

# Pain Relief Connection

The Pain Information Newsletter

Provided by MGH Cares About Pain Relief



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

Volume 5, No. 10

October 2006

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## In the News

- The FDA released information on Sept 8 that [low dose ibuprofen interferes with aspirin's heart benefits](#).
- Two news columns report on Cox-2 inhibitors [Will All Cox-2 Inhibiting Pain Medications Cause Heart Problems?](#) and [COX-2 Inhibitors and NSAIDs: JAMA Reports Offer Insight Into Cardiovascular Risks](#).

## Journal Watch [F=Full Text for MGH; I=free on the Internet; P=available from Publisher; T=Table of Contents]

- Special issue on [Low Back Pain](#) from *Clinics in Occupational and Environmental Medicine* 5(3) Aug 2006. [T]
- Two new EBM reviews from *Cochrane Database of Systematic Reviews*. 3, 2006 on Tramadol:
  - Hollingshead J et al. [Tramadol for neuropathic pain](#) Evidence from RCTs reviewed the efficacy of tramadol compared with placebo showing a significant reduction in neuropathic pain with tramadol. [F]
  - Cepeda MS et al. [Tramadol for osteoarthritis](#). Tramadol or tramadol/paracetamol decreases pain intensity, relieves symptoms, and improves function, but benefits are small. Adverse events could limit usefulness. [F]
- Fransen M et al., HIPAID Collaborative Group. [Safety and efficacy of routing postoperative ibuprofen for pain and disability related to ectopic bone formation after hip replacement surgery](#) : randomised controlled trial. *BMJ* 2006 Sep 9 333(7567): 519-. Authors' concluded that data do not support the use of routine prophylaxis with NSAIDs in patients undergoing total hip replacement surgery. [F]
- Gilron I et al. [Neuropathic pain](#) : a practical guide for the clinician. *CMAJ* (Aug 1 2006) 175 (3): 265-75. Primary care algorithm for treatments proposed with the most favourable risk-benefit profile, including topical lidocaine, gabapentin, pregabalin, tricyclic antidepressants, mixed SNRIs, tramadol and opioids. [F]
- Thomas HV et al. [Pain in veterans of the Gulf War of 1991](#) : a systematic review *BMC Musculoskeletal Disorders* 2006 7:74 (provisional pdf). A higher proportion of veterans of the Persian Gulf War of 1991 reported symptoms of pain than military comparison groups. [I]

## Complementary and Alternative Medicine

- [Herbal Therapies for Pain](#) from PainEDU includes an [Interview](#) with Judith A. Paice and a new [Clinician Tool](#) providing information about 24 herbs used for the treatment of pain including efficacy and side effects. [I]
- Gagnier JJ, vanTulder M, Berman B, Bombardier C. [Herbal medicine for low back pain](#) *Cochrane Database of Systematic Reviews*. 3, 2006. Harpagophytum Procumbens, Salix Alba and Capsicum Frutescens seem to reduce pain more than placebo. Additional trials testing these against standard treatments are needed. [F]
- Vickers AJ et al. [Acupuncture is a feasible treatment for post-thoracotomy pain](#) *BMC Anesthesiology* 2006, 6:5 [I]
- McCaffrey R, Locsin R [The Effect of music on pain and acute confusion in older adults undergoing hip and knee surgery](#) *Holistic Nursing Practice*. 2006 Sep-Oct;20(5):218-24 + [CE test](#). Patients listening to music had a significant reduction in their rating of postop pain and number of pain meds taken vs. those who did not. [F] [CNE]

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 [cpaul2@partners.org](mailto:cpaul2@partners.org)

## Pain Education on the Web

[CME-Physicians; CNE-Nurses; CPE-Pharmacists; CSE-Psychologist]

- Pain Treatment Topics has added 18 new [online Continuing Education courses](#). [CME, some CNE, CPE, CSE]
- [Evolving Changes in the Chronic Pain Paradigm](#) Archived web conference from Medscape. Free but registration required. [CME, CNE, CPE]

## Pain-Related Education Opportunities

- Oct 7 (Sat) 8am-5pm [Pain Management for Non-Pain Specialist](#) HMS [CME]
- Oct 10 (Tue) 5:30-7:00pm **“Why So Many Headache Patients Don’t Get Better: A Strategic Approach to the Intractable Patient”** Keynote Speaker: Joel R. Saper, MD, FACP, FAAN. Boston Pain Forum Annual Meeting, Ether Dome, Bulfinch, 4<sup>th</sup> floor. For information/RSVP: [steven.scrivani@tufts.edu](mailto:steven.scrivani@tufts.edu) or 617-636-3482.
- Oct 20-22 (Fri-Sun) [Practical Aspects of Palliative Medicine - Integrating Palliative Care into Clinical Practice](#). MGH, Department of Medicine, HMS, Center for Palliative Care/MGH, DFCI and BWH. Sheraton Boston. For nurse practitioner, hospitalist, internist, family practice, geriatrics, oncology. [19.5 hr CME]
- Oct 24 (Tue) 8-11:30am [Sustaining a Palliative Care Culture : Discussing National Consensus Guidelines for Quality Palliative Care](#) Mass Pain Initiative General Meeting, Presenter: Connie Dahlin, MGH Palliative Care Service, Task Force Member for National Consensus Project. Holiday Inn, Marlborough, MA [CNE]
- Nov 4 (Sat) 8am-4:30pm [Pain Management in Primary Care](#) Sponsored by The New England Pain Association and Blackwell Futura Media Services. Boston, Radisson Hotel. [7.5 hr. CME]

## MGH Pain Calendar

- Oct 28 (Sat) 8am-12noon. **Allan Goldblatt Memorial Pediatric Pain Conference, Chronic Abdominal Pain In Children**, Thier Conference Room. [CME] Please call Tina Toland at 617-724-6102 or e-mail [ttoland@partners.org](mailto:ttoland@partners.org) to pre-register for this free event.
- **Cancer and Chronic Pain Rounds alternate meetings on Mondays 12noon - 1pm in Cox 8 Conference Room**
  - Oct 2 **Chronic Studies on Psychoactive Prescription Drug** - John Hermos, M.D.
  - Oct 16 **Cancer Cancer staging**
  - Oct 23 **Chronic Adherence: An Overlooked Challenge in Managing Pain?** - Ylisabeth Bradshaw, DO, MS
  - Oct 30 **Cancer Post op pain management of patient on chronic opioid**
- Oct 13 (Fri) 12noon-1pm **Interventional Pain Conference, Surgical Options for management of chronic facial pain** - Emad Eskandar, M.D., Burr Conference Room 3
- **Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome**
- **Save the Date!** Mar 15-16 2007 [Pain Relief Champions Course](#), 2007

### MGH Pain Resources:

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

Previous issues of *Pain Relief Connection*: [http://www.massgeneral.org/painrelief/Newsletter/mghpain\\_connection.htm](http://www.massgeneral.org/painrelief/Newsletter/mghpain_connection.htm)

Previous Pain Topics articles: [http://www.massgeneral.org/painrelief/Pain%20Topics/mghpain\\_paintopics\\_index.htm](http://www.massgeneral.org/painrelief/Pain%20Topics/mghpain_paintopics_index.htm)

Patient Care Services Pain Resource Center: [http://www.massgeneral.org/pcs/Secure/Clinical\\_Resources/Pain\\_Resources.asp](http://www.massgeneral.org/pcs/Secure/Clinical_Resources/Pain_Resources.asp)

CCPD educational offerings: [http://www.massgeneral.org/pcs/CCPD/Educational\\_Offerings/cpd\\_offerings\\_calendar.asp](http://www.massgeneral.org/pcs/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](http://oi.mgh.harvard.edu/pcoi/frontpage_frames.asp)

MESAC intranet site: <http://intranet.massgeneral.org/mesac/index.htm>

MGH Safety reporting System: <http://safety.massgeneral.org/>

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