

Pain Relief Connection

The Pain Information Newsletter

Provided by MGH Cares About Pain Relief



Archived issues are available at <http://www.MassGeneral.org/PainRelief>

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Happy Winter Holidays!

November 2004

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In the News

- [Massage Therapy Popular for Pain Management and Relief](#): A national survey released by the [American Massage Therapy Association](#) shows that consumers feel massage is second only to medication for pain management and relief. The survey revealed that 90 percent of consumers believe that massage therapy can be effective in reducing pain. Among those who have received massage for pain, massage therapy followed only medication as the form of pain relief respondents said gave the greatest relief from pain.
- Last month the Drug Enforcement Administration (DEA) caused a furor by withdrawing its support from a document it issued in August that was supposed to provide guidance to both prescribers and law enforcement officials on the lawful prescribing of opioids. Three well-know pain experts who had been involved in the writing of the withdrawn guidance document subsequently wrote a strongly worded [letter](#) to the DEA asking for an explanation. The DEA has now published an [interim policy statement](#) in the Federal Register explaining its action and clarifying some of the 'misstatements' that caused it to withdraw the August document.

Patient Resources

- [Questions and Answers About Using Magnets To Treat Pain](#): from the National Center for Alternative and Complementary Medicine ([NCCAM](#)).
- News article on a child with [congenital insensitivity to pain](#).

Department of Error

- The United States Pharmacopoeia ([USP](#)) tracks and reports on medication errors. In September the [USP Quality Review](#) contained an extensive analysis of reported errors in the use of patient-controlled analgesia and recommendations to avoid them.
- A commentary in the November issue of the [ISMP](#) Medication Safety Alert [Nurse AdvisERR](#) discusses the limitations of the "five rights" (right patient, drug, dose, route, time) in preventing medication errors.
- In the same issue there is an expansion of last month's discussion of taking extended release opioid preparations safely. None of these products (MS Contin, OxyContin, Kadian, Avinza, or Palladone [available early 2005]) should be chewed, crushed, or dissolved. The Avinza capsule may be opened and sprinkled on cold applesauce and taken immediately without chewing or given via G-tube (not NG tube). Instructions for giving via G-tube are available by calling 1-888-8-AVINZA (28-4692).
- A recent [article](#) in *BMJ* (2004;329(7474):1076-1081) credits legislation in the UK in 1998 with lowering accidental overdose and suicide deaths from acetaminophen and salicylates. The law restricted the amount of these over-the-counter pain medications that could be sold to an individual in a single sale.

Journal Watch (journal titles followed by [M] have full text free access on MGH computers)

- Skaer TL. Practice guidelines for transdermal opioids in malignant pain. *Drugs*. [M] 2004;64(23):2629-38.
- Thwaites D, et al. Hydromorphone neuroexcitation. *Journal of Palliative Medicine*. [M] 2004;7(4):545-550.

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

MGH/Partners Intranet Resources:

- [Partners BioMedical Engineering](#) launched a new intranet site over the summer. Among other information and services provided is a page on the PCA device used at MGH, the [Abbott Pain Manager](#).
- Books@Ovid, available through [Treadwell Library](#), offers full-text online versions of medical text and reference books. One of those available is *Clinical Anesthesia Procedures of the Massachusetts General Hospital*. Chapter 37, "Pain," provides a succinct overview of the pathophysiology and treatment of pain.
- Also look for pain content in the [eTextbooks](#) in the [Partners Handbook](#).

Pain Resources on the Web

- PDQ is a [National Cancer Institute](#) (NCI) service that provides information on cancer clinical trials and supportive care. PDQ pain information comes in versions for both [professionals](#) and [patients](#).
- [Pain Management -- Beyond the Basics: Neurostimulation and Pain Control](#). Approved continuing education credit for nurses and physicians is available free. (Free registration on Medscape.com required)

Pain-Related Education Opportunities

- Dec 6 – 8 (Mon – Wed). [NIH State-of-the-Science Conference on Improving End-of-Life Care](#). Live webcast available.
- [Master of Science in Pain Research, Education, and Policy](#), Tufts University Medical School. An interdisciplinary postgraduate program. For info call 617-636-8541 or e-mail jconnolly@tufts-NEMC.org. (<http://www.tufts.edu/med/prep/>)
- [Coordinating Care at the End of Life: The Role of Hospice](#). The [American Hospice Foundation](#) announces a new electronic (CD-ROM) CE course with contact hours for nurses, social workers and case managers. Contact Marsha Nelson, at 202-223-0204, Ext. 206 or mnelson@americanhospice.org. (<http://www.americanhospice.org/news/SelfStudy.htm>)

MGH Pain Calendar

- Dec 13 (Mon) 11:00am – 12:00N **Coping with Cancer Pain** (for patients and families), featuring Annabel Edwards, ANP. Cancer Resource Room, Cox 1st floor. Sponsored by HOPES Program.
 - Dec 10 (Fri) 2:00pm **Methadone as an Analgesic**. Pharmacy Conference Room, Blake 005 (basement near Eat Street)
 - Mar 15 (Tue) 8:00am – 8:00pm **Pain Knowledge and Skills Day**. Walcott Conference Room, Wang 1.
 - April 21-22 (Thu – Fri) 7:30am – 4:30pm **Annual Pain Relief Champions Course**. Walcott Conference Room, Wang 1.
- Chronic Pain Rounds are held Mondays at 12:00N in the Clinics 3 amphitheatre.*
Cancer Pain Rounds are held Wednesdays at 12:00N in the Cox 8 Conference Room.
Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome

MGH Pain Resources:

PainRelief web site: <http://www.massgeneral.org/painrelief/>

Previous issues of *Pain Relief Connection*: <http://www.massgeneral.org/painrelief/Newsletter>

Previous Pain Topics articles: http://www.massgeneral.org/painrelief/Pain%20Topics/mghpain_paintopics_index.htm

Patient Care Services Pain Resource Center: http://pcs.mgh.harvard.edu/Secure/Clinical_Resources/Pain_Resources.asp

CCPD educational offerings: http://pcs.mgh.harvard.edu/CCPD/Educational_Offerings/cpd_offerings_calendar.asp

Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>

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

URL notes: **Hold your cursor over the link for a second to see the URL.** If you are reading this in hard copy, this month's links are:

Massage therapy survey: <http://www.amtamassage.org/news/04consurvey.html>; AMTA: <http://www.amtamassage.org/>

Letter to DEA: <http://www.medsch.wisc.edu/painpolicy/DEA/letter%20to%20DEA.pdf>

DEA interim policy: <http://a257.g.akamaitech.net/7/257/2422/06jun20041800/edocket.access.gpo.gov/2004/pdf/04-25469.pdf>

Q & A RE: Magnets: <http://nccam.nih.gov/health/magnet/magnet.htm>; NCCAM: <http://nccam.nih.gov/>

Insensitivity to pain: <http://apnews.myway.com/article/20041101/D8633AR80.html>

PCA errors article: <http://www.usp.org/patientSafety/briefsArticlesReports/qualityReview/qr812004-09-01.html>

ISMP Nurse-AdvisERR: <http://www.ismp.org/NursingArticles/list.htm>

BioMed: <http://biomed.partners.org/main/>; PCA pump: <http://biomed.partners.org/clinical/InfusionPumps/AbbottAPM.asp>

PDQ pain (professionals): <http://www.cancer.gov/cancertopics/pdq/supportivecare/pain/healthprofessional/allpages>

PDQ pain (patients): <http://www.cancer.gov/cancertopics/pdq/supportivecare/pain/Patient>

Neurostimulation: <http://www.medscape.com/viewprogram/3465?scr=nursecenl>

Improving end-of-life care: <http://consensus.nih.gov/ta/024/endoflifeintro.html>

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