

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 FDA asked manufacturers of [topical ibuprofen](#) to discontinue marketing their products.
- The FDA may eliminate all prescription acetaminophen combinations (like Vicodin, Percocet) and non-prescription doses over 325mg. Comment by 9/30/09 <http://www.thepetitionsite.com/petition/362024837>.
- American Pain Society petitioned FDA's REMS [restricting distribution of a new approved pain medication](#).

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.

- Walden M & Carrier C. (2009) Ten Commandments of pain assessment and management in [preterm neonates](#). *Critical Care Nursing Clinics of NA*, 21 :235-252. Nice summary of special needs of this vulnerable group.
- Fiorucci S. (2009). Prevention of [nonsteroidal anti-inflammatory drug-induced ulcer: looking to the future](#). *Gastroenterology Clinics of NA*, 38 (2):315-32. Review of products in development to improve NSAID safety.
- Litt MD, Shafer DM, Ibanez CR, et al. (2009) Momentary [pain and coping in temporomandibular disorder](#) pain: Exploring mechanisms of cognitive behavioral treatment for chronic pain, *Pain*, 5(1-2):160-168. Supports the importance active cognitive and behavioral coping with TMD, while reducing catastrophizing.
- Devulder J, Jacobs A, Richarz U, et al. (2009). [Impact of opioid rescue medication](#) for breakthrough pain on the efficacy and tolerability of long-acting opioids in patients with chronic non-malignant pain. *British Journal of Anaesthesia*, 103 (4):576-585. Short-acting opioids for breakthrough pain do not reduce the efficacy of long-acting opioids nor does it increase the incidence of common opioid-related side-effects with chronic use.
- Finch PM, Knudsen L, Drummond PD. (2009). Reduction of allodynia in patients with complex regional pain syndrome: A double-blind placebo-controlled trial of [topical ketamine](#). *Pain*, [Epub ahead of print] Topical ketamine provides some relief without detectable blood levels or side effects associated with other routes.
- Ture H, Sayin M, Karlikaya G, et al. (2009). The analgesic effect of gabapentin as a prophylactic anticonvulsant drug on [postcraniotomy pain](#): A prospective randomized study. *Anesthesia & Analgesia* [Epub ahead of print]. Patients taking gabapentin had less pain and opioid use post-op than those taking phenytoin, however, they were more sedated and had delayed (17min vs. 5 min) tracheal extubation postoperatively.
- Macfarlane AJ, Prasad GA, Chan VW, et al. (2009) Does regional anaesthesia improve outcome after total [hip arthroplasty](#)? A systematic review. *British J Anaesthesia*, 103 (3):335-345.. Compared with systemic analgesia, regional analgesia appears to reduce postoperative pain, morphine consumption & GI side effects.
- Cohen LL, MacLaren JE, DeMore M, et al. (2009) A randomized controlled trial of [vapocoolant for pediatric immunization distress relief](#). *Clinical J of Pain*, 25 :490-494. Vapocoolant not effective for IM injection pain.
- Guo SL, Wu TJ, Liu CC, et al. (2009) [Meperidine-induced serotonin syndrome](#) in a susceptible patient. *British J Anaesthesia*, 103 :369-370. A single dose of meperidine triggered serotonin syndrome in a patient with a history of clomipramine-induced serotonin syndrome five years earlier. Another reason to avoid meperidine.
- Defrin R, Shramm L, Eli I. (2009) [Gender role expectations of pain](#) is associated with pain tolerance limit but not with pain threshold, *Pain*, 145 (1-2):230-236. Interesting perspective on gender & cultural differences.

MGH Cares About Pain Relief

Massachusetts General Hospital

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

CAM

- [Electroacupuncture](#) may be more effective than traditional acupuncture when applied for 30 minutes
- A nice review of [Fibromyalgia non-drug techniques](#) complementary approaches, and [diet](#) is available.
- Twice weekly 90-minute sessions of [Iyengar yoga for 6 months helps reduce pain](#), improve mood and functioning of adults with mild to moderate chronic low back pain. Benefits persisted at 6 month followup.
- A recent systematic review showed [cannabis](#) to be moderately efficacious for chronic pain, but raised serious concerns about the risk-benefit ratio. Harms include impairments in cognitive, motor and perceptual function.

Pain Resources on the Web

- An updated review of [painful diabetic peripheral neuropathy](#) is available from *Pain Medicine News*
- [painACTION.com](#) has improved interactive self management tools for migraine, cancer and/or back pain.
- [Exit Wounds](#) is a guide to pain management for veterans and their family with hints on functioning and coping.
- [PainClinician.com](#) is an online multimedia community with resources and commentary for health professionals.
- Download a Pain Awareness Month screensaver from the [American Pain Society](#) website (scroll down on right)

Pain-Related Education Opportunities

- Tues Oct 13 Palliative Care of vulnerable populations: Maintaining dignity and improving quality of life. Randolph, MA. Dinner meeting of Eastern MA Chapter ASPMN. 6-9pm Call Anne Marie 508-668-5053.
- Wed. Oct 21 [Medical Orders for Life Sustaining Treatment](#) (MOLST), will be presented at this month's Massachusetts Pain Initiative meeting at Sturbridge MA 8am – noon.
- Fri-Sun Oct 23-25, [Bridging the Gaps in Pain Care](#) Alliance of State Pain Initiatives San Francisco
- Thu – Sat Oct 22-24 Innovative Solutions for Tomorrow's Palliative Care; Atlanta GA capcevents@mssm.edu
- Friday Oct 30. [Chronic Pain: Challenges and Solutions for Primary Care](#). St. Paul, MN (scroll down)
- Fri-Sat Nov 13-14 Training Course for Pain Resource Nurse (PRN) Program Coordinators in Chicago
- Monday, Nov 9 [Emerging Practices in Pain Medicine and Palliative Care: Advances in Nursing](#), NY, NY

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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