



# 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

- DEA Report: Prescription opioid diversion is at the [lowest levels in 9 years](#), but drug cartels are marketing counterfeit pills to pain patients.
- Drug [overdose deaths involve cocaine & psychostimulants is increasing](#) at an alarming rate, especially if used with opioids
- FDA denies approval of [tanezumab for arthritis; because risks are too high](#), appearing to hasten disease progression even after stopped.
- FDA wants your [comments on the credibility of morphine milligram equivalents](#) (MMEs) with impact on clinical practice, policy & research.
- DEBAR (passed House) [law would prevent prescribers from reinstating DEA registration](#) after violating DEA rules.
- [Some Excedrin bottles have been recalled](#) due to a hole in the packaging that violates child resistant packaging requirements.
- [New York allegedly diverted \\$32 million in opioid settlement](#) funds away from addiction treatment to their general funds & prison programs.
- [Getting vaccinated may relieve some of the lingering post-COVID pain](#) long-haulers experience after getting sick with the virus.

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

- Woods C, Chai G, Meyer T, et al. [Patterns of opioid analgesic use in the U.S.](#), 2009 to 2018. *Pain*. 2021 Apr 1;162(4):1060-67. From 2011 to 2017 fewer (40%) opioid tablets were dispensed; with 70 million fewer patients received a single opioid prescription 2014-2017.
- Robinson KC, Kemény LV, Fell GL, et al. Reduced MC4R signaling alters nociceptive thresholds associated with red hair. *Sci Adv*. 2021 Apr 2;7(14):Humans and mice with [natural red hair have elevated basal pain thresholds and an increased sensitivity to opioid](#) analgesics.
- Hicks CW, Wang D, Matsushita K, et al. Peripheral neuropathy and all-cause and cardiovascular mortality in U.S. adults : a prospective cohort study. *Ann Intern Med*. 2021 Feb;174(2):167-174. Peripheral [foot neuropathy is linked to a 30-65% increase in all-cause mortality](#).
- Licina A, Silvers A, Laughlin H, et al. Pathway for [enhanced recovery after spinal surgery](#)-a systematic review of evidence for use of individual components. *BMC Anesthesiol*. 2021 Mar 10;21(1):74. Evidence supports the use of pre-emptive analgesia, pre-habilitation & early mobilization, minimally invasive surgery & multimodal analgesia (e.g. IV lidocaine/ketamine) to enhance recovery after spine surgery.
- Lavanga M, Bollen B, Caicedo A, et al. The effect of [early procedural pain in preterm infants](#) on the maturation of EEG and heart rate variability. *Pain*. 2021 May 1;162(5):1556-1566.. Preterm infants exposed to pain are vulnerable to altered developmental outcomes.
- Corey JR, Heathcote LC, Mahmud F, et al. Longitudinal narrative analysis of parent experiences during graded exposure treatment for children with chronic pain. *Clin J Pain*. 2021 Apr 1;37(4):301-309. [Graded Exposure Therapy benefits parents of children with chronic pain](#) through improved self-awareness, empathy, hope & insights into the benefits & principles of a therapy that confronts fear and pain.
- Song Y, Du W, Zhou S, et al. Effect of dural puncture epidural technique combined with programmed intermittent epidural bolus on labor analgesia onset and maintenance: A randomized controlled trial. *Anesth Analg*. 2021 Apr 1;132(4):971-978. [Dural puncture epidural during labor, with added programmed intermittent epidural boluses](#) resulted in faster onset relief, less medication used; without undesired effects.

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To be added to or removed from the Pain Relief Connection mailing list, or other inquiries, send an email to [Paul Amstein](#)

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

- Eucker SA, Manandhar P, Arulraja K, et al. Higher daily pain severity after emergency department visits is associated with lower return-to-work rates. *Am J Emerg Med*. 2021 Feb 23;45:48-53. [Effective pain treatment planning at ED discharge](#) could improve return to work rates.
- Bouhassira D, Perrot S, Riant T, et al. Safety and efficacy of an equimolar mixture of oxygen and nitrous oxide: a randomized controlled trial in patients with peripheral neuropathic pain. *Pain*. 2021 Apr 1;162(4):1104-1115. [Nitrous oxide treatments cut evoked neuropathic pain](#).
- Murphy GS, Avram MJ, et al. [Perioperative methadone and ketamine for postoperative pain control](#) in spinal surgical patients. *Anesthesiology* 2021 May 1;134(5):697-708. A 48-hour ketamine infusion plus intra-op methadone improved pain at rest, with coughing, & with movement.
- Stamer UM, Bernhart K, et al. 'Desire for more analgesic treatment': pain and patient-reported outcome after paediatric tonsillectomy and appendectomy. *Br J Anaesth*. 2021 Mar 5 doi: 10.1016/j.bja.2020.12.047. [Multimodal analgesia & sleep cut children's need for more analgesia](#).
- Booker SQ, Herr KA, Horgas AL. A paradigm shift for [movement-based pain assessment](#) in older adults: practice, policy and regulatory drivers. *Pain Manag Nurs*. 2021 Feb;22(1):21-27. Practice, policy & regulations require addressing mobility; not just assessing pain at rest.
- Moloney NA, Pocovi NC, et al. Psychological factors are associated with pain at all time frames after breast cancer surgery: a systematic review with meta-analyses. *Pain Med*. 2021 Apr 20;22(4):915-947. [Preoperative anxiety & depression is linked to lingering post-op pain](#).
- Dildine TC, Necka EA, Atlas LY. [Confidence in subjective pain is predicted by reaction time during decision making](#). *Scientific Reports*. 2020 Dec;10(1):21373 Those who delay providing a numeric rating of pain often lack confidence in their answer or are unfamiliar with the scale.

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

- National Comprehensive Cancer Network has published updated [2021 Adult Cancer Pain Guidelines](#). Free registration required.
- The outstanding resource for patients & professionals - [2021 ACPA-Stanford Resource Guide to Pain Management](#) is now available.

## **Complementary Integrative Health**

- AHRQ ClearUp® uses [electrical stimulation to relieve sinus pain](#) from allergies, the flu and the common cold.
- Stem cell-based autologous [prolotherapy significantly improves pain & functioning with knee arthritis](#) when injected into the knee fat pad.
- [Electroacupuncture improves pain and functioning](#) when added to usual care for non-acute back pain without added adverse effects.
- [Aromatherapy massage reduces acute pain](#) and dry skin from needle insertion at the site of a hemodialysis arteriovenous fistula.

## **Pain-Related Education Opportunities**

- Online (4-part) course [Integrative Approaches to Managing Patients with Chronic Pain](#), including patient engagement in their healing journey.
- Tue May 4 from 12-1p.m. "[Mindfulness-Oriented Recovery Enhancement: restructuring reward processing in addiction, stress, & pain](#) by NIH
- Mon-Tue May 24-25 Annual NIH Pain Symposium: "[Pain and Pandemics: Challenges & Opportunities in the Current ... Climate.](#)" (all-virtual)
- Tue Jun 8, 2021 - [Cooperative Pain Education and Self-Management \(COPEs\): A Technology-Assisted Intervention for Pain](#)
- Wed- Fri Jun 9 – 18, The IASP 2021 World Congress on Pain (virtual) the [preeminent global meeting on pain research, education & practice](#)

## **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
- Pain Relief Nurse Education (PRNed) Thursday, May 20<sup>th</sup> 12 – 1pm. Pain Assessment & Reassessment Email [Paul Arnstein](#) 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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