

Pain Relief Connection

The Pain Information Newsletter

Provided by MGH Cares About Pain Relief,
a program of Patient Care Services

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



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In the News

- The FDA approved Lyrica (pregabalin), to treat fibromyalgia in June 2007. The [approval](#) was based on 2 studies involving 1,800 fibromyalgia patients with more studies underway. Although pregabalin has been used for other types of neuropathic pain, this is the first drug with a specific indication for fibromyalgia, which affects between 0.5% - 5% of populations in the US and abroad.
- [Report Cards](#) are in! Eight states improved their "grades" over last year for the quality of their laws, regulations and other policies affecting pain management. New [report card](#) (4th in series) with 2007 data has been released this month from the [Pain & Policies Study Group](#) in Wisconsin.
- The National Pain Care Policy Act was introduced into congress July 12, sponsored by congressional legislators Mike Rogers (R-MI), and Lois Capps (D-CA). The [bill](#) would help the Institute of Medicine, National Institutes of Health, professionals and the public better understand and relieve pain.
- New artificial Cervical Disc [approved](#) by FDA as an alternative to cervical fusion for degenerative disc associated neck and shoulder pain.
- See recent updates to the new resource page on the [PainRelief](#) web site, [The Intersection of Pain Management and Addictive Illness](#). Click on [Newest Content](#).

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

Did you know that MGHers can obtain articles from journals to which Treadwell Library does not subscribe? From the [Treadwell home page](#), go to Library Services, then Copying/Borrowing.

- Pun BT, Dunn J. The sedation of critically ill adults: Part 1: Assessment. *American Journal of Nursing*. [M] 2007 July;107(7):40-48.
- Flemming, MF et al. Substance use disorders in a primary care sample receiving daily opioid therapy. *Journal of Pain*, 9(6): Details that less than 4% of 800+ primary care (multi-site) patients abuse opioids and the signs/symptoms abusers displayed. Authors suggest benefit of daily opioids may outweigh the 4% risk of opioid addiction.
- Arnstein P. [Learning to "Live With" Chronic Pain: Lessons From Mrs. Tandy](#). *Topics in Advanced Practice Nursing eJournal*. [O] 2007;7(1). Posted 06/26/2007 Describes pharmacologic and non-drug approaches to painful diabetic neuropathy using a case-study format.
- Wong M, et al. [Effects of treatments for symptoms of painful diabetic neuropathy: systematic review](#). *BMJ* [M] 14 July 2007;335(7610):87-97. This systematic review raises doubts that newer co-analgesics (antidepressants and anticonvulsants) are better than the older agents. Accompanying editorial:
 - Jude EB, Schaper N. Treating painful diabetic polyneuropathy. *BMJ* [M] 14 July 2007;335(7610):57-58. (Editorial) Re-iterates the importance of the Wong article and the need to improve pain control in this population.
- Zeppetella, G. & Ribeiro, MDC. [Opioids for the management of breakthrough \(episodic\) pain in cancer patients](#). *Cochrane Database of Systematic Reviews*. 2006 Jan 25;(1):CD004311. Oral transmucosal fentanyl

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citrate (OTFC) is effective for treating breakthrough pain in cancer patients and may be better than oral short-acting morphine.

- Two new articles reinforce the conjecture that combination therapy (or “rational polypharmacy”) for neuropathic pain with an opioid and an adjuvant medication is superior to monotherapy.
 - Wallace JM. [Update on pharmacotherapy guidelines for treatment of neuropathic pain](#). *Current Pain & Headache Reports*. 2007 Jun;11(3):208-14.
 - Keskinbora K, et al. [Gabapentin and An Opioid Combination Versus Opioid Alone for the Management of Neuropathic Cancer Pain: A Randomized Open Trial](#). *Journal of Pain & Symptom Management*. [M] 2007 Jun 27; [Epub ahead of print]

Highlighting Other Newsletters

Pain Relief Connection regularly scans the newsletter of other organizations in order to find content for this newsletter. This issue, we decided to share a list of some of those resources. All newsletters listed are free; some require free registration.

- [Pain Treatment Topics](#). Non-commercial (but supported by a pharmaceutical company), very comprehensive informational web site; most useful for professionals. E-mail newsletter primarily highlights new additions to web content. Has a companion site, [Addiction Treatment Forum](#).
- [American Pain Foundation](#): Large advocacy organization. E-mail newsletter: [Pain Monitor](#); hard copy newsletter: [Pain Community News](#). Both newsletters contain both news and features of interest to both lay and professional readers.
- National Pain Foundation: Advocacy organization. E-mail newsletter typically announces new content on web site. [What's New @ The National Pain Foundation](#).
- [Pain Medicine News](#). Hard copy & online bi-monthly newsletter for pain practitioners. Includes features and CME. Supported by industry advertising.
- [Anesthesiology News](#). News, features, and CME for anesthesiologists. Hard copy with online access. Supported by industry advertising.
- [American Society of Pain Educators](#). ASPE is a credentialing organization for pain educators in any discipline. The member newsletter, [Pain View](#), is available as a PDF on their web site.
- [PainEDU.org](#). Click on “Newsletter” at bottom of home page. (for professionals)

Pain Education on the Web [free registration required on most sites]

- [Shingles: diagnosis and management of herpes zoster and postherpetic neuralgia \(Just in time\)](#) *BMJ Learning* [US clinicians are not eligible for continuing education credits]
- [Natural Medicines in Clinical Management of Fibromyalgia: Natural Medicines Comprehensive Database](#) (MGH access via Treadwell Library subscription) [CME, CNE, CPE]
- [OTC Advisor® Pharmacy-Based Self-Care Services Module 3: Self-Care for Pain v.2](#). [Pharmacist.com](#); indexed on the [CE page](#) of [Natural Standard](#). [CPE]
- [Consensus Guidelines: Assessment, Diagnosis, and Treatment of Diabetic Peripheral Neuropathic Pain](#). [CME] Accessed via the [American Society of Pain Educators](#) web site.

Pain-Related Education Opportunities

- Oct 12-14. Cambridge, MA. [Practical Aspects of Palliative Medicine: Integrating Palliative Care into Clinical Practice](#) Harvard Medical School Center for Palliative Care
- 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/>)

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MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Cox 8 Conference Room.* Mailing list: ttolandatpartnersdotorg
- *Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome.* Mailing list: nalawlessatpartnersdotorg

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

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

MGH Pain Resources Page: http://www.massgeneral.org/painrelief/MGH_Pain_Resources.htm

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

Toolbox for Pain Assessment & Management: <http://intranet.massgeneral.org/paintoolbox/>

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

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

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