

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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In the News

- The Drug Enforcement Administration and some of the nation's top pain experts have released a document to provide clear answers to important questions about treating pain patients while recognizing and addressing problems associated with the diversion and abuse of prescription pain medications. "[Prescription Pain Medication: Frequently Asked Questions and Answers for Health Care Professionals, and Law Enforcement Personnel](#)" is available from the [Pain and Policy Studies Group](#).
- To improve inter-institute collaboration in pain research, the [National Institutes of Health](#) (NIH) recently established the [NIH Pain Consortium](#).
- A new device that allows faster and easier applications of local pain medication was approved this month by the [Food and Drug Administration](#). Sontra's [SonoPrep](#) uses ultrasound to enhance absorption of topical lidocaine cream to quickly (5 minutes) anesthetize the skin to prepare patients, especially children, for painful procedures, including needle pricks and the insertion of IVs. The [Sontra](#) web site also reports that the company is developing a new transdermal delivery system for fentanyl.

Patient Resources

- The [National Council on Patient Information and Education](#) (NCPIE) is a coalition of organizations that works to promote medication safety by educating consumers. Their services include the [Be MedWise](#) web site, and various brochures promoting proper use of medications. A new brochure, "[Prescription Pain Medications: What You Need to Know](#)," is available for download from their web site.
- The Discovery Channel has a web site called [Discoveryhealth.com](#). It's [pain page](#) provides information on a variety of pain issues in a question and answer format.

Department of Error

The [Massachusetts Pain Initiative](#) has brought to our attention a medication-labeling problem that could lead to severe consequences. Oxycodone is now available as a generic product for both the short-acting and long-acting (sustained release) forms. An elderly patient with poor eyesight mistakenly took his long-acting medication for breakthrough pain. Both bottles were of course labeled "oxycodone," with the dosing instructions too small for the patient to read. Clear labeling, clear instructions from all health care providers, and monitoring for patients with visual problems are all essential safety practices.

Journal Watch (journal titles followed by [M] have full text free access on MGH computers)

- "Acetaminophen (Paracetamol) Improves Pain and Well-Being in People With Advanced Cancer Already Receiving a Strong Opioid Regimen: A Randomized, Double-Blind, Placebo-Controlled Cross-Over Trial." Stockler M, et al. [Journal of Clinical Oncology](#) [M] Aug 15 2004: 3389-3394.
- Increased Family Reports of Pain or Distress in Dying Oregonians: 1996 to 2002. Fromme E, et al. [Journal of Palliative Medicine](#) [M] June 2004;7(3):431-442

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

September is Pain Awareness Month

- [Partners for Understanding Pain](#), a consortium of organizations with interests in the social, economic, and health impact of chronic, acute, and cancer pain, is once again recognizing September as Pain Awareness Month.
- MGH will participate in Pain Awareness Month with a display in the main corridor on Thursday September 23. The Pain Task Force is sponsoring a Pain Projects Expo to showcase the projects and initiatives, large and small, that individuals, teams, and units have initiated or are planning. Prizes will be awarded. Details at this [link](#).

Pain-Related Education Opportunities

- Sep 8 – 10 (Wed – Fri): [13th Annual Pain Resource Nurse \(PRN\) Training](#). City of Hope, Duarte, CA.
- Nov 5 – 7 (Fri – Sun): **Oncology Nursing Society's 5th Annual Institutes of Learning**. This year's event features a half-day mini-institute on Pain. Learn more or register online at <http://onsopcontent.ons.org/Meetings/IOL2004/Index.shtml>
- Oct 19 (Tues) 5:30pm The [first meeting](#) and lecture of the Boston Pain Forum, a scholarly collaborative group, will be held at the William Prescott House, 55 Beacon Street. To RSVP: Steven.scrivani@tufts.edu or 617-636-3482
- Nov 19 – 20 (Fri – Sat): [Pain Management Strategies for the Primary Care Practitioner](#). 7th annual CME meeting. This program will present a primer of the latest developments in the pathophysiology, diagnoses and treatments of pain. Focus on specific topics relevant to care by a primary care specialist of a patient with pain. NYU Medical Center, Farkas Auditorium, New York City. For more information contact Leticia Banuchi, 646-459-8516, Leticia.Banuchi@nyumc.org.
- [Master of Science in Pain Research, Education, and Policy](#), Tufts University Medical School. An interdisciplinary postgraduate program. For info call 617-636-8541 or e-mail jconnolly@tufts-NEMC.org.

MGH Pain Calendar

- Sep 13 (Mon) 11:00am – 12:00N **Coping with Cancer Pain** (for patients and families), featuring Annabel Edwards, ANP. Cancer Resource Room, Cox 1st floor. Sponsored by HOPES Program.
- Sep 28 (Tues) 5:15pm. **Treatment of Neuropathic Pain**. Anne Louise Oaklander, MD. Faculty Lecture Series. O'Keefe.
- September is Pain Awareness Month (see above).

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

- Sep 13: **Toxic Screening with Chronic Opioid Therapy**. Dr. Nathaniel P. Katz, MD
- Sep 20: **The History of Headache Treatment**. Dharendra Bana, MD
- Sep 27: **Mechanism of Neuropathic Pain**. Joachim Scholz, MD

Cancer Pain Rounds are held Wednesdays at 12:00N in the Cox 8 Conference Room.

MGH Pain Resources:

PainRelief web site, including previous issues of *Pain Relief Connection*: <http://www.massgeneral.org/painrelief/>
Patient Care Services Pain Resource Center: http://pcs.mgh.harvard.edu/Secure/Clinical_Resources/Pain_Resources.asp
Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>
MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>
Partners Handbook: <http://is.partners.org/handbook/>
Primary Care Office InSite (PCOI) (Clinician and patient information): http://oi.mgh.harvard.edu/pcoi/frontpage_frames.asp

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:

Prescription Pain Medicine FAQ: http://www.medsch.wisc.edu/painpolicy/press_kit/FAQ.pdf
Pain and Policy Studies Group: <http://www.medsch.wisc.edu/painpolicy/>
NIH Pain Consortium: <http://painconsortium.nih.gov/>
National Institutes of Health: <http://www.nih.gov/>
Food and Drug Administration: <http://www.fda.gov/>
SonoPrep: <http://www.sontra.com/productapplications/drugdelivery/>; Sontra: <http://www.sontra.com>
NCPiE: <http://www.talkaboutrx.org/>; Be Medwise: <http://www.bemedwise.org/index.htm>; Prescription Pain Medications: <http://www.talkaboutrx.org/resources.html>
Discoveryhealth.com: <http://health.discovery.com/>; Discovery health pain page: <http://health.discovery.com/>
Massachusetts Pain Initiative: <http://www.masspaininitiative.org/>
Journal of Clinical Oncology: <http://www.jco.org/>
Journal of Palliative Medicine: <http://titania.ingentaselect.com/vl=4717018/cl=59/nw=1/rpsv/cw/mal/10966218/contp1.htm>
Current Issues in Pain Management for the Primary Care Practitioner: <http://www.tuftspainmanagement.org/>
Pain Management Strategies for the Primary Care Practitioner:
<https://tools.med.nyu.edu/CMECourses/index.cfm?fuseaction=courses.DisplayCourse&TheCourseID=1741&SortOrder=byDepartment&TimeFilter=Current&CFID=479872&CFTOKEN=29617506>
Pain Resource Nurse training: <http://sccpi.coh.org/2004%20PRN%20Course.htm>

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