



# 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

- SAMHSA has [community projects to cut opioid overdose deaths](#) in Kentucky, Massachusetts, New York & Ohio.
- Among new juvenile ACR & Arthritis Foundation JIA guideline recommendations, [children should avoid long-term NSAID](#) use.
- Massachusetts reports slightly [more overdose deaths in the first 9 months of 2020](#) compared with last year (94% still from illicit Fentanyl)
- [Oregon voters decriminalized the possession & use of all drugs](#) after failed attempts to taper pain patients to zero opioids by legislators.
- [FDA approves tramadol oral solution](#) (Schedule C-IV) to manage pain for those with difficulty swallowing & to ease dose adjustments.

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

- van Tilburg MAL, Parisien M, Boles RG, et al. A genetic polymorphism that is associated with mitochondrial energy metabolism increases risk of fibromyalgia. *Pain*. 2020 Dec;161(12):2860-2871. [Mitochondrial DNA linked to fibromyalgia](#) found to be 5-times stronger in women.
- Di Donato M, Iles R, Lane T, et al.. The impact of income support systems on healthcare quality and functional capacity in workers with low back pain: a realist review protocol. *Syst Rev*. 2019 Apr 9;8(1):92. [How income support affects low back pain care quality & functioning](#).
- Palermo TM, de la Vega R, Murray C, et al.. A digital health psychological intervention (WebMAP Mobile) for children and adolescents with chronic pain: results of a hybrid effectiveness-implementation stepped-wedge cluster randomized trial. *Pain*. 2020 Dec;161(12):2763-2774. [Internet-based smartphone app promoting self-management of pediatric pain](#) is rolled out, providing benefits to youth & their parents.
- Hyacinth O, Silva-Rodrigues FM, Rodrigues Nunes MD, et al. Pain experience, physical function, pain coping, and catastrophizing in children with sickle cell disease who had normal and abnormal sensory patterns. *J Pain Symptom Manage*. 2020 Dec;60(6):1079-91. [Abnormal sensory patterns in children with sickle cell disease](#) are linked to poorer outcomes (pain, distress, disability) warranting attention.
- Kang HA, Barner JC, Richards KM, et al. Association between vaso-occlusive crises and [opioid prescriptions among patients with sickle cell disease](#). *J Health Econ Outcomes Res*. 2020;7(1):94-101. Opioids prescribed appropriately in a 5-years study of sickle cell disease.
- Nahin RL, DeKosky ST. [Comorbid pain and cognitive impairment](#) in a nationally representative adult population: prevalence and associations with health status, health care utilization, and satisfaction with care. *Clin J Pain*. 2020 Oct;36(10):725-39. Cognitively impaired people with chronic pain are at substantially higher high risk of having disabling high-impact chronic pain, requiring multidisciplinary care.
- Greenberg J, Mace RA, Popok PJ, et al. Psychosocial correlates of objective, performance-based, and patient-reported physical function among patients with heterogeneous chronic pain. *J Pain Res*. 2020 (13):2255—65. [Patient-reported measures of physical function](#) are imprecise whereas adaptive coping to enhance psychosocial functioning improves physical functional capacity and ambulatory activity.
- Yasmeen I, Krewulak KD, Zhang C, et al. The effect of caregiver-facilitated pain management interventions in hospitalized patients on patient, caregiver, provider and health system outcomes: A systematic review. *J Pain Symptom Manage*. 2020 Nov;60(5):1034-1046. [Caregiver-facilitated pain management](#) interventions may help patients in pain and caregivers; with the best evidence for neonates.

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

- Chi NC, Barani E, Fu YK, et al. Interventions to support family caregivers in pain management: a systematic review. *J Pain Symptom Manage*. 2020 Sep;60(3):630-656.e31. [Educational & cognitive-behavioral interventions improve family caregiver & patient outcomes](#).
- Dogruyol S, Kocak AO, Akbas I, et al. Comparison of ibuprofen and piroxicam gel in the treatment of trauma pain: A randomized double-blind trial of geriatric population. *Am J Emerg Med*. 2020 Oct;38(10):2110-15. [Ibuprofen gel is more effective than piroxicam gel](#) for older adults.
- Zhai Y, Cai S, Zhang Y. The diagnostic [accuracy of Critical Care Pain Observation Tool](#) (CPOT) in ICU patients: a systematic review and meta-analysis. *J Pain Symptom Manage*. 2020 Oct;60(4):847-56.e13. Using a cutpoint of 2 or 3, the CPOT is a fairly accurate pain measure.
- Sammaritano LR, Bermas BL, Chakravarty EE, et al. 2020 ACR Guideline for the management of reproductive health in rheumatic and musculoskeletal diseases. *Arth Care Res*. 2020;72(4):461-488. How to [safely control chronic pain when the patient becomes pregnant](#).
- Wallace MS, Marcotte TD, Atkinson JH, et al. A secondary analysis from a randomized trial on the effect of plasma tetrahydrocannabinol (THC) levels on pain reduction in painful diabetic peripheral neuropathy. *J Pain*. 2020; 21(11-12):1175-1186. Sustained specific dosing of THC appear necessary to achieve control of painful diabetic neuropathy as too high or too low plasma levels worsen pain & tolerability.
- Duong HP, Konzelmann M, et al. [Psychiatric comorbidity and complex regional pain syndrome](#) through the lens of the biopsychosocial model: A comparative study. *J Pain Res*. Dec 2020 (13):3235-45. CRPS patients don't have more psychiatric comorbidities than others.

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

- Infographic on how key demographic factors (age, sex, race, etc.) affect the [prevalence of high-impact \(disabling\) chronic pain in America](#).
- Best practices to support effective and [safe prescribing of opioids to children](#) & youth for acute pain, when deemed necessary.
- Would [changing what we call pain catastrophizing](#) (e.g. to pain-related distress), change our attitude, stigma and care provided?
- [Forty-one evidence summary to help patients and professionals decide](#) about various treatment options for different types of pain.

## **Complementary Integrative Health**

- [Mindfulness oriented recovery enhancement can decrease pain, opioid misuse](#) and craving according to several RCT studies
- [Aerobic exercise helps reduce low back pain](#) by mobilizing endogenous opioids in a way that reversibly reduces pain thresholds.
- Immersive [Virtual Reality helps reduce pain synergistically](#) for those with incomplete or time-limited relief from spinal cord stimulation.
- [Exercise may impede the development of neuropathic pain](#) for those with idiopathic distal, symmetrical polyneuropathies.
- In doses less than 2 Grams a day, topical or oral [Turmeric can lessen inflammatory pain](#), for conditions like osteoarthritis.
- Adult ICU patients able to self-report [indicate music for 20-30 minutes helps reduce pain](#) by 1/10 points, better than shorter listening times.
- [Doing yoga 2 days in a row can reduce pain on day 3](#), with longer duration yoga being better, for women with metastatic breast cancer.

## **Pain-Related Education Opportunities**

- [Pain Management and Ethics](#): What's the Right Thing To Do? Taught by Esther Bernhofer PhD. CE Credits offered.
- The [Integrative Pain Science Institute has interprofessional CE](#) credits related to pain neuroscience and its application to clinical practice.
- The International Association for the Study of Pain - [IASP has a variety of virtual pain conferences through March 2021](#)..

## **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>

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