

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 FDA has approved a [sugar-free version of the Actiq fentanyl citrate lozenge](#) for breakthrough cancer pain. The new formulation is bioequivalent to the currently available lozenge of the same name, which it will be replacing on the market in the first half of 2006.
- Internet-based continuing medical education appears to be at least as effective as conventional interactive workshops, according to the [results](#) of a randomized, controlled trial.
- The American Pain Society has published "[Guidelines for the Management of Fibromyalgia Syndrome Pain in Adults and Children](#)," a peer-reviewed and evidence-based guideline that reflects the significant changes that have occurred in our understanding of the causes of pain and how to assess and manage it to reduce the suffering of people with FMS.
- The American Nurses Credentialing Center [announces](#) new certification program for pain management nurses.

Safety Note

In the July issue we reported on the [FDA Public Health Advisory](#) on inappropriate prescribing of transdermal fentanyl. The [Institute for Safe Medication Practices](#) (ISMP) has issued its own [alert](#) with additional details and safety recommendations.

Journal Watch

 ([M] = full text free access on MGH computers; [O] = open access; [R] = free registration required)

- Strassels SA et al. Postoperative Pain Management: A Practice review, Part 1 & 2. *American Journal of Health System Pharmacy* [M] 15 Sept 2005;62(18):1904-1916 (Part 1); 1 Oct 2005;62(19):2019-2025 (Part 2).
- Bennett RM et al. Impact of fibromyalgia pain on health-related quality of life before and after treatment with tramadol/acetaminophen. *Arthritis & Rheumatism* [M] 2005 Aug 15;53(4):519-27.
- Cuellar NG. Hypnosis for pain management in the older adult. *Pain Management Nursing*. 2005 Sep;6(3):105-11.
- Muñoz C & Hilgenberg C. Ethnopharmacology. *American Journal of Nursing* [M] Aug 2005;105(8):40-48 3.5 nursing contact hours.
- D'Arcy Y. Controlling pain: What you need to know about fentanyl patches. *Nursing2005*, Aug;35(8):73-73
- Mounsey AL, et al. [Herpes Zoster and Postherpetic Neuralgia: Prevention and Management](#). *American Family Physician*. [O] 15 Sep 2005;72(6):1075-80, 1082
- Cherny N. How to deal with difficult pain problems. *Annals of Oncology*. [M] June 2005;16 Suppl 2:ii79-87.
- Ferrell B. [Ethical Perspectives on Pain and Suffering](#). *Pain Management Nursing*; Sep 2005;6(3):83-90. Also available on [Medscape](#) [R].

Patient Resources

The [American Pain Society](#) announces the publication of a "Guide for Adults with Cancer Pain," an easy to read guide with non-clinical language for patients. This guide provides facts about cancer pain treatment, how to manage cancer pain, information about pain assessment, types of pain, medications, and additional treatments for pain. Call toll-free 847-375-4715.

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Pain Education on the web

- [Highlights in Pain Management](#) (CME, CNE, CPE)
- [UCSF Postgraduate Certificate in Pain Management/Online Program](#), part of the [International Pain Education Program](#). (NOTE: enrollment for this year has closed)
- [Current Strategies for Pain Management: Integrating Conventional and Complementary Therapies](#)
- CNE article: Renn CL & Dorsey SG. The Physiology and Processing of Pain: A Review. *AACN Clinical Issues*. [M] S2005 Jul-Sep;16(3):277-90.

Pain Resources on the Web

- [Fanlight Productions](#) distributes high quality educational media. A featured topic area is [Pain Management](#).
- Sources of books on pain and palliative care, some with reviews by experts in the field (if you can't find it in one of these, it's probably out of print or hasn't been written yet):
 - [International Association for Hospice and Palliative Care](#) (IAHPC)
 - [Growthhouse](#)
 - [St. Christopher's Hospice](#)
 - [PalliativeBooks.com](#)
- Into blogging? Or, what the heck is a blog and what does it have to do with pain? Check out the [Growthhouse Blogging Portal](#).

Pain-Related Education Opportunities

- Oct 8 – 9 (Sat – Sun) [Pain Management for Non-Pain Specialists](#). Harvard Medical School; North Falmouth, MA. Inquiries at (617) 384-8600. CME.
- Oct 6-8 (Thu – Sat) [Chicago Supportive Oncology Conference](#). <http://www.chicagosupportiveoncology.com/App/homepage.cfm?moduleid=2350&apname=100443>
- Oct 21 – 23 (Fri – Sun) [Practical Aspects of Palliative Medicine](#). Sheraton Boston. Harvard Medical School
- Oct 25 (Tue) 8:00 – 11:30am [Using Integrative Pain Management as a Model for Self Care](#), Harvey Zarren, MD. MassPI fall meeting, Sturbridge. To register: Amy Goldstein amy.Goldstein@cancer.org or 508-270-4563. CME & CNE.
- Nov 18 – 19 (Fri – Sat) [Pain Management Strategies for the Primary Care Practitioner](#). NYU Graduate Medical School. 212-263-5295.
- The [EPEC](#) (Education in Palliative and End-of-Life care) curriculum has been revised and is available online. There are 3 pain-related modules available for \$30 each and awarding 1 CME for each. <http://epec.net/EPEC/webpages/index.cfm>
- [Master of Science in Pain Research, Education, and Policy](#), and [Certificate of Advanced Study in Pain Topics](#); Tufts University Medical School. An interdisciplinary postgraduate program. For info call 617-636-8541 or e-mail jconnolly@tufts-NEMC.org. (<http://www.tufts.edu/med/prep/>)
- [Coordinating Care at the End of Life: The Role of Hospice](#). The [American Hospice Foundation](#) announces a new electronic (CD-ROM) CE course with contact hours for nurses, social workers and case managers. Contact Marsha Nelson, at 202-223-0204, Ext. 206 or mnelson@americanhospice.org. (<http://www.americanhospice.org/news/SelfStudy.htm>)

MGH Pain Calendar

- Oct 13 (Thu) 11:00am – 12:00N [Coping with Cancer Pain](#) (for patients and families), featuring Tom Quinn, RN, MSN, Pain Clinical Nurse Specialist. Cancer Resource Room, Cox 1st floor. Sponsored by HOPES Program.
- Oct 5 – 6 (Wed – Thu) [End of Life Care Education](#). (Pain is on Day 1). See CCPD educational offerings—box, below.
- Feb 1 (Weds) [Opioid Safety](#), CNE, CME. Half-day course, Thier Conference Room. Stay tuned.
- Mar 13 (Mon) [2nd Annual Pain Skills and Knowledge Day](#), Thier Conference Room. Stay tuned.
- May 8 & 10 (Mon/Weds) 2-day [7th Annual Pain Relief Champions course](#). CNE, CME. Walcott Conf Room. Stay tuned.
- *Chronic Pain Rounds are held Mondays at 12:00N in the Clinics 3 amphitheatre. Of note:*
 - Oct 3: [Hypnosis: Past, Present & Future](#) Dr. Albert Forgione
- *Cancer Pain Rounds are held Wednesdays at 12:00N in the Cox 8 Conference Room. Of note:*
 - Oct 5: [Mucositis](#)
 - Oct 12: [Stimulant drugs](#)
 - Oct 19: [Clinical management of chronic pain in individuals with addictive disorders](#) Seddon Savage, M.D.
- *Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome*

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MGH Pain Resources:

PainRelief web site: <http://www.massgeneral.org/painrelief/>

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

Previous Pain Topics articles: http://www.massgeneral.org/painrelief/Pain%20Topics/mghpain_paintopics_index.htm

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

CCPD educational offerings: http://pcs.mgh.harvard.edu/CCPD/Educational_Offerings/cpd_offerings_calendar.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:

Sugar-free Actiq: <http://phx.corporate-ir.net/phoenix.zhtml?c=81709&p=irol-newsArticle&ID=755449&highlight=>

Certification for pain management nurses: <http://www.nursingworld.org/pressrel/2005/pr0920.htm>

FDA fentanyl patch advisory: <http://www.fda.gov/cder/drug/advisory/fentanyl.htm>

ISMP fentanyl patch alert: <http://www.ismp.org/MSAarticles/20050811.htm>

Highlights in pain management CE course: <http://tinyurl.com/crsoj>

UCSF Certificate Program: http://mountzion.ucsfmedicalcenter.org/pain_management/cert_index.html

International Pain Education Program: <http://www.ipep.edu.au/>

Integrating conventional & complementary strategies: <http://tinyurl.com/aj3c2>

Fanlight Pain Management: <http://www.fanlight.com/catalog/subjects/pain.shtml>

IAHPC Bookstore: <http://www.hospicecare.com/Bookstore/index.htm>

Growthhouse bookstore: <http://www.growthhouse.org/books/books.htm>

St. Christopher's Hospice Bookshop: <http://www.stchristophers.org.uk/page.cfm/Link=109>

PalliativeBooks.com: <http://bookshop.palliativedrugs.co.uk/default.aspx>

Growthhouse blogging portal: <http://growthhouse.typepad.com/>

HMS Pain Management course: <http://www.cme.hms.harvard.edu/index.asp?SECTION=CLASSES&ID=00251290&SO=N>

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