

# 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

- Just before Memorial Day, the House passed the 2009 National Defense Authorization Act which included the [Military Pain Care Act, H.R. 5465](#). These provisions will ensure access to proper pain care active service members in the military health system. Watch this legislation when combined with a Senate version of the Act.
- FDA approved for [Treximet](#), a combination of naproxen sodium and sumatriptan drug for migraines.
- Cephalon can market [Fentanyl buccal tablets](#) in Europe, but can't expand to non-cancer BTP pain in the US.

**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.

- Dy SM, Hughes M, Weiss C, et al. (Epub ahead of print). [Evaluation of a Web-Based Palliative Care Pain Management Module for Housestaff](#). *Journal of Pain and Symptom Management*. Baseline knowledge of pain was not different between PGY1 –PGY3 physicians. A web-based module significantly increased module. First page of article offers the reader a demonstration of the module developed by Johns Hopkins. [M]
- Dieleman JP, Kerklaan J, Huygen FJ, et al. (Epub ahead of print). [Incidence rates and treatment of neuropathic pain](#) conditions in the general population. *Pain*. Just under 1% of the population has neuropathic pain with <5% of them receiving medical treatments known to be effective. [M]
- Cepeda SM, Chapman CR, Miranda N, et al. (2008). Emotional disclosure through [patient narrative](#) may improve pain and well-being: Results of a randomized controlled trial in patients with cancer pain. *Journal of Pain and Symptom Management*, 35(6):623-631. Patients writing highly emotional narratives had less pain and greater well-being than those writing less expressively. [M]
- Donovan KA, Taliaferro LA, Brock CW, et al (Epub ahead of print) [M] [Sex differences in the adequacy of pain management](#) among patients referred to a multidisciplinary cancer pain clinic. *Journal of Pain & Symptom Management*. Despite equivalent pain intensity, women get fewer opioids and less adequate pain management.
- Portenoy RK, Thomas J, Boatwright MLM, et al. (2008). [Subcutaneous methylnaltrexone](#) for treatment of opioid-induced constipation in patients with advanced illness: a double-blind, randomized parallel group dose-ranging study. *Journal of Pain and Symptom Management* 35(5):458-68. Subcutaneous methylnaltrexone relieved opioid-induced constipation at the 5mg dose without reversing analgesia or causing withdrawal. [M]
- Gordon D, Intrurrisi CE, Greensmith JE, et al. (2008) [Perioperative pain management in the opioid-tolerant individual](#). *Journal of Pain*, 9 (5):383-387. Case review by multidisciplinary team (nurse, pharmacologist, physicians & psychologists) of pain specialists summarizing research and best practices.
- Cassinelli EH, Dean CL, Garcia RM, et al. (2008). [M] Ketorolac use for postoperative pain management following lumbar decompression surgery: a prospective, randomized, double-blinded, placebo-controlled trial. *Spine*, 33:1313-7. IV Ketorolac after decompressive laminectomy less pain & morphine during postop course.
- Delaney A, Fleetwood-Walker SM, Colvin LA, et al (Epub ahead of print) [M] [Translational medicine: cancer pain mechanisms & management](#). *British Journal of Anaesthesia* Review of bone mets pathophysiology/treatment.

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MGH Cares About Pain Relief

Massachusetts General Hospital

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To be added to or removed from the *Pain Relief Connection* mailing list, send an email to [pmarnstein@partners.org](mailto:pmarnstein@partners.org)

## CAM

- Bergholdt K, Fabricius RN, Bendix T. (2008) [Better backs by better beds?](#) *Spine*, 33:703-8. Despite advertisers claims, little differences exist. Waterbed or foam (Tempur) slightly better than hard beds.
- A recent webinar, [Complementary Therapies for Pain Management](#), given by Judith M. Fouladbakhsh, PhD, Advanced Practice Holistic Nurse and Certified Healing Touch Practitioner can be replayed.

## Pain Resources on the Web

- The American Pain Foundation (APF) posted a new report outlining critical barriers to appropriate opioid prescribing for pain management, and calls for a more balanced consideration of the risks and benefits of these vital analgesics. The 16-page report summarizes key challenges and actionable solutions discussed by leading pain experts at a recent roundtable meeting. Provider Prescribing Patterns and Perceptions: Identifying [Solutions to Build Consensus on Opioid Use in Pain Management](#). A worthwhile read.
- A recent Cochrane review on [Individual patient education for low back pain](#) is available
- A recent Cochrane review on [Antidepressants for non-specific low back pain](#) is available
- Emerging Solutions in Pain has a new, revised [toolkit](#) posted on their website that has free registration
- Institute for Clinical Systems Improvement have releases guidelines for the assessment and management of [acute pain](#) in March 2008 .
- INROADS into Pain Management: New Web conference series designed to improve nursing response for optimal analgesia and drug safety. Providing free CE on the topic Dose for the Individual: Maximizing Safety and Effectiveness! Live, interactive session June 4, 11, 12, 18, 19 or 24. [Free registration](#).
- Pain Policy Studies Group announced a free online course [Increasing Patient Access to Pain Medicines around the World: Improving National Policies that Govern Drug Distribution](#)

## Pain-Related Education Opportunities

- Tuesday June 3<sup>rd</sup> 10-11am “[Navigating the Maze of Pain Medication](#)” is a free web-based CE conference reviewing physiology, pharmacology and multimodal pain therapy.
- Sun-Thur June 8-12<sup>th</sup> [8th International Symposium on Pediatric Pain](#) Acapulco, Mexico
- Wed-Sat June 25-28 [Principles and Practice of Pain Medicine](#) through Harvard Medical School CME
- New England Pain Association *Pain in Special Populations* reschedule for November 7-9<sup>th</sup>, 2008. Save the date

## MGH Pain Calendar

- **Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.** Mailing: [ttoland@partners.org](mailto:ttoland@partners.org)
- **Palliative Care Grand Rounds held Wednesdays at 8:00am in the Ether Dome.** Mailing: [nalawless@partners.org](mailto:nalawless@partners.org)

### 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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