

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

- An FDA advisory committee discussed applications for a new [extended release hydromorphone](#) and [oxycontin](#).
- The FDA is [delaying REMS implementation](#) while industry interprets the [FDA guide to restrict opioid access](#). published [REMS guidance for industry](#) to reduce the risk of opioid overdose, misuse and diversion.
- DepoDur has a revised label [warning](#) of delayed respiratory depression from possible intrathecal leakage.
- IASP announces the international [Global Year Against Musculoskeletal Pain](#) with multilingual facts/resources.

Journal Watch All items are accessible via MGH computers. MGHers can obtain articles from their eJournal selection or 'Order Articles' service accessed through the [Treadwell home page](#), then 'Quick Picks' banner on left.

- Covinsky KE, Lindquist K, Dunlop DD, et al. (2009) [Pain, functional limitations and aging](#). *J Am Geriatr Soc*, 54 :1556-61. People with pain have similar functional level as those 20-30 years older who do not have pain.
- Flemming K. (ePub ahead of print) The use of [morphine to treat cancer-related pain](#): a synthesis of quantitative and qualitative research. *J Pain Symptom Manage*. Despite its efficacy, patients are reluctant to use morphine due to deep-seated concerns regarding addiction, tolerance, and its implications suggesting death is impending.
- Bellieni CV, Iantorno L, Perrone S, et al. (ePub ahead of print). Even routine painful procedures can be harmful for the newborn. *Pain* Even routine procedures can be harmful if they provoke a high level of [pain in newborns](#).
- Hsieh LF, Hong CZ, Chern SH, et al. (ePub ahead of print).). Efficacy and side effects of [diclofenac patch](#) in treatment of patients with myofascial pain syndrome of the upper trapezius. *J Pain Symptom Management* Diclofenac patch better reduced pain and improved functional outcomes, with fewer side effects than placebo.
- Gilron I, Bailey JM, Tu D, et al. (2009) [Nortriptyline and gabapentin](#), alone and in combination for neuropathic pain: a double-blind, randomised controlled crossover trial. *Lancet*, 374 (9697):1252-61 Combined gabapentin and nortriptyline are more efficacious than either drug alone for neuropathic pain. Authors recommend using a combination in patients who show a partial response to either drug given alone and seek additional pain relief.
- Gatti A, Sabato AF, Carucci A, et al. (2009). Adequacy assessment of oxycodone/paracetamol (acetaminophen) in multimodal chronic pain: a prospective observational study. *Clin Drug Investig.*, 29 Suppl 1:31-40. For [osteoarthritis or neuropathic pain, Oxycodone](#)/acetaminophen improved pain in the majority of patients.
- Hale M, Upmalis D, Okamoto A, et al. (2009). [Tolerability of tapentadol](#) immediate release in patients with lower back pain or osteoarthritis of the hip or knee over 90 days: a randomized, double-blind study. *Curr Med Res Opin*, 25(5):1095-104. Tapentadol provided similar relief to oxycodone with fewer GI side effects.
- Devlin JW, Roberts RJ. (2009). Pharmacology of [commonly used analgesics and sedatives in the ICU](#): Benzodiazepines, propofol and opioids. *Critical Care Clinics*, 25 :431-449. Good review of these drugs.
- Cherrier MM, Amory JK, Ersek M, et al. (2009) Comparative and subjective side effects of immediate-release [oxycodone in healthy middle-aged and older adults](#). *Journal of Pain*, 10 (10): 1038-50 Incidence of cognitive side effects unchanged by age. Older adults have similar rate of cognitive impairment than younger adults.
- Dworkin RH, Turk DC, McDermott MP, et al. (ePub ahead of print). Interpreting the clinical importance of group differences in [chronic pain clinical trials](#): IMMPACT recommendations. *Pain*. Helps interpret research.

MGH Cares About Pain Relief

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

CAM

- A 53 minute pre-recorded guided imagery technique was tested on 17 children 7-12 years old. Significant reductions in pain (1.5 points on a 0-10 scale) were recorded, even though the children were not significantly more relaxed after this imagery-based intervention. Huth MM, Daraiseh NM, Henson MA, McLeod SM. (2009). [Evaluation of the Magic Island: Relaxation for Kids CD](#). *Pediatric Nursing*, 35 (5):290-295.
- Patients who received 5-indepth interviews and individualized medicines reported a slight reduction in pain, better functioning and better follow-up than their counterparts who received usual care. In Relton C, Smith C, Raw J, et al. (2009). An RCT of a [homeopathic package of care for fibromyalgia](#). *Homeopathy*, 98: 77-82. .
- Although function and recovery at 1 years was the same, patellofemoral pain syndrome patients who received a structured physical [therapy exercise program had less pain than those with a home-exercise regimen](#). In Van Linschoten R, van Middelkoop M, Berger MY, et al. (2009). Supervised exercise therapy versus usual care for patellofemoral pain syndrome: an open label randomised controlled trial. *BMJ*. 2009;339:b4074.
- Children can be easily taught self hypnosis that has an immediate effect on pain, sustained benefits and minimal risks. In Lioffi C, White P, Hatira P. (2009). A [randomized clinical trial of a brief hypnosis intervention](#) to control venipuncture-related pain of pediatric cancer patients. *Pain*, 142: 255-263.

Pain Resources on the Web

- New web pages and resources for [State Pain Initiatives](#) (SPI) are available through the [ASPI Alliance](#)
- *Cross-Cultural Pain Management: Effective Treatment of [Pain in the Hispanic Population](#)*. The manual, available at no charge to health care practitioners who register at the [PainEDU.org](#)
- The October Issue of ISMP Medication Safety Alert provides guidance on safe [PCA doses and basal rates](#).
- New guidelines on [Migraine Headache](#) treatment were posted by European Federation of Neurological Society
- FDA has a new guideline on the [disposal of opioids](#) by flushing rather than discarding after made unpalatable.
- A series of educational programs on [Pain and Addiction 101](#) is available on [Emerging Solutions in Pain](#).

Pain-Related Education Opportunities

- Wed, Nov 4 **Free** teleconference 11am-noon: Revolutionize Chronic Pain Care, a Health Care Reform Opportunity To reserve a line, email nseaver@burnesscommunications.com by Mon, Nov 2, 2009
- Monday, Nov 9 [Emerging Practices in Pain Medicine and Palliative Care: Advances in Nursing](#), NY, NY
- Fri-Sat Nov 13-14 Training Course for Pain Resource Nurse ([PRN](#)) [Program Coordinators](#) in Chicago

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://www2.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>
MGH PCS educational offerings 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
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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