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 rejects intravenous [Tramadol](https://www.fda.gov/drugs/drug-safety-and-availability/new-guidelines-opioid-tapering-emphasize-safety-feasibility-harm-reduction-controlling-pain) because its slow onset of action of the first dose, requires another opioid; which can increase risks
- Over 1,500 [pain patients speak up](https://www.fda.gov/drugs/drug-safety-and-availability/new-guidelines-opioid-tapering-emphasize-safety-feasibility-harm-reduction-controlling-pain) about obstacles, from cost to mobility issues, that inhibit access to care NIH-recommended pain care


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 [Pain.Amnestey](mailto:Pain.Amnestey).
Pain Portal Page: 9:00 AM . Contact: C, to find new non-Videos to help professionals


Fri Nov 6 Good review of the value and efficacy of Chronic overlapping pain conditions & Naegle Med

and Illness. MA, Owiredua I, 3:30 in the emergency department observation unit; especially for catastrophizing patients.


Listening to a music app reduced pain & anxiety

or J. Characteristics of as quickly as acetaminophen & improves sense of well

Building an integrative network

with tracks for doctors,

Slow breathing combined with focused attention on breath reduces pain and its unpleasantness independent of endogenous opioids

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 6th 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.


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


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.crilonline.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