

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

- The International Association for the Study of Pain (IASP) unveiled its new look and updated [webpage](#)
- FDA amended its 3/30/09 action to [avoid a shortage of high concentration](#) (20mg/mL) oral morphine solution.
- The FDA has asked to be notified of drug shortages in your area. Email at drugshortages@fda.hhs.gov.
- REMS are coming (probably for all opioids). The FDA has drafted [new restrictions on prescribing opioids](#) that include prescriber registries, patient registries, pharmacy restrictions and paperwork for all! Your input is sought by the FDA at one of the public meetings to be held on May 27 & 28. Register OpioidREMS@fda.hhs.gov by May 15.

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.

- Carey TS, Freburger JK, HolmesGM, et al. (2009). A Long Way to Go: Practice Patterns and Evidence in [Chronic Low Back Pain Care](#). *Spine*, 34 (7): 718-724. Back pain is common with a continued underutilization of effective approaches and excessive use of ineffective tests and treatments despite evidence-based guidelines.
- Chou R, Loeser JD, Owens DK, for the American Pain Society Guidelines Panel (2009). Interventional Therapies, Surgery, and Interdisciplinary Rehabilitation for [Low Back Pain: An Evidence-Based Clinical Practice Guideline](#) From the American Pain Society. *Spine*, 34 (10): 1066–1077. Recommendations on use of interventional diagnostic tests and therapies, surgery, and interdisciplinary rehabilitation are presented. Due to important trade-offs between potential benefits, harms, costs, and burdens of alternative therapies, a shared decision-making process (delineating risks/benefits) is an important caveat for most recommendations made.
- Chou R, Atlas SJ, Stanos SP, Rosenquist RW, et al. (2009). [Nonsurgical Interventional Therapies for Low Back Pain](#): A Review of the Evidence for an American Pain Society Clinical Practice Guideline. *Spine*, 34 (10) 1078–1093 . Reviews common injection techniques, radiofrequency lesioning, intradiscal electrothermal therapy, and other interventions done for back pain have limited evidence of efficacy in quality clinical trials.
- Chou R, Baisden J, Carragee E, et al. (2009) [Surgery for Low Back Pain](#): A Review of the Evidence for an American Pain Society Clinical Practice Guideline. *Spine*, 34 (10):1094-1109. Surgery for radicular back pain with herniated disc and symptomatic spinal stenosis is associated with short-term benefits over nonsurgical therapy. Nonradicular back pain, improves best with spinal fusion or (equally) with intensive rehabilitation.
- Safdar B, Heins A, Homel P, et al. (2009). [Impact of Physician and Patient Gender on Pain](#) Management in the Emergency Department—A Multicenter Study. *Pain Medicine*, 10(2):364-72. Provider gender has more influence than patient gender on pain management decisions in the ED. Female physicians were more likely to administer analgesics than male physicians. Physicians ordered more opioids for patients of their same gender.
- Schwartzman RJ, Patel M, Grothusen JR, et al. (2009) Efficacy of 5-day continuous lidocaine infusion for the [treatment of refractory complex regional pain syndrome](#). *Pain Medicine*, 10(2):401-412 Lidocaine infusion at 5mg/L reduced inflammation, allodynia for 3 months with minimal side effects and no complications.

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- Kumar B, Kalita J, Kumar G, et al. (2009). [Central poststroke \(CPS\) pain](#): a review of pathophysiology and treatment. *Anesthesia & Analgesia*, 108:1645-57. Under-recognized CPS pain can be diagnosed & treated.
- Von Baeyer CL, Spagrud LJ, McCormick JC, et al. (2009). Three new datasets supporting use of the Numerical Rating Scale (NRS-11) for [children's self-reports of pain intensity](#). *Pain*. 2009. The 11-point (0-10) NRS is equivalent to the Visual Analog Scale and Revised Faces Pain Scale for children 8 years old and older.
- Guite JW, Logan DE, McCue R, et al. (2009). Parental beliefs and [worries regarding adolescent chronic pain](#). *Clinical Journal of Pain*, 25 :223-232. Parental belief of the “medical only” cause of pain moderates the degree of adolescent’s pain-related disability. Addressing parents' ideas can directly impact treatment effect.
- Wasan AD, Butler SF, Budman SH, et al. (2009) Does report of [craving opioid medication](#) predict aberrant drug behavior among chronic pain patients? *Clin J of Pain*, 25:193-198. Self-reported craving predicts misuse.
- Taddio A, Shah V, Atenafu E, et al. Influence of repeated painful procedures and sucrose analgesia on the development of [hyperalgesia in newborn infants](#). *Pain* [Epub ahead of print]. Sucrose analgesia for repeated painful procedures in the first day of life does not prevent development of remote hyperalgesia in newborns.
- Hechler T, Dobe M, Kosfelder J, et al. (2009) Effectiveness of a 3-week multimodal inpatient pain treatment for [adolescents suffering from chronic pain](#): statistical and clinical significance. *Clinical J of Pain*, 25:156-66. A multimodal inpatient program provided improvements in pain, disability, and distress in children/adolescents
- Dobscha SK, Corson K, Perrin N, et al. (2009). [Collaborative Care for Chronic Pain](#) in Primary Care: A Cluster Randomized Trial. *JAMA*, 301(12):1242-1252. Two opportunities for pain specialists to collaborate with primary care providers, improved outcomes (pain, disability, mood) for chronic pain patients.
- Erstad BL, Puntillo K, Glibert HC, et al. (2009). [Pain management principles in the critically ill](#). *Chest*, 135 (4):1075-1086. Excellent review of strategies for maximizing use of opioid (& alternatives) in critically ill.
- Puntillo K, Pasero C, Li D, et al. (2009) [Evaluation of pain in ICU patients](#). *Chest*, 135 (4):1069-1074. Excellent review of strategies for assessing pain in critically ill patients, by self report and other methods.
- Miaskowski C. (2009). Pharmacological management of [sleep disturbances in noncancer-related pain](#). *Pain Management Nursing*, 10 (1):3-13. Strategies for managing chronic pain to reduce sleep interruption reviewed.

CAM

- Rutter CE, Dahlquist LM, Weiss KE. (2009) Sustained Efficacy of Virtual Reality Distraction. *Journal of Pain*, 10(4):391-397. [Virtual Reality distraction](#) led to sustained benefits, including increases in pain threshold and tolerance, significant decreases in pain intensity, time spent thinking about pain, and self-reported anxiety.
- Sahar T, Cohen MJ, Uval-Ne'eman V, et al. [Insoles for Prevention and Treatment of Back Pain](#): A Systematic Review Within the Framework of the Cochrane Collaboration Back Review Group. *Spine* [Epub ahead of print] Strong evidence indicates insoles don’t prevent back pain and probably don’t help once back pain occurs.
- Ross J, Tennant F. (2009). [Amino acids and diet in chronic pain management](#). *Practical Pain Management*, 9 (3):34-40. Amino acids from high quality dietary proteins (or supplements) are needed to produce natural inhibitors of pain (endorphins, serotonin, GABA). A good introduction to a series, with practical applications.
- Sherman KJ, Cherkin DC, Hawkes RJ, et al. (2009). Randomized trial of [therapeutic massage for chronic neck pain](#). *Clinical Jo of Pain*, 25:233-8. Massage is safe and has short term benefits with less disability and pain.
- 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 differences were noted in this analysis.

Pain Resources on the Web

- On-line CE program on [Pain Management for the Elderly](#) – offered through Pain-topics.org
- New AHRQ guides are available on treatment of knee osteoarthritis for [consumers](#) and [professionals](#)
- New public / patient information is available on [Methadone safety](#) (SAMSA, FDA, HHS, CSAT collaboration)

Pain-Related Education Opportunities

- Thu-Sat May 7-9 [American Pain Society 28th Annual Scientific Meeting](#), San Diego
- Thu-Sat May 14-16 [Headache and Facial Pain](#) (Harvard CME) Royal Sonesta Hotel, Cambridge MA

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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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