

# 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>



Volume 8, No. 1

January 2009

### In this issue:

|               |        |                               |        |
|---------------|--------|-------------------------------|--------|
| In the News   | Page 1 | Pain Resources on the Web     | Page 2 |
| Journal Watch | Page 1 | Pain Education Opportunities  | Page 2 |
| CAM           | Page 2 | MGH Pain Calendar & Resources | Page 2 |

### In the News

- There is a nation-wide [shortage of immediate release oxycodone](#), affecting all strengths and dosage forms. This shortage was caused by a DEA production quota and will last through mid-February
- The US Food and Drug Administration (FDA) has approved a once-daily formulation of tramadol ([Ryzolt](#)).
- January 16, 2009, the FDA issued [public health advisory warning against using topical anesthetics](#) on large areas of the body, such as during mammography. Warning to use low doses in smallest areas needed.
- PriCara (#0817239), and Sandoz (#0816851) recalled one lot each of [50mcg/hr Duragesic patches](#) that may have a cut along one side of the drug reservoir. Patients or caregivers may be inadvertently exposed.
- FDA approved a [new SSRI for Fibromyalgia Savella](#)<sup>TM</sup> (milnacipran HCl),
- ETHEX Corp Recalled a Single Lot of [Hydromorphone 2 mg](#) tablets due to a potential for oversized tablets.
- Kentucky [tightened regulations for tramadol](#) listing it in that state as a "Schedule IV" controlled substance.
- FDA has [expanded the indication for Zingo](#)<sup>TM</sup> to treat the pain associated with blood draws to include adults.

**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.

- Schug SA, Joshi GP, Camu F, et al. (2009). Cardiovascular safety of the cyclooxygenase-2 selective inhibitors parecoxib and valdecoxib in the postoperative setting: an analysis of integrated data. *Anesthesia & Analgesia*, 108:299-307. In the largest analysis of the [CV risk of COX-2 selective inhibitors](#) or non-selective NSAIDs for perioperative pain management, no increased risk of CV adverse events after occur after non-cardiac surgery.
- Desantana JM, Sluka KA, Lauretti GR. (2009). High and low frequency [TENS reduce postoperative pain](#) intensity after laparoscopic tubal ligation: a randomized controlled trial. *Clinical Journal of Pain*, 25:12-9. Both high and low frequency TENS significantly decreased postoperative pain intensity
- Frakes MA, Lord WR, Kociszewski C, et al. (2009). Factors associated with [unoffered trauma analgesia](#) in critical care transport. *American Journal of Emergency Medicine*, 27 :49-54. Of trauma patients requiring specialized transport, 80% were offered analgesics but 15% refused. Pain documentation/intensity helped.
- Nafziger AN, Bertino JS Jr. (2009). Utility and application of urine [drug testing in chronic pain](#) management with opioids. *Clinical Journal of Pain*, 25:73-9. Clinicians must keep in mind limitations of using commercial algorithms for urine testing that preclude the ability to predict patient compliance with a drug dosage.
- Wood PB, Ledbetter CR, Glabus MF, et al. (2009). Hippocampal [Metabolite Abnormalities in Fibromyalgia](#): Correlation with Clinical Features *Journal of Pain*, 10 (1):47-52. Brain abnormalities linked to fibromyalgia.
- Mar GJ, Barrington MJ, McGuirk BR. (2009). Acute compartment syndrome of the lower limb and the effect of postoperative analgesia on diagnosis. *British Journal of Anaesthesia*, 102:3-11. Patient-controlled analgesia [opioids and regional analgesia do not delay compartment syndrome diagnosis](#) if adequately monitored.

MGH Cares About Pain Relief

Massachusetts General Hospital

[PainRelief@Partners.org](mailto: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](mailto:pmarnstein@partners.org)

- Staal JB, de Bie RA, de Vet HC, et al. (2009). [Injection therapy for subacute and chronic low back pain](#): an updated Cochrane review. *Spine*. 2009;34:49-59. Insufficient evidence to support use of injection therapy.
- In TF, Yeh YC, Lin FS, Wang YP, et al. (2009). Effect of combining [dexmedetomidine and morphine](#) for intravenous patient-controlled analgesia. *British Journal of Anaesthesia*, 102:117-22. Dexmedetomidine added to PCA morphine resulted in superior analgesia at lower doses with fewer side effects and no added sedation.
- Hicks RW, Heath WM, Sikirica V, et al. (2008). Medication [errors involving patient-controlled analgesia](#). *Joint Commission Journal on Quality and Patient Safety*, 34(12):734-742 Nearly 10,000 PCA errors represent only 1% of all reported errors in the Medmarx database, but account for 6.5% of harmful outcomes. Human error with prescribing too high a dose, wrong drug, or misprogrammed pumps were most common errors cited.
- McBeth J, Symmons DP, Silman AJ, et al. (2009). Musculoskeletal pain is associated with a long-term increased [risk of cancer and cardiovascular-related mortality](#). *Rheumatology*, 48(1):74-77. Patients with “regional” or “widespread” pain were 20%-30% (respectively) more likely to die over a decade than those with “no pain.” Deaths were increased from cancer, but not cardiovascular causes. Supports need for good work-ups.
- Villemure C & Bushnell MC. (2009). Mood Influences Supraspinal Pain Processing Separately from Attention. *Journal of Neuroscience*, 29 705-715. [Mood change and attention distraction](#) are common non-drug relief methods. fMRI results now show they work in different brain centers, on different parts of pain experience.

## CAM

- Cassileth B (2009). [Massage Therapy](#). *Integrative Oncology*, accessed on-line. Review delineates evidence of physical and mental benefits of massage. Anxiety, fear, depression, anger, nausea & pain were cut in half.
- Berman RLH, Iris MA, Bode R, et al. (2009) The Effectiveness of [Online Mind-Body Intervention](#) for Older Adults with Chronic Pain. *Journal of Pain*, 10(1):68-79. On-line program cuts pain, increases self-management
- Wiech K, Farias M, Kahane G, et al. (2008). fMRI study measuring [analgesia enhanced by religion](#) as a belief system. *Pain*, 139:467-76. Functional magnetic resonance imaging of Catholics, atheists and agnostics done during painful stimulation, shows strong religious beliefs activate centers known to lessen pain unpleasantness.

## Pain Resources on the Web

- Screener and Opioid Assessment for Patients with Pain (SOAPP®) guides clinical decisions about opioid therapy. PainEDU has a new ['Course-in-a-Box'](#) with downloadable PowerPoints & speaker notes.
- Attorney Bolen describes legal obligations regarding [documenting the use of opioids for chronic pain](#).

## Pain-Related Education Opportunities

- Fri-Sat Feb 20-21 Pediatric Palliative Care training for ELNEC trainers Sacramento, CA
- Fri March 13<sup>th</sup> and March 27, Next Pain Relief Champion Training at Mass General [pmarnstein@partners.org](mailto:pmarnstein@partners.org)
- Fri April 3, 2009 [Current Trends in Pain Management](#) excellent all day program sponsored by Mass PI

### MGH Pain Calendar

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

MGH PCS educational offerings [http://www.massgeneral.org/PCS/The\\_Institute\\_for\\_Patient\\_Care/EDU/offerings.asp](http://www.massgeneral.org/PCS/The_Institute_for_Patient_Care/EDU/offerings.asp)

Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>

MGH Pain Medicine: [http://www.massgeneral.org/anesthesia/index.aspx?page=clinical\\_services\\_pain&subpage=pain](http://www.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain)

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)

MGH Cares About Pain Relief

Massachusetts General Hospital

[PainRelief@Partners.org](mailto: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](mailto:pmarnstein@partners.org)