

Pain Relief Connection

The Pain Information Newsletter

Provided by MGH Cares About Pain Relief



Archived issues are available at <http://www.MassGeneral.org/PainRelief>

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Pain on the Web

- [Intelihealth](#) is a consumer-oriented website owned by the Aetna insurance company. It has partnered with the Harvard Medical School to write or review the medical content on the site. Several sections and articles on the site address pain and its treatment. For example, the section on [Chronic Pain](#) has several short articles on living with and treatment of chronic pain conditions. A good recent article written by MassGeneral's Harold DeMarco is "[Safe Use of Over-the-Counter Pain Relievers.](#)"
- The [National Multiple Sclerosis Society](#) is an advocacy group for people living with Multiple Sclerosis (MS). MS is a progressive neurological disease that varies greatly among the people who have it. An under-recognized symptom of MS is chronic or recurring pain. An article in the current issue of the Society's publication, [InsideMS](#), "[When is a prickle a pain?](#)" addresses pain in MS, and contains links to other pain-related articles on the web site.
- The [Massachusetts Pain Initiative](#) (MassPI) has just launched the first issue of its quarterly newsletter. It is available free to members ([membership](#) is also free) and is posted on the MassPI [web site](#).

Pain Education on the Web

[excellerX](#) is an Internet-based pharmacy services provider specializing in palliative care, transplant, and chronic pain. It's non-profit educational subsidiary, [excellerX Institute](#), is an approved provider of nursing continuing education contact hours. A current offering is [The Palliative Management of Bone Pain](#).

Pain Resources on the MGH Intranet

The following sites can be accessed only from MGH-configured computers:

- The [MGH Patient Care Services](#) site includes a [Pain Resources](#) page. Full text copies of the recently-adopted pain policy and pain assessment and management guidelines are supplemented by extensive appendices and links to both MGH and other resources.
- [Primary Care Office InSite](#) (PCOI) is a clinical and patient education reference found in Partners Applications on the Start menu of MGH-configured computers. Recent additions to the [Patient Information](#) page include several articles and guides on low back pain. [Start → Partners Applications → Clinical References → PCOI]
- Also available, via a link on the PCOI home page and the MGH Formulary, are printable and customizable adult and pediatric patient medication leaflets in 18 languages. [Start → Partners Applications → Clinical References → MGH Drug Formulary Lookup] When you select a drug, look for the Lexi-Pals or Pedi-Pals buttons just below the name of the drug on the drug monograph. Select the patient's language. When the patient leaflet opens, you have the option to enter the patient's name, a note or instruction, and the name of the provider. Use File → Print or the print icon on the menu bar to print the patient leaflet.

Annual Pain Pulse Survey Coming March 24

Pain Pulse is an annual "snap shot" of pain at MGH conducted by MGH Cares About Pain Relief. Patients across the institution (more than 1000 in 2003) are surveyed about pain. Patients are asked an initial question:

MGH Cares About Pain Relief

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617-726-0746 (Phone) • 617-724-8693 (Fax) • PainRelief@Partners.org • <http://www.MassGeneral.org/PainRelief>

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

“Have you had pain in the past 24 hours?” Patients who respond “Yes” are asked 2 more questions: “What is the severity of pain now?” & “How much has pain interfered with your ability to enjoy life in the past 24 hours?” Both of these are answered using a 0-10 scale. Although it is not intended to be a measure of the institution’s progress toward improved pain management, Pain Pulse shows the prevalence of pain across all patient populations, and raises consciousness about the problem of pain among patients and clinicians. Pain Pulse this year will be Wednesday March 24. Nurse Managers, Clinical Nurse Specialists, Operations Coordinators and ambulatory clinic managers have already received the first of several alerts about Pain Pulse.

Pain-Related Education Opportunities

Mar 9 (Tues) Boston Oncology Nursing Society (BONS) meeting. **Interventional Pain Management**, Patrick Coyne, MS, APRN, Philips Old Colony House, Dorchester. 1.5 CEUs, RSVP to Krista Tucker 617-636-1581.

June 9 – 10 (Weds – Thurs). **Brigham & Women’s Hospital 4th annual pain management conference**. At the Charles Hotel in Cambridge. Continuing education units for nurses and pharmacists will be available. The keynote speaker will be Chris Pasero, RN, co-author (with Margo McCaffery, RN, MSN) of [Pain: Clinical Manual 2nd Ed](#). Additional details TBA.

Jun 18 (Fri): **The Cellular Basis of Suffering: A neuroscience perspective on the biology of suffering**, 1:00-5:00pm, Jimmy Fund Auditorium, Dana-Farber Cancer Institute. Featuring Eduardo Bruera, MD and MGH’s Clifford Woolf, MD. Sponsored by Dana Farber/Harvard Cancer Center Program in Psychosocial Oncology and Palliative Medicine. A reception will follow the symposium. To RSVP for the event please contact Wendy Katz, 617-724-9509 or wkatz@partners.org

MGH Pain Calendar

Mar 8 (Mon) 11:00pm – 12:00pm **Conversations About Cancer Pain** (for patients and families). Cancer Resource Room, Cox 1st floor. Sponsored by HOPES Program.

Mar 24 (Weds). **Annual Pain Pulse Survey**

Apr 12 (Mon) 11:00pm – 12:00pm **Conversations About Cancer Pain** (for patients and families). Cancer Resource Room, Cox 1st floor. Sponsored by HOPES Program.

***Pain Relief Champions** course. *Day 1 April 26, Wellman Conf Room; Day 2 May 18 Walcott Conf Room*. Open to all clinical disciplines. CNE/CME/CPE will be available. Free to MGH and Shriners clinicians; \$30 each day for other Partners clinicians, \$60 each day for all others. May attend either or both days. For application contact Judy Patterson at 617-724-5554/e-mail jpatterson@partners.org or Tom Quinn 617-726-0746/e-mail tquinn1@partners.org. Syllabus will be on the [PainRelief](#) web site by March 15.

The following pain-related Palliative Care Grand Rounds presentations are on Wednesdays at 8:00am in the Ether Dome:

Mar 3: **Itch**.

Mar 24: **Methadone in Pain and Palliative Care**.

Chronic Pain Rounds are held Mondays at 12:00N in the Clinics 3 amphitheatre. Of note:

Mar 8: **Ethical & Legal Issues in End of Life Care** Patrick Coyne, MSN, R.N.

Mar 15: **Headache Attributed to Psychiatric Disorder**. Alex DaSilva, DDS and Elizabeth Loder, M.D.

Mar 22: **Pain Management with Underserved Populations**. Michael Bierer, M.D.

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>

Center for Clinical & Prof. Development:

http://pcs.mgh.harvard.edu/CCPD/Educational_Offerings/cpd_offerings_calendar.asp

Patient Care Services Pain Resource Center: http://pcs.mgh.harvard.edu/Secure/Clinical_Resources/Pain_Resources.asp

Intelihealth: <http://www.intelihealth.com/IH/ih/IH/WSIHW000/408/408.html>

Intelihealth Chronic pain: http://www.intelihealth.com/IH/ih/IH?t=29721&p=~br,IHW|~st,356|~r,WSIHW000|~b,*|&st=29721

Safe use of OTC Pain Relievers:

http://www.intelihealth.com/IH/ih/IH?d=dmTHMSContent&c=375891&p=~br,IHW|~st,29721|~r,WSIHW000|~b,*

National Multiple Sclerosis Society: <http://www.nationalmssociety.org/>

InsideMS: <http://www.nationalmssociety.org/InsideMS.asp>

When is a prickle a pain? <http://www.nationalmssociety.org/IMSJan04-Pain.asp>

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

MassPI Newsletter: <http://www.masspaininitiative.org/news.htm>

ExcellerRx CNE courses: <http://www.excellerxinstitute.org/cne.asp>

Pain: Clinical Manual, 2nd ed.: <http://www3.us.elsevierhealth.com/PAIN/>

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