an integrative network](#) to promote well-being, resilience & collaboration. Virtual Conference 8:30 – 3:30
- Fri – Mon Nov 6-9 [European Pain Foundation Virtual Conference](#) with tracks for doctors, nurses psychologists and PT / OT therapists
- Sat-Sun Nov 7-8 [Essentials of Pain Management](#) virtual conference features experts presenting hot topics, panel discussions and debates.
- Mon Nov 16, at 6:30 pm [Whose Pain Matters? Reflections on Race, Social Justice, and COVID-19's Revealed Inequalities](#). Free webinar.

## **MGH Pain Calendar Virtual Rounds**

- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM . Contact: [Gail Chin](#) for more information
- MGH Inter-professional Pain Rounds First and third Wednesday of month from 12–1pm. Email [Tina Toland](#) for more info

### **MGH Pain Resources**

**Excellence Every Day Pain Portal Page:** <http://www.mghpcs.org/EED/Pain/default.shtml>

**MGH Pain Management Center Newsletter:** <https://conta.cc/2Hk79qV>

**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](#)