

# 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 Institute for Safe Medication Practices (ISMP) 2/14/08 issue has focused on keeping patients safe from [iatrogenic methadone overdose](#). Clear, concise information is provided on its safe, effective use.
- [Fentanyl patches](#), the 25mcg/hr size branded as Duragesic or Sandoz; as well as all sizes of [Actavis](#) patches have been recalled due to a potential gel leakage. This may result in a potentially dangerous inadvertent exposure or a lack of effect. Anyone with these systems should check patches, expiration dates and lot #s.
- The Food and Drug Administration is conducting a safety review of Botox Cosmetic and [Myobloc](#) after reports of botulism-like respiratory complications and deaths. Reports any systemic adverse events.
- The FDA is inviting public comment on its policy about distributing articles on “[off-label use](#).”
- Congressman Dave Loebsack (D-IA) introduced the [Military Pain Care Act of 2008](#) (HR 5465) to ensure proper treatment of pain for all active duty and retired service personnel. Bill is worth reviewing.

**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 'Order Articles' under the 'Quick Picks' banner on the left.

- Delgado-Guay, MO, Bruera, E. (2008) Management [of Pain in the Older Person With Cancer](#) Part 2: *Oncology*, 22 (2): [O] Focus: pharmacological management of pain in older cancer patients.
- Martimo KP, Verbeek J, Karppinen J, et al. (2008). [Effect of training and lifting](#) equipment for preventing back pain in lifting and handling: systematic review. *British Medical Journal*, 23;336(7641):429-31. Review of 11 studies found a lack of support for education or physical training to prevent back pain or disability. [M]
- Zeppetella G. (2008) Opioids for Cancer [Breakthrough Pain](#): A Pilot Study Reporting Patient Assessment of Time to Meaningful Pain Relief. *Journal of Pain Symptom Management* (Epub ahead of print) [M] Oral transmucosal Fentanyl (a higher percentage of daily ATC dose than comparators) may work faster (~25min vs ~35 minutes) than the “slower” (methadone, oxycodone, hydromorphone & morphine) drugs tested.
- Vervoort T, Goubert L, Eccleston C, et al. (2008). The effects of parental presence upon the facial [M] expression of pain: The moderating role of [child pain catastrophizing](#). Pain. [Epub ahead of print] School children were given pressure pain when observed by a parent (n=53) or an adult stranger (n=31). Children with infrequent catastrophic thoughts showed more facial pain expression in the presence of their parent. Those with frequent catastrophic thoughts expressed high pain regardless of who was observing them.
- Van der Velde G, Hogg-Johnson S, Bayoumi AM, et al. (2008) Identifying the best treatment among [M] common [nonsurgical neck pain treatments](#): a decision analysis. *Spine*, 15;33(4 Suppl):S184-91. This supplement issue is devoted to different treatments of neck pain. NSAIDs, exercise, mobilization, and manipulation were comparable in terms of quantity & quality of life. Risks & benefits are well reviewed.

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## Journal Watch (continued)

- Pletcher MJ, Kertesz SG, Kohn MA, et al. (2008) Trends in [opioid prescribing by race/ethnicity](#) for patients seeking care in US emergency departments. *JAMA*, 299(1):70-78. U.S.DHHS researchers reviewed >370K patients from 500 US hospitals & found significant disparities between white & minority patients. [M]
- Noble M, Tregear SJ, Treadwell JR, et al. (2008) [Long-term opioid therapy](#) for chronic noncancer pain: a systematic review and meta-analysis of efficacy and safety. *J Pain Symptom Manage*, 35(2):214-228. [M] A systematic review and meta-analysis evaluated 115 clinical trials of opioid therapy. The mean reductions in pain scores were about 63% and 38%, at 6 months and longer measurement intervals respectively. Almost a third had stopped oral opioids due to adverse events, with less dropouts receiving intrathecal opioids.
- Andersen LL, Kjaer M, Sogaard K, et al. (2008) [M] Effect of two contrasting types of physical exercise on [chronic neck muscle](#) pain. *Arthritis Care & Research*, 59(1):84-91. Neck strength training targeting neck muscles reduced pain in women with computer-intensive jobs more than general fitness or control groups.
- Loening-Baucke V, Swidsinski A. (2007) Constipation as cause of [acute abdominal pain in children](#). [M] *Journal of Pediatrics*, 151(6):666-669. About 50% of 4-18 year olds presenting primary care settings with acute or chronic were constipated. 20% of causes remain unknown and 2% had problems requiring surgery
- Wallace MS, Rauck R, Fisher R, et al. (2008) [Intrathecal ziconotide](#) for severe chronic pain: safety and tolerability results of an open-label, long-term trial. *Anesthesia & Analgesia*, 106:628-37. [M] This study reviewed the effects of IT ziconotide on 119 patients who endured the therapy for over a year. Pain reduction was modest (0.8 point reduction on a 0-10 scale at 1 month with effects waning thereafter) Virtually every patient (99.7%) had an adverse (44% mild, 42% moderate, and 14% severe) event.
- Reynolds KS, Hanson LC, Devellis RF, et al. (2008) Disparities in Pain Management Between Cognitively Intact and [Cognitively Impaired Nursing Home](#) Residents. *J Pain Symptom Manage* [Epub ahead of print] [M] Significantly fewer cognitively impaired residents receive analgesics (56% vs 80%) than intact counterparts
- Urquhart DM, Hoving JL, Assendelft WWJJ, et al. (2008) [Antidepressants](#) for non-specific low back pain. *Cochrane Database of Systematic Reviews*, 1. Antidepressants are unproven for non-specific LBP. [M]

## CAM Research Reports

- Mitchinson AR, Kim HM, Rosenberg JM, et al. (2007). Acute postoperative pain management using [massage as an adjuvant](#) therapy: a randomized trial. *Archives of Surgery*, 142(12):1158-1167. A 20 minute evening (effleurage) back massage significantly reduced postoperative pain intensity, pain unpleasantness, and anxiety in this randomized control trial of a thousand (primarily male) patients in a VA hospital. [M]
- Engers A, Jellema P, Wensing M, et al (2008) Individual [patient education](#) for low back pain. [M] *Cochrane Database of Systematic Reviews*, 1 Patient education is not harmful and helps with acute, not chronic LBP.
- Preliminary clinical study data suggests that [Celliant](#) wraps reduce pain. Celliant is a specially formulated material designed to enhance oxygen levels in the body, aiding in comfort, healing and overall wellness. [O]

## Pain Resources on the Web

- There is a new section on [Fibromyalgia](#) that has been added to the Pain-Topics.org website. [This section](#) targets the informational and educational needs of healthcare providers that also has information on low back pain, cancer pain and pain as part of palliative treatment.
- Several new and interesting educational models have been added lately to the website [Pain.com](#)

## Pain-Related Education Opportunities

- 2008 Annual Conference of the New England Pain Association, Pain In Special Populations to be held at Back Bay Hilton Hotel, has been postponed until the fall e-mail [nepa@ren.com](mailto:nepa@ren.com), for details
- Wednesday April 12<sup>th</sup> 8am-12, Massachusetts Pain Initiative will hold its spring meeting in Sturbridge MA with Ron Kulich, PhD and Jane Ballantyne MD discussing Opioids. Contact [jeanne.connolly@tufts.edu](mailto:jeanne.connolly@tufts.edu) for details.
- Saturday March 15<sup>th</sup> [Emerging Issues in the Art and Science of Pain](#) and Symptom Management will be held in New York with an outstanding faculty

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## MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.* Mailing list: [tolandatpartnersdotorg](mailto:tolandatpartnersdotorg)
- *Palliative Care Grand Rounds held Wednesdays at 8:00am in the Ether Dome.* Mailing: [nalawlessatpartnersdotorg](mailto:nalawlessatpartnersdotorg)
- ['High-Alert Medications' Series: Part II - Reducing the Risk of Patient Harm with Opiates - Wednesday March 26, 2008 from 1:30 to 3:00 PM ET](#) Yawkey 2-220 free to participants

### 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)

MGH Pain Resources Page: [http://www.massgeneral.org/painrelief/MGH\\_Pain\\_Resources.htm](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](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)

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