

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 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

- March 3, 2009 the FDA proposed its imminent [new restrictions on all long-acting opioids](#) .
- Genzyme received FDA approval for [Synvisc-One™](#) (hylan G-F 20), for the treatment of OA knee pain.
- NASPER legislation passed in 2005 to monitor controlled substances finally got funded (H.R. 1105) this month
- [Pain Care Policy Act of 2009](#) passed in Congress 3/30/09, now [get Senate sponsors](#) on board!

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.

- Okon TR, Lutz PS, Liang H. (Epub ahead of print) [Improved Pain Resolution in Hospitalized Patients](#) through Targeting of Pain Mismanagement as Medical Error. *J Pain & Symptom Management*. Hospital-wide implementation of real-time, computer-generated alerts identifying instances of delayed pain reassessment resulted in sustained reduction of error rate and faster resolution of severe pain without oversedation.
- Hirsh AT, George SZ, Robinson ME. (Epub ahead of print). [Pain assessment and treatment disparities](#): A virtual human technology investigation. *Pain*. Computer-based (virtual human) technology was used to test and educate nurses about how sex, race, age, and pain expression cues accounted for decision-making.
- Hay J, White JM, Bocher F, et al. (2009). [Hyperalgesia in Opioid](#) Managed Chronic Pain and Opioid Dependent Patients *Journal of Pain*, 10 (3): 316-322. Daily methadone or morphine produce hyperalgesia to some (cold), but not all (electrical) stimuli. Daily use does not contribute to the development of allodynia.
- Krantz MJ, Martin J, Stimmel B, et al. (2009). [QTc Interval Screening in Methadone Treatment](#): Clinical Guidelines. *Ann Intern Med*. 2009;150(6):387-395. Expert panel recommends: risk assessment, patient education and ECG testing when prescribing methadone, pretreatment, at 30 days and annually thereafter. This has created a storm of controversy, with panel member disagreement and a concurrent [rebuttal](#) issued.
- Carey TS, Freburger JK, Holmes GM, et al. (Epub ahead of print). A Long Way to Go: [Practice Patterns and Evidence in Chronic Low Back Pain](#) Care. *Spine*. Treatment selection for chronic LBP is inconsistent. Authors suggest medications and treatments are overutilization, while exercise and psychosocial care are underutilized.
- Dobscha SK, Corson K, Perrin NA, et al. (2009). [Collaborative care for chronic pain in primary care](#): a cluster randomized trial. *JAMA*, 301:1242-52. Two consultative visits with a pain treatment team produced a collaborative intervention resulting in small but significant improvements in pain, disability & other outcomes
- Grunau RE, Whitfield MF, Petrie-Thomas J, et al. (Epub ahead of print). [Neonatal pain, parenting stress](#) and interaction, in relation to cognitive and motor development at 8 and 18months in preterm infants. *Pain*. Links number of neonatal skin-breaking procedures, parenting, opioids & steroids with cognitive/motor development.
- Jones GT, Power C, Macfarlane GJ. (Epub ahead of print). Adverse [events in childhood and chronic widespread pain](#) in adult life: Results from the 1958 British Birth Cohort Study. *Pain*. Predictors of adult pain include motor vehicle accidents, maternal death and financial hardships during childhood.

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

CAM

- LEWIS P. (2009). Alexander technique trial. A trial subject's perspective. *BMJ*. 2009;338:b1059. A former [patient from the ATEAM study](#) (previously cited) weighs in with a pessimistic view.
- Siedlecki SL. (2009). [Racial variation in response to music](#) in a sample of African-American and Caucasian chronic pain patients. *Pain Management Nursing*, 10 (1):14-21. Racial variation in responses were identified.
- Bennett MI, Bagnall AM, Jose Closs S. (Epub ahead of print). How effective are [patient-based educational interventions](#) in the management of cancer pain? Systematic review and meta-analysis. *Pain*. Patient-based educational interventions can result in modest but significant physical and mental benefits in the management of cancer pain, and are probably underused alongside more traditional analgesic approaches.
- Büssing A, Michalsen A, Hans-Joachim B, et al. (2009). Are [Spirituality and Religiosity](#) Resources for Patients with Chronic Pain Conditions? *Pain Medicine*, 10 (20) :327-339. Spirituality/religiosity, is associated with positive appraisals and enhances adaptive coping far beyond fatalistic acceptance. More study is indicated.

Pain Resources on the Web

- [Fibromyalgia webinar](#) & [resource list](#) developed by Kim Dupree Jones PhD for American Pain Foundation
- An update of the FDA exploration of [Risk Evaluation and Mitigation Strategy](#) (REMS) is on [PainEDU.org](#)
- For a limited time, the American Headache Society has opened access to their journal, [HEADACHE](#)
- The [American Chronic Pain Association's](#) (2009) supplement of [Pain Medication & Treatment](#) is perhaps the most concise and comprehensive document of its kind, which makes it an excellent reference for all healthcare providers.
- Usefull resources and an advocacy tool kit is available on the "[In the Face of Pain](#)" website.
- National law enforcement, medical, and bioethics communities collaboratively released a policy brief on "[Balance, uniformity and fairness](#)" addressing proper pain medication use and diversion concerns.

Pain-Related Education Opportunities

- Fri April 3, 2009 [Current Trends in Pain Management](#) excellent all day program sponsored by Mass PI
- Tue-Wed April 21-22, 2009 [ELNEC Core Curriculum](#) Oklahoma City, OK
- Thur April 30, 2009 5:15 – 8pm Boston Pain Forum: Sleep and Pain. Ether Dome @ MGH ttoland@partners.org
- Thur April 30, 2009 [Managing Persistent Pain in the Older Patient](#): Effective Strategies for Practice, New York
- Thu-Sat May 7-9 [American Pain Society 28th Annual Scientific Meeting](#), San Diego

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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