

Pain Relief Connection

The Pain Information Newsletter

Provided by MGH Cares About Pain Relief
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Archived issues are available at <http://www.MassGeneral.org/PainRelief>

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SEPTEMBER IS PAIN AWARENESS MONTH

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Pain Awareness Month News

- On Thursday September 11 the Pain Task Force sponsored a very successful Pain Awareness Month display in the main corridor. The table, staffed by volunteers from the Pain Task Force and the Pain Center, was kept very busy by visits from patients, visitors, and staff. Brochures, buttons, calendars, and other give-aways supplemented discussion about treatment options, medications, and pain related care. As one patient approached the table she said, "MGH is doing a great job. I used to think I had to suffer, but now I know I don't."
- An article in the [Journal of Pain](#) reports that pain accounts for more than 20% of medical visits and 10% of prescription drug sales, but only 0.6% of National Institutes of Health research funds. It is perhaps ironic that in 2000 the US Congress designated 2001-2010 the "[Decade of Pain Control and Research](#)."
- Last week the [Pain and Policy Studies Group](#) released a state-by-state "[report card](#)" on policies and regulations that impact the accessibility of quality pain care. Massachusetts improved from a D+ in 2000 (the date of the previous report card) to C, on the strength the removal of a restrictive provision by the Board of Registration in Medicine, and its endorsement of the [Model Guidelines for the Use of Controlled Substances for the Treatment of Pain](#).
- Massachusetts is one of three states chosen to participate in a new pain awareness initiative, [Power Over Pain](#). Part of the initiative is a first-of-its-kind telephone survey commissioned by the [Massachusetts Pain Initiative](#) (MassPI), [the American Pain Foundation](#), and the [American Alliance of Cancer Pain Initiatives](#). The full results will be available soon on the MassPI web site. A few highlights (participants in the survey were Massachusetts adults):
 - 59% of respondents say they have pain at least monthly, and of those, 28% have daily pain
 - Pain has a major impact on function and quality of life: 67% said "pain prevents me from doing some of the things I once enjoyed;" nearly as many link pain to "feeling anxious, irritable, or depressed."
 - The extent of pain is under appreciated by the public: even though a majority of respondents reported pain, only 20% of them think that a majority of the population regularly experiences pain.

In the News

The new Patient Care Services (PCS) [resource page on pain](#) (for internal MGH use only) is now available on the [PCS](#) web site. It includes all the policies, assessment scales and other resources for staff. From the [PCS](#) home page, click on "What's New" (right side navigation bar), and then "Pain Resources for Clinicians." The Pain Resources page is a product of the Pain Task Force. Rosemary O'Malley was the driving force behind its development, with technical assistance from Janet Madigan and Jess Beaham.

A new initiative, TOP MED (Topics on Pain Medicine), has been announced by the American Academy of Pain Medicine and several medical leaders and medical school deans. TOP MED is a "virtual textbook" on pain and pain management that will be available free to medical students starting in 2004. Daniel Carr, MD, of Tufts Medical School and New England Medical Center, is the Executive Editor.

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

Journal watch

“Drug addiction” is the topic of a new review and CME article in the *New England Journal of Medicine* series, Mechanisms of Disease: *NEJM*, 4 Sep 2003;349(10):975-986. This is a good companion piece to an article we noted in the July issue of *Pain Relief Connection*, “Definitions related to the medical use of opioids: evolution toward universal agreement.” (*Journal of Pain and Symptom Management*, 2003; 26(1):655-667). Full text *NEJM* and *JPSM* articles are available free from MGH computers via [Magic](#).

“[Assessment and management of pain in infants](#).” (Free full text). *Postgraduate Medical Journal* 2003;79:438-443.

Pain on the Web

Selected articles in [Oncology Issues](#), a publication of the [Association of Community Cancer Centers](#), are made available at no cost online in partnership with [Medscape](#). The [July/August issue](#) (2003;18(4)) features several articles on pain management accessible through the Medscape site. Free registration on Medscape is required.

Pain-Related Education

Oct 17-19 (Fri-Sun). **Practical Aspects of Palliative Medicine: Integrating Palliative Care into Clinical Practice**. Sheraton Boston Hotel. [Brochure](#) and [online registration](#) are available. Info at 617-384-8600.

Nov 4 & 5 (Tue-Wed) **End of Life: A Map for Uncharted Terrain**. Marlborough, MA. Includes several pain-related presentations. May attend either/both days. Contact Hospice & Palliative Care Federation of Massachusetts: 781-255-7077.

Nov 6, 2003 (Thurs) **Pain: Contemporary Medical, Behavioral Health, and Legal Issues**. Sponsored by Baystate Health System, Dept of Anesthesia and Academic Affairs. Location: Log Cabin, Holyoke, MA. Contact: Marion.Chartier@BHS.org. 413-794-3466. Web site: www.baystatehealth.com/learn. Online registration available.

MGH Pain Calendar

Oct 1 (Wed) 12:00N – 1:00pm The Pain Center’s weekly Cancer Pain Conference, usually held in the Cox 8 Conference room has been moved this week to Bullfinch 222.

Oct 29 (Wed) 12:00N – 1:00pm **Overview of Palliative Care** - Joint Fellows Conference (Oncology/Palliative Care/Pain Service) Clinics 3 Amphitheatre.

Nov 7 (Fri) 8:30am – 4:00pm **End of Life Nursing Education Curriculum (ELNEC)**, Part 1 Nov 7, Part 2 Nov 21 (Monday). Pre-registration is required through [The Center for Clinical & Professional Development](#) by calling (617) 726-3111. Registration Fees (each day): Free for MGH Employees and Students, \$30 for Partners Employees, \$60 for all others.

URL notes: **Hold your cursor over the link for a second to see the URL.** If you are reading this in hard copy, this month’s links are:

Previous issues of *Pain Relief Connection*: <http://www.massgeneral.org/painrelief/Newsletter>

Mayday Fund: <http://www.painandhealth.org/mayday/mayday-home.html>

Center for Clinical & Prof. Dev.: http://pcs.mgh.harvard.edu/CCPD/Educational_Offerings/cpd_offerings_calendar.asp

Journal of Pain: <http://tinyurl.com/p7dk>

Decade of Pain Control and Research: <http://www.ampainsoc.org/decadeofpain>

Pain and Policy studies Group (PPSG): <http://www.medsch.wisc.edu/painpolicy>

PPSG “Report Card:” http://www.medsch.wisc.edu/painpolicy/2003_balance

Model Guidelines for Use of Controlled Substances for Pain: <http://www.medsch.wisc.edu/painpolicy/domestic/model.htm>

Power Over Pain initiative: <http://www.masspaininitiative.org/power.htm>

Massachusetts Pain Initiative: <http://www.masspaininitiative.org>

American Pain Foundation: <http://www.painfoundation.org>

American Alliance of Cancer Pain Initiatives: <http://www.aacpi.wisc.edu>

Magic—Treadwell Library’s electronic catalog: <http://magic.mgh.harvard.edu>

“Assessment and Management of Pain in Infants:” <http://pmj.bmjournals.com/cgi/reprint/79/934/438.pdf>

July/Aug issue of *Oncology Issues*: http://www.medscape.com/viewpublication/63_toc?vol=18&iss=4

Association of Community Cancer Centers: <http://www.accc-cancer.org/main2001.shtml>

Medscape: <http://www.medscape.com>

Practical Aspects of Palliative Medicine brochure: <http://cme.med.harvard.edu/cgi-bin/hmscme.cgi?SECTION=CLASSES&ID=00231740&SO=N>

Practical Aspects of Palliative Medicine application: <https://secure.cme.med.harvard.edu/cgi-ssl/register>

Hospice and Palliative Care Federation of Massachusetts: <http://www.hospicefed.org>

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