

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

- See [comments submitted to the FDA](#) pertaining to stricter regulations proposed for certain opioids
- The FDA did not withdraw [Propoxyphene](#), but requires different labeling, patient education and research
- [FDA](#) approved [oral codeine](#) without added co-analgesics (e.g. acetaminophen), and classified it as CII
- The FDA approved a transmucosal fentanyl product ([Onsolis](#)) but requires it (and subsequently all rapid-onset opioids) to follow strict [REMS](#) that severely restrict who can prescribe, distribute and receive these drugs.
- Bulk containers of [concentrated acetaminophen drops](#) were recalled to prevent pediatric dosing errors.
- Injectable Ibuprofen ([Caldolor](#)) is FDA approved for hospitalized patients unable to take oral forms

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.

- Xu X, Zuo X, Wang X, et al. (2009). Do You [Feel My Pain](#)? Racial Group Membership Modulates Empathic Neural Responses. *J. of Neuroscience*, 29 8525-8529. The anterior cingulate cortex (ACC) mediates the pain experience and empathy for others' pain. Empathy is stronger for racially alike pain faces.
- Finestone AS, Raveh A, Mirovsky Y, et al. (2009) Orthopaedists' and family practitioners' knowledge of [simple low back pain \(LBP\) management](#). *Spine*, 34 :1600-3. Knowledge of evidence-based ways to treat LBP is lacking, regardless of seniority. Orthopedic surgeons are less aware of guidelines than generalists.
- *Carreon LY, Glassman SD, Djurasovic M, et al. (2009). Are preoperative health-related quality of life scores predictive of [clinical outcomes after lumbar fusion](#)? *Spine*. 2009;34:725-30. Patients with a better mental outlook, worse pain and disability appear to be better candidates for lumbar fusion.
- Herr K, Titler M. (2009) Acute pain assessment and pharmacological management practices for the older adult with a [hip fracture: review of ED trends](#). *J Emergency Nursing*, 35(4):312-320. Standards for pain management improve care of older adults in ED, with further opportunities for improvement.
- Mercadante S, Ferrera P, Villari P, et al. (2009). Frequency, indications, outcomes, and predictive factors of [opioid switching in an acute palliative care](#) unit. *J Pain Symptom Manage*, 37:632-41. Opioid switching effectively improved the balance between analgesia and adverse effects in 80% of cancer patients.
- Lewandowski AS, Palermo TM, Kirchner HL, et al. (2009). [Comparing diary and retrospective reports](#) of pain and activity restriction in children and adolescents with chronic pain conditions. *Clinical J of Pain*, 25 :299-306. Recall of pain intensity levels are inflated compared to diary measures recording "pain now."
- Moore RA, Straube S, Wiffen PJ, et al. (2009) [Pregabalin for acute and chronic pain](#) in adults. *Cochrane Database of Systematic Reviews* 2009, Issue 3. Art. No.: CD007076. Pregabalin is better for neuropathic pain than nociceptive pain. Generally fewer than ¼ patients with neuropathic pain get substantial benefit.
- Chen L, Malarick C, Seefeld L, et al. (2009) Altered quantitative sensory testing outcome in subjects with opioid therapy. *Pain*. 2009;143. Supporting the notion of [opioid-induced hyperalgesia](#) (OIH), long-term opioid therapy patients have decreased heat pain threshold and exacerbated temporal summation of pain.

MGH Cares About Pain Relief

Massachusetts General Hospital

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

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CAM

- A recent critical analysis of research supports the benefits of [massage](#) for patients with subacute and chronic low back pain, especially when combined with exercises and education.
- [Homeopathic remedies](#) for chronic low back pain and other diagnoses may improve quality of life and lessen health care utilization according to a German multi-center study.
- [Acupuncture](#) has been the subject of over 30 systematic reviews. Twenty-five of them failed to demonstrate the effectiveness of acupuncture, five had positive conclusions and two were inconclusive. Evidence is strongest for its effectiveness against nausea, vomiting (after surgery or chemotherapy) and idiopathic headache.

Pain Resources on the Web

- New [Spanish Language Website](#) for Patients with Cancer Pain with many educational and self-help features
- Printable [patient education materials](#) on opioids and pain in English and Spanish

Pain-Related Education Opportunities

- Wed-Fri Sept. 2-4 [Pain Resource Nurse](#) (18th Annual) Course City of Hope Duarte, CA
- Wed-Sat September 9-12: [PAINWeek](#) '09 Multiple pain and primary care organizations unite for a first annual conference to disseminate knowledge and tools to frontline clinicians treating patients in pain. Las Vegas, NV
- Sat-Tue Sept 12-15: [American Society for Pain Management Nursing Conference](#) (19th annual) Jacksonville, FL
- Fri-Sun Oct 23-25, [Bridging the Gaps in Pain Care](#) Alliance of State Pain Initiatives San Francisco
- Fri-Sat Nov 13-14 Training Course for Pain Resource Nurse ([PRN](#)) [Program Coordinators](#) in Chicago

MGH Pain Calendar

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