

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

- Cephalon issued formal letters reminding prescribers that [Fentora](#) is only for breakthrough pain in opioid tolerant cancer patients. Deaths have occurred from improper patient selection, dosing or product change.
- There's a new OTC needle-free lidocaine powder system for children, called [Zingo](#) (manufactured by [Anesiva Inc.](#)); approved as a rapid-onset, topical, local analgesic for procedural pain in children ages three to 18.
- The FDA approved a new lower dose [SOMA](#) (carisoprodol 250mg) that is as effective with fewer side effects.
- [Richard Paey](#), (48y/o pain patient) was granted a full-pardon and clemency while serving a 25-year sentence in a Florida jail for drug trafficking. National media cited his case as evidence the DEA targets pain patients.
- Sept. 25th and 26th the Senate and House (respectively) passed a measure to delay implementation (until 4/1/08) of a CMS rule requiring prescribers to use "tamper-resistant" prescription pads for Medicaid patients.

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 link attachments:

- DuPen, A, Shen D, Ersek M. (2007) [Mechanisms of Opioid-Induced Tolerance and Hyperalgesia](#). *Pain Management Nursing*, 8(3):113-121. Good review of topic affecting pain posted 9/5/07 on [medscape](#). [R]
- Kovacs F, Abaira V, Cano A, et al. (2007) [Fear Avoidance Beliefs](#) Do Not Influence Disability and Quality of Life in Spanish Elderly Subjects With Low Back Pain. *Spine*, 32:2133-2138. [M] Correlational analysis showed disability in this sample was strongly related to pain but not beliefs.
- Ben-Galim P, Ben-Galim T, Rand N, et al. (2007) [M] [Hip-Spine Syndrome](#): The Effect of Total Hip Replacement Surgery on Low Back Pain in Severe Osteoarthritis of the Hip. *Spine*, 32:2099-2102. Patients having THR surgery have much less hip & back pain with better functioning at 2 year follow-up (n=25).
- Choi DS, Choi DY, Whittington RA, Nedeljkovic SS, et al. (2007) [Sudden amnesia](#) resulting in pain relief: The relationship between memory and pain. *Pain. 2007 epub ahead of print*. [M] A couple of cases raise questions about the intersection between chronic pain and memory, with implications for future research.
- Friedly J, Chan L, Deyo R. (2007) [Increases in lumbosacral injections](#) in the Medicare population: 1994 to 2001. *Spine*, 32:1754-60. [M] Lumbar ESIs have been done at a 3-fold higher rate over the study period, often for symptoms where they are not clearly indicated. Escalating costs warrant scrutiny by payers.
- Davis MP, Lasheen W, & Gamier P (2007) [What Oncologists Need to Know About Opioids and Their Complications](#). *Oncology*, 21 (10):1229-1238. A good review that cuts through persisting mistaken beliefs about opioid therapy for cancer pain.[O] See companion "clarifying thoughts" by Cherny: 1241-1246,1249
- Gaspardo CM, Miyase CI, Chimello JT, et al. (2007) Is pain relief equally efficacious and free of side effects with repeated doses of [oral sucrose](#) in preterm neonates? *Pain. epub ahead of print*[M] Oral sucrose (25%; 0.5ml/kg) was associated with fewer facial and cry indicators of pain compared to those receiving sterile water among neonates (N=33) having blood collection procedures. No differences in vital signs or side effects noted between groups. Thus babies act less distressed, but are still stressed; EMLA anyone?

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- Kumar K, Taylor RS, Jacques L, et al. (2007) [Spinal cord stimulation](#) versus conventional medical management for neuropathic pain: A multicentre randomised controlled trial in patients with failed back surgery syndrome. *Pain epub ahead of print*. [M] Impressive 50% of patients receiving spinal cord stimulation (SCS) plus medical management for LBP radiculopathy achieved a 50% reduction in pain compared with only 4% receiving medical management alone. 32% of SCS patients had device related complications and effects wane over time. See related editorial by Turner, Deyo, & Loeser in same edition.
- Fosnocht DE, Swanson ER. (2007). Use of a [triage pain protocol](#) in the ED. *American Journal of Emergency Medicine*, 25:791-793. [M] A simple protocol following WHO ladder cut time to analgesic administration in half & doubled the percent of patients (extremity trauma or back pain) medicated for pain.

CAM

- [Acupuncture](#) may be as effective as usual medicines for low back pain according to German researcher Michael Haake and colleagues report in this month's *Archives of Internal Medicine*, 167:1892-1898..

Medication Safety

- The Institute for Safe Medication Practices has a CE program (nurses & pharmacists) on [PCA drug libraries](#).

Pain Resources on the Web

- [Cancer-pain.org](#) was developed by [ACOR](#) (Association of Cancer Online Resources) with input and advice from patients, caregivers and an Advisory Board of health professionals dedicated to providing the most advanced cancer pain relief. The organization's aim is to help cancer patients get needed pain treatment.
- Nat Katz, MD has written the Pain.EDU Manual (3rd Ed.) and an abbreviated clinical companion. Get a complementary copy of both at <http://www.painedu.org/> (free registration required).
- The MGH Center for Translational Pain Research is devoted to researching pain mechanisms bridging the gap between research and pain management practice. <http://www.massgeneral.org/painresearch/index.html>
- National Institute of Neurological Disorders and Stroke has a newly updated [webpage on Pain](#) that has good general information on pain and related research with links to useful websites. There is a companion website en [ESPAÑOL](#)

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

- [PainKnowledge.org](#) has a new CME on [persistent pain in older patients](#) beginning mid-October. In addition to the latest information, interactive QA sessions are included in this one-hour program.
- Emerging Solutions in Pain has a well-done video conference available on [Pain & Addiction 101 – Module 5](#)

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
- Mon Oct 15, 6-8pm a free class on Headache, Temporo-mandibular Joint (TMJ) related pain and Sleep Disorders, will be presented at the Merritt Auditorium (7th Floor) of Tufts University One Kneeland Street, Boston, MA 02111. This is one of many free programs offered this fall by the Craniofacial Pain Center. Phone: 617-636-6817 for more information.
- Oct 18-19, Norwood, MA Sixth Annual Pain Management Conference is sponsored by The Center for Nursing Excellence of Brigham & Women's Hospital in Boston. To register, call (617)525-7531.
- The National Initiative on Pain Control[®] (NIPC[®]), has a "[dinner dialog series](#)" (offered in 20 cities) on opioid analgesics lead by leaders in the field. After dinner a 2 hour education program addresses screening, prescribing, monitoring and legal issues.
- Mon Oct 15, Southern Illinois U is sponsoring a one-day conference on [Pain Management](#) in Springfield, IL.
- Thu Oct 25th the CT chapter of ASPMN is sponsoring an October program "Helping Clinicians Manage Pain Safely: A Clinical and Regulatory Review for Risk Reduction". Contact Linda Clougher lclougher@charter.net

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Moving On

Effective with this issue, the Editorial pen (mouse?) for *Pain Relief Connection* has passed to Paul Arnstein, RN, PhD, Clinical Nurse Specialist for Pain Relief at MGH. Tom Quinn, the Founding Editor, moved to Connecticut over a year ago, handing the mouse to Interim Editor Carolyn Paul. Tom resumed editorial responsibilities in January of this year, but has been gradually turning them over to Paul, who has now moved from part-time to full-time status at MGH. Tom reports that putting the newsletter together every month was exciting, stimulating, rewarding, and occasionally terrifying. He can be reached for the next several months at his old e-mail address, tqinn1-at-partners-dot-org.

Transitioning In

Tom deserves praise for the successful development and refinement of *Pain Relief Connection*. It grew from an internal publication to update “Pain Relief Champions” at MGH, to serve a much larger, external audience. Given the depth, breadth and sheer volume of information emerging about pain; it’s easy to understand Tom’s portrayal of the “stimulating, rewarding, and occasionally terrifying” task of finding, synthesizing and communicating the most current information available on pain. There is a necessary balance to be struck between items of interest for the internal and external communities; as well as diversifying the content for those interested in different types of pain, and those working with different populations. Prioritizing the noteworthy emerging research must consider reports with positive effects, as well as those suggesting no effect or negative outcomes from well-intentioned pain relief trials. It’s a pleasure to accept this challenge and responsibility while appreciating the model and track record for success created by Tom. As always, reader feedback is welcome and can be sent to pmarnstein-at-partners-dot-org.

MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Jackson 412Lecture Hall.* 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

The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch/index.html>

CCPD educational offerings: 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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