



# 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

- [AMA urges CDC to remove restrictive limits](#) in opioid prescribing guide that add stigma & deny access to care.
- The [Declaration of Montreal, called for access to pain management as a “fundamental human right”](#) its relevance 10 years later.
- North Carolina [doctor loses his DEA license over tweets](#) about opioid addiction at odds with a grieving NY mother’s belief.
- As [opioid prescribing rates have fallen](#), non-opioid prescriptions have risen. It is unclear if that translates to safer, more effective pain relief.
- Many critically ill [COVID patients are at risk for developing chronic pain](#) associated with acute pain, nerve damage or post-ICU syndrome.
- A California woman erroneously received [an Amazon package containing oxycodone](#), morphine, other drugs instead of an inkpad.
- The FDA is seeking public comments on practices, & proposal to require [genetic testing before prescribing codeine to children](#).
- [Revised pain definition](#) ...unpleasant sensory & emotional experience associated with or resembling ... actual or potential tissue damage,

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

- Rosa WE, Chittams J, Riegel B, et al.. Patient trade-offs related to analgesic use for cancer pain: a MaxDiff analysis study. *Pain Manag Nurs.* 2020 Jun; 21(3):245-54. Addiction concerns & the need to focus on cancer treatments may make patients hesitant to use analgesics.
- Kim J, Thomsen T, Sell N, et al. [Abdominal and testicular pain: An atypical presentation of COVID-19](#). *Am J Emerg Med.* 2020 Jul; 38(7): 1542.e1–1542.e3. Atypical presentations of COVID-19, including abdominal & testicular pain have been reported & increase exposures.
- Zhili X, Linglong C, Shuang J, et al. Comparing the analgesic effect of intravenous paracetamol with morphine on patients with renal colic pain: A meta-analysis of randomized controlled studies. *Am J Emerg Med.* 2020 Jul;38(7):1470-1474. Five RCT results are inconsistent, but pooled data suggests [IV acetaminophen for renal colic is the same or better than morphine](#) at relieving pain with fewer side effects.
- Deer TR, Grider JS, Lamer TJ, et al. A systematic literature review of spine neurostimulation therapies for the treatment of pain. *Pain Med.* 2020 Nov 7;21(7):1421-1432. After failed back surgery or CRPS, [spinal stimulation is better than reoperation or medical management](#).
- Balice-Bourgeois C, Zumstein-Shaha M, Vanoni F, et al. A systematic review of clinical practice guidelines for acute procedural pain on neonates. *Clin J Pain.* 2020 May;36(5):390-398. Suggested therapies (pharmacological &/or nondrug), parental involvement, interprofessional collaboration, and the environment [help cut neonatal procedural pain](#) which is known to affect subsequent pain sensitivity.
- Othman R, Dassanayake S, Jayakaran P, et al. Relationships between psychological, social, physical activity and sleep measures and somatosensory function in individuals with spinal pain: a systematic review and meta-analysis. *Clin J Pain.* 2020 Feb;36(2):124-134. Among 17 factors studied [catastrophizing, depression & pain-related fear are linked to pain thresholds](#), thus increasing sensitivity to pain.
- Maheshwari K, Avitsian R, Sessler DI, et al. [Multimodal analgesic regimen for spine surgery](#): a randomized placebo-controlled trial. *Anesthesiology.* 2020 May;132(5):992-1002. Preemptive APAP, gabapentin, lidocaine & ketamine didn’t lower postop pain or opioids use.

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

- Hales CM, Martin CB, Gu Q. [Prevalence of prescription pain medication use among adults](#): U.S., 2015–2018. *NCHS Data Brief No. 369*, June 2020. A representative sample of adults interviewed by the NCHS showed after a rise in prescription opioid use 2011-2014, the 2018 number of Americans is slightly (n.s.) less than in 2009, but the same as those now taking prescribed non-opioid pain relievers.
- Verret M, Lauzier F, Zarychanski R, et al. Perioperative use of gabapentinoids for the management of postoperative acute pain: a systematic review and meta-analysis. *Anesthesiology*. 2020 Aug;133(2):265-279. [Perioperative gabapentinoid risks exceed negligible benefits](#).
- Quiton RL, Leibel DK, Boyd EL, et al. Sociodemographic patterns of pain in an urban community sample: an examination of intersectional effects of sex, race, age, and poverty status. *Pain*. 2020 May;161(5):1044-51. [Older urbanites are twice as likely to have musculoskeletal pain](#), regardless of race or gender. Women living in poverty are more likely to report pain than men (true for Whites and African Americans).
- Gudín J, Fudin J. A narrative [pharmacological review of Buprenorphine](#): A unique opioid for the treatment of chronic pain. *Pain Ther*. 2020 Jun;9(1):41-54. Buprenorphine's unique pharmacodynamics promote analgesia & reduce adverse effects; making it a good choice for pain.
- Pask S, Dell'Olio M, et al. The effects of opioids on cognition in older adults with cancer and chronic non-cancer pain: A systematic review. *J Pain Symptom Manage*. 2020 Apr;59(4):871-893. At doses above 120MME [older adult cognition may improve or decline with opioids](#).
- Martínez-Calderon J, Flores-Cortés M, et al. Which psychological factors are involved in the onset and/or persistence of musculoskeletal pain? An umbrella review of systematic reviews and meta-analyses of prospective cohort studies. *Clin J Pain*. 2020 Aug;36(8):626-637. Enhanced self-efficacy with optimism about recovery, better mental health & [active coping may protect against chronic musculoskeletal pain](#).

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

- National Comprehensive Cancer Network (NCCN) [Adult Cancer Pain Guidelines](#). Updated April 8, 2020 (Free registration required.)
- Potential acute and chronic [painful manifestations of COVID-19](#) are reviewed in case-based format.
- NIH 2020 chronic pain symposium on "[Technologies for Improved Understanding and Management of Pain](#)" is online.
- NIH PDQ updated its pages on [Cancer Pain for health professionals](#) and similar content [for patients](#).
- [Summaries for patients & PCPs about different treatments](#) for different pain types, per the latest scientific evidence.
- [Pain Politics](#) blog tells stories about how policies (legal, payer, etc.) affects who gets what, when, and how for pain.

## **Complementary Integrative Health**

- [Emotional awareness and expression therapy, may reduce](#) pain better than Cognitive Behavioral Therapy for older adults with pain
- [Directing energy away from pain toward creative expressions](#) like music, art, or crafts; can help even when pain persists.
- A summary of the evidence that [acupuncture relieves different types of pain](#) compared with sham acupuncture.
- [CBT reduced migraine frequency](#) in adolescents, possibly by increasing frontal to amygdala connectivity.
- [Home based Virtual Reality reduced pain](#), improved activity, mood & sleep in patients with fibromyalgia or chronic low back pain.

## **Pain-Related Education Opportunities**

- Thurs. Aug 6 @ 4pm [Pain Prevention After Musculoskeletal Trauma](#). A, International Association for the Study of Pain sponsored webinar.
- Friday – Sunday September 11-13 [Pain Week live virtual conference](#) offering 75 CE/CME hours, networking, live faculty Q & A; and more.
- Wed – Sat Oct 21-24 [American Society for Pain Management Nursing virtual conference](#) this year will offer 36 CE credits & enduring content

## **MGH Pain Calendar Rounds and in-person programs postponed until the fall**

### **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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