

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

- Watson Pharmaceuticals issued [a voluntary recall](#) of one lot of 75mcg/hr Fentanyl Transdermal System patches. A small number of patches sold early 2008 were leaking and may expose patients/caregivers to fentanyl gel.
- Senate Bill S3387, introduced to improve care, research, education, access, and funding please urge [support](#).
- The Mayday Foundation picked this year's [Pain and Society Fellows](#) for developing pain leaders & advocates.
- The Joint Commission is asking for input for next 6 weeks on [proposed revisions](#) to the Performance Improvement standards for the Behavioral Health Care, Laboratory, and Long Term Care programs.

Journal Watch All items are accessible via MGH computers/library; [O] = open access; [R] = free registration required) MGHers can obtain articles from journals to which Treadwell Library does not subscribe through the [Treadwell home page](#), go to 'Order Articles' under the 'Quick Picks' banner on the left.

- Friedman BW, Esses D, Solorzano C, et al. (2008). A Randomized Placebo-Controlled Trial of Single-Dose [IM Corticosteroid for Radicular Low Back Pain](#). *Spine*, 33(18):624-9, Unclear benefit, common adverse effects.
- Donovan KA, Taliaferro LA, Brock CW, et al. (2008) [Sex Differences in the Adequacy of Pain Management](#) Among Patients Referred to a Multidisciplinary Cancer Pain Clinic *Journal of Pain and Symptom Management*, 46 (2): 167-172 Women report the same intensity of pain as men, but are less commonly prescribed strong opioids and report more inadequate pain management. Be aware of sex bias in the treatment and research.
- Spagrud LJ, von Baeyer CL, Ali K, et al. (2008). [Pain, Distress, and Adult-Child Interaction](#) During Venipuncture in Pediatric Oncology: An Examination of Three Types of Venous Access. *Journal of Pain and Symptom Management*, 46 (2):173-184 Adult reassurance & empathy helps children getting painful procedures.
- Gordon DB, Rees SM, McCausland MP, et al. (2008). Improving Reassessment and Documentation of Pain Management. *Joint Commission Journal on Quality and Patient Safety*, 34(9):509-517. Improving pain-related care and documentation is a challenging endeavor, but one worthy of effort.
- Webster LR, Choi Y, Desai H, et al. (2008). [Sleep-Disordered Breathing and Chronic Opioid](#) Therapy. *Pain Medicine*, 9 (4): Associations with methadone use were found with central & obstructive sleep apnea.
- Fishbain DA, Cole B, Lewis J, et al. (2008). What Percentage of Chronic Nonmalignant Pain Patients [Exposed to Chronic Opioid Analgesic Therapy Develop Abuse/Addiction](#) and/or Aberrant Drug-Related Behaviors? A Structured Evidence-Based Review *Pain Medicine*, 9 (4) This topic has been researched extensively, with 67 studies meeting criteria for review. The rate of chronic pain patients who develop an addiction disorder as the result of opioid therapy is 3.7%. Patient screening to ensure there is no personal or family history of an addiction disorder at baseline is an important predictor of those at greatest risk.
- Smith BW, Zautra AJ. (2008). The [effects of anxiety and depression on weekly pain](#) in women with arthritis. *Pain* 132 (2)354-361. Both anxiety and depression are predictors of current pain and pain experienced in the next week, with anxiety explaining more variance in pain intensity than depression in the women studied.
- Tang NKY, Salkovskis PM, Hodges A, et al. (2008). [Effects of mood on pain responses and pain tolerance](#): An experimental study in chronic back pain patients. *Pain* 132 (2)392-401. Mood directly affects pain and pain tolerance in low back pain patients. As expected depressed mood heightens pain, and lowers its tolerance.

MGH Cares About Pain Relief

Massachusetts General Hospital

PainRelief@Partners.org • <http://www.MassGeneral.org/PainRelief>

To be added to or removed from the *Pain Relief Connection* mailing list, send an email to pmarnstein@partners.org

- Schiavenato M, Byers JF, Scovanner P, et al. (2008). [Neonatal pain facial expression](#): Evaluating the primal face of pain. *Pain*, 132 (2)460-471. Confirms the existence of a “Face of Pain” regardless of race/gender.
- Tait AR, Voepel-Lewis T, Snyder RM. (2008). [Parents' Understanding of Information](#) Regarding Their Child's Postoperative Pain Management. *Clinical Journal of Pain*, 24 (7) 572-577.
- Chenot JF, Becker A, Leonhardt C, et al. (2008). [Sex Differences in Presentation, Course, and Management of Low Back Pain](#) in Primary Care *Clinical Journal of Pain*, 24(7) :578–584. Women have more distress and functional impairment at baseline and 1 year after presenting to primary care with low back pain.
- Billings JA. (2008). [Physician-Nurse Staffing on Palliative Care](#) Consultation Services. *Journal of Palliative Medicine*, 11(6): 819-820. Of 10 specialty services surveyed, 90% hired nurse practitioners, none hired physician assistants. Using a Nurse Practitioner expanded the capacity of the service by 3 new patients per day.

CAM

- Frey Law LAF, Evans S, Knudtson J, et al (2008). [Massage Reduces Pain Perception](#) and Hyperalgesia in Experimental Muscle Pain: A Randomized, Controlled Trial *Journal of Pain*, 9 (8) Massage can reduce hyperalgesia and pain and delayed the onset of exercise-induced muscle soreness.
- Hanson LC, Dobbs D, Usher BM, et al. (2008). [Providers and Types of Spiritual Care](#) during Serious Illness. *Journal of Palliative Medicine*, 11 (6): 907-914. Patients receive spiritual care from various sources with modest benefits and value those interventions most that facilitate understanding, or coping with illness.

Pain Resources on the Web

- [Coping with chronic pain](#) on Health.com provides useful information for patients and nice videoclips
- [Emerging Solutions in Pain](#) recently release an informational program on [A Multidisciplinary Approach to the Medical Management of Sleep, Chronic Pain, and Driving](#)
- [PainTopics.org](#) has many new postings on their website. Many offer CEU or CME credit.
- Now in its 12th year, the [Pediatric Pain Letter](#) will remain free, open-access, peer-reviewed, and editorially independent, but be administered through the IASP [Special Interest Group on Pediatric Pain](#).

Pain-Related Education Opportunities

- Friday, September 12, [Eastern Pain Association](#) will hold its annual meeting in NY, excellent topics
- Other regional pain meetings can be identified through the [American Pain Society](#) website
- Fri-Sun, Sept 12-14, [Sex Gender and Pain: Dilemmas in Clinical Practice](#) will be held in Boston
- Sat September 27th 9:45 -1 Free CE program (#7) [Improving Nursing Response for Optimal Analgesia and Drug Safety](#) co-sponsored by Eastern Mass Chapter of ASPMN Register via link or call (877) 688-2447
- Wed-Sat, October 29 – Nov 1 The International Association for Pain and Chemical Dependency (IAPCD) is holding its [annual conference](#) in Philadelphia
- Thu-Sat Oct 30 - Nov 1 Austin, TX Alliance of State Pain Initiatives: [Frontiers in Pain Management](#)
- Thu-Sat November 13-15, Chicago. [Pain Resource Nurse \(PRN\) Program Coordinator](#) training

MGH Pain Calendar

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

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 Pain Medicine:

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

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