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

● Whistleblowers on opioid pill-mill warnings were ignored by Walmart leaders who are reassured by Trump they wouldn’t be prosecuted.
● FDA approves a new drug application for a bupivacaine collagen implant to reduce postop pain after open inguinal hernia surgery.
● SAMHSA provides preemptive guidance for methadone and buprenorphine treatment of Opioid Use Disorder in the COVID-19 emergency.
● Comments wanted by June 16th for an updated CDC Guideline for Managing Acute and Chronic Pain including treatment with opioids.
● U.S. Pain Foundation survey on how COVID-19 is affecting people living with pain by increasing vulnerability and barriers to care.
● DEA issues guidance for prescribing controlled substances without an in-person visit during the corona virus public emergency.
● FDA recommends temporary suspension of REMS testing unless there are compelling reasons given our current public health emergency.
● FDA warns about serious breathing problems with gabapentin & pregabalin for elders, CNS depressants &/or lung disease.
● NAS has the final report on Framing Opioid Prescribing Guidelines for Acute Pain: Developing the Evidence for free download.
● The Mayday Fund welcomes their next cohort of leaders, advocates and experts in pain science and care for 2020 – 2021.

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

● Kamper SJ, Logan G, Copsey B, et al. What is usual care for low back pain? A systematic review of healthcare provided to patients with low back pain in family practice and emergency departments. Pain. 2020 Apr;161(4):694-702 Overuse of imaging & opioids for back pain contributes to high costs, while published best practice guidelines to avoid these as first line approaches are largely ignored.

MGH Cares About Pain Relief
Massachusetts General Hospital

To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to Parl Arnstein.
**Journal Watch** (continued)  [MGHers can obtain articles through the Treadwell home page]


**Pain Resources on the Web:**

- Resources for clinicians providing treatment for pain &/or substance use disorder in the context of [COVID & the opioid crisis](https://www.mghpcs.org/EED/Pain/default.shtml).

- Alliance for Balanced Pain Management website has many resources aligned with [Best Practices in Pain Management](https://www.mghpcs.org/EED/Pain/default.shtml).

- Good review of how positive &/or negative reinforcements from the [family dynamics affect pain](https://www.mghpcs.org/EED/Pain/default.shtml), behavior & functioning.

- [Preventing chronic post-surgical pain](https://www.mghpcs.org/EED/Pain/default.shtml). What we know and can do to reduce the unacceptably high prevalence rates.

- [Multilingual, multimedia tools on pain](https://www.mghpcs.org/EED/Pain/default.shtml) for patients and professionals from our Australian colleagues.

**Complementary Integrative Health**

- [Osteopathic manipulation](https://www.mghpcs.org/EED/Pain/default.shtml) may help some avoid surgery to treat pain in the back, neck, head, shoulder, ankle, and/or foot.

- [Acupressure lowers postpartum low back pain](https://www.mghpcs.org/EED/Pain/default.shtml), improves physical functioning and may improve mood compared to sham acupressure.

- A meta-analysis shows that [Virtual Reality used during dental treatments](https://www.mghpcs.org/EED/Pain/default.shtml) can distract children & adults from related pain and anxiety.

**Pain-Related Education Opportunities**

- Wed-Thu Jun 3-4 NIH: [Technologies for Improving Understanding and Management of Pain](https://www.mghpcs.org/EED/Pain/default.shtml) Bethesda, MD


- [Reducing inpatient opioid consumption](https://www.mghpcs.org/EED/Pain/default.shtml): Creating a therapeutic foundation with breakthrough analgesia based on patient function (recorded)

**MGH Pain Calendar  Likely postponed through May, check ahead**

- Tools & Techniques for Effective Pain Management – Tue, June 9th FND 325. 4.5 CE with 1 pharmacology credit Click here to [register](https://www.mghpcs.org/EED/Pain/default.shtml).

- Palliative Care Grand Rounds are held Wednesdays from 8:00 AM – 9:00 AM in the Ether Dome Email: [Gail Chin](mailto:gail.chin@mgh.harvard.edu) for more information.

- MGH Inter-professional Pain Rounds Jackson 412 First and third Wednesday of month from 12–1pm. Email [Tina Toland](mailto:tina.toland@mgh.harvard.edu) for more info.

**MGH Pain Resources**

**Excellence Every Day Pain Portal Page:** [http://www.mghpcs.org/EED/Pain/default.shtml](http://www.mghpcs.org/EED/Pain/default.shtml)

**MGH Pain Management Center Newsletter:** [https://conta.cc/2Hk79qV](https://conta.cc/2Hk79qV)

**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 Formulary (includes patient teaching handouts in 16 languages):** [http://www.crlonline.com/crlsql/servlet/crlonline](http://www.crlonline.com/crlsql/servlet/crlonline)

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Massachusetts General Hospital

Previous Newsletters

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