

Pain Relief Connection

The Pain Information Newsletter

Provided by MGH Cares About Pain Relief



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PREVIEW ISSUE

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(Note that not every topic heading will appear in every issue)

Overview and Welcome

Welcome to the inaugural issue of *Pain Relief Connection*! This monthly newsletter will be distributed by email, is printable for posting or distribution in hard copy, and will also be archived on the Pain Relief web site (tentatively scheduled for launch later this month). *This month only*, there will be two editions—check your email next week, and then around the 15th of each month for the latest edition.

Pain Relief Connection is one of multiple initiatives at MGH to develop and support a community of interest on the problem of pain. The newsletter will have an MGH focus, and will provide news, links to relevant sites, alerts about pain-related journal articles, clinical features and other information that you can use in your clinical practice and in patient education.

If you received this newsletter via email, you are probably on our mailing list because you entered your name on a sign-up sheet; are a clinician affiliated with the [Palliative Care Service](#) or the [MGH Pain Center](#); a graduate of the Pain Relief Champions course; a member of a pain-related committee; or are in a Patient Care Services leadership position. You may remove your name from the mailing list, or ask to be added to it by sending an email to PainRelief@Partners.org. We also solicit your feedback and suggestions. If you would like to contribute to *Pain Relief Connection*, send an email, or contact Tom Quinn at the phone number at the bottom of the page.

Clinical Focus

Principles of pain management, assessment and treatment guidelines, information on analgesics and supportive agents—if it's related to the care of patients with pain, we'll talk about it here. Coming soon—an announcement about *PainFacts*, a new educational initiative for patients and clinicians.

News

What's going on in the news that will effect your practice—or that your patients will ask you about?

You're probably aware that the new JCAHO pain Standards went into effect last year. The JCAHO Pain Task Force is reviewing MGH policies and practices as they relate to the new Standards. Stay tuned.

MGH Cares About Pain Relief

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To be added to or removed from the *Pain Relief Connection* mailing list, send an email to PainRelief@Partners.org

Pain Journal Watch

None of us has time to read or even scan all the professional journals that may publish pain-related papers. Each month *Pain Relief Connection* will highlight articles from medical, nursing, and pharmacy journals that provide practical information or reinforce the principles of pain management.

The January 1, 2002 issue of *Journal of Clinical Oncology* has a review article on opioid rotation. Citation: Opioid Rotation in the Management of Refractory Cancer Pain. Rose Anne Indelicato and Russell K. Portenoy. *JCO* Vol 20 (1) Jan 1 2002: 348-352. Treadway Library carries this journal and has an electronic subscription available from any MGH network computer.

Eavesdropping

Other newsletters or online discussion groups frequently have topics of interest to clinicians caring for patients in pain. We'll listen in and publish tidbits we encounter. Have something you want to share from a Listserv™ or newsletter (print or electronic) that you receive? Send it to PainRelief@Partners.org.

We'd like this to be a sharing community.

Professional and Patient Education Opportunities

It is well recognized that information alone will not improve the care of people with pain, but education is an indispensable ingredient. Check in here for information on pain education materials and programs. Many resources are available and free or reasonably priced on the Web.

February 12, 1 – 2pm: **Managing Pain and Other Symptoms At Home: What Caregivers Want to Know.** This web/teleconference for lay caregivers is sponsored by Beth Israel Medical Center (New York). Pre-registration, at least one week prior to the event, is required. Please email or call Ann Goelitz, CSW at Agoelitz@bethisraelny.org or (212) 844-1502.

February 13, "**Beginning Pain Management**" web/teleconference sponsored by Hospice and Palliative Nurses Association; will be followed by intermediate and advanced offerings in coming months. \$10.00, contact hours awarded. Register by Friday Feb 8 by calling 412-787-9301.

MGH Pain Calendar

Having a local event or educational offering? Let us know and we'll help you get the word out.

February 19, 1 – 2pm (Tuesday): **"Pain Management" Drop-in Workshop** with Annabel Edwards, Clinical Nurse Specialist in the MGH Pain Center. This is a program for patients and families sponsored by The HOPES Program. LOCATION: Cancer Resource Room, first floor of Cox building.

March 20: **Pain Pulse**—MGH's annual "snap shot" of the state of pain throughout the institution—stay tuned for more information.

March 25, 8 – 11am or 12 – 3pm (offered twice the same day): **"Care of the Patient at the End of Life: Clinical and Ethical Considerations."** Includes pain management, spirituality, patient and family coping strategies. Wellman Conference Room. Register through the Center for Clinical and Professional Development, 645 Founders, 617-726-3111.

April 16 – 17 (Tues-Weds): **"Pain Relief Champions Course."** 2-day course open to all MGH clinicians who want to improve knowledge and skills in caring for people with pain and who want to be change agents and resources to other clinicians. LOCATION: Holiday Inn on Blossom Street. Register through the Center for Clinical and Professional Development, 645 Founders, 617-726-3111. Contact Tom Quinn at MGH Cares About Pain Relief for further information.

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