

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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In the News

Two studies presented at recent national meetings illustrate the continued prevalence of both clinician- and patient-related barriers to optimal pain management. Both studies were reported in *Oncology News International* May 25.

- The results of a national survey of 1039 cancer survivors conducted by the [American Cancer Society](#) were reported at the [American Psychosocial Oncology Society](#) meeting. Nearly 37% of respondents who reported pain didn't want to complain; an equal number didn't want to take pain medications; 27.6% were concerned about medication side effects; and 19% reported that their doctor did not ask them about pain.
- At the [National Comprehensive Cancer Network](#) meeting, a study of breast cancer patients with bone metastases suggests that there is improved monitoring of pain as an important clinical variable: pain assessments were noted in 75% of patient visits. In a chart audit, nurses were more likely than physicians to record pain, but usually only as an intensity score. Pain specialists were more likely than other clinicians to describe the pain. 55% of patients reporting pain stated that it was severe at the time of the visit. However, there was no documentation of treatment in 25% of patients reporting moderate to severe pain.

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

- Practice Guidelines for Acute Pain Management in the Perioperative Setting: An Updated Report by the American Society of Anesthesiologists Task Force on Acute Pain Management. *Anesthesiology* [M] 2004;100(6): 1573-1581.
- Responding to concerns about safety and practice issues, JCAHO has established new standards effective this year for medications ordered in a range of dose or time. The [American Pain Society](#) (APS) and the [American Society of Pain Management Nursing](#) (ASPMN) have issued a [consensus statement](#) on the appropriate use of range orders for opioid analgesics. The statement is available on the ASPMN web site and also, accompanied by an [explanatory article](#), in the June issue of *Pain Management Nursing* [2004;5(2):53-58].
- The June issue of the *Journal of Perianesthesia Nursing* [2004;19(3)] is devoted to pain and comfort.

Pain Education on the Web (journal titles followed by [M] have full text free access on MGH computers)

- Last fall we reported that the [American Medical Association](#) (AMA) had produced a series of continuing educational modules on pain management. The MGH Pain Task Force included the first two of the 4 books in the Pain Resource Manuals distributed to each inpatient unit. The series is now available in 12 modules titled "[Pain Management: The Online Series](#)" on the AMA web site. Each module is approved for 1 Category 1 CME credit.
- Approved pharmacy CE credit (for a nominal fee) is available for the recent article, Anderson, SL. [Continuous Subcutaneous Infusion of Opiates at End-of-Life](#). *The Annals of Pharmacotherapy* [M] 2004;38(6):1015-1023; available on MGH computers via [MAGIC](#). After reading the article, the test may be taken online at the [PharmaCE](#) web site.

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- **Integrative therapy:** Boyd-Brewer, C & McCaffrey, R. [Vibroacoustic Sound Therapy Improves Pain Management and More](#). *Holistic Nursing Practice* May/June 2004;18(3):111 – 118. The article is free, the CE test costs \$13.95.
- There are many opportunities for professional continuing education on the web. Another one we've just learned about is [freeCME.com](#). Remember that even approved/accredited continuing education programs may be supported by industry grants, especially if they are free.

September is Pain Awareness Month

[Partners for Understanding Pain](#), a consortium of organizations with interests in the social, economic, and health impact of chronic, acute, and cancer pain, is once again recognizing September as Pain Awareness Month. MGH will participate with a display in the main corridor. Beginning in 2005 Pain Pulse, the annual patient survey of pain prevalence previously held in the March, will be moved to September.

Pain Resources on the Web

- One of the more difficult skills in pain management is assessing pain in nonverbal older adults. A number of attempts have been made to develop systematic pain assessment tools for this population. The first [comprehensive review](#) (scroll down to item D.5) of published instruments has been posted on the [Pain/Palliative Care Resource Center](#) web site.
- The [Integrative Pain Medicine](#) web site is a new service of the [Department of Pain Medicine and Palliative Care](#) and the [Continuum Center for Health and Healing](#) at Beth Israel Medical Center in New York City.
- It is no secret that many patients cannot afford their prescription medications. The [Pharmaceutical Research and Manufacturers of America](#) (PhRMA) provides an online service to help patients locate [patient assistance programs](#) for which they may be eligible.
- [SymptomContol.com](#) is an ambitious web site currently under development by a Swedish palliative care physician. It is designed to provide professional education in palliative care. Twenty-five educational modules are planned and will also include teaching tools. A draft of the [pain module](#) as been posted on the site.

Pain-Related Education Opportunities

- Nov 19 – 20 (Fri – Sat): [Pain Management Strategies for the Primary Care Practitioner](#). 7th annual CME-accredited meeting. This program will present a primer of the latest developments in the pathophysiology, diagnoses and treatments of pain. Each talk will focus on specific topics directly relevant to the practical problems that a primary care specialist may encounter when confronted with a pain patient. NYU Medical Center, Farkas Auditorium, New York City. For more information contact Leticia Banuchi, tel: 646-459-8516, email: Leticia.Banuchi@nyumc.org.

MGH Pain Calendar

- July 12 (Mon) 12:00N – 1:00pm **Screening for Chronic Opioid Therapy: The Data and the Folklore** Clinics 3 Amphitheatre.
- July 19 (Mon) 11:00am – 12:00N **Conversations About Cancer Pain** (for patients and families), featuring Annabel Edwards, ANP. Cancer Resource Room, Cox 1st floor. Sponsored by HOPES Program.
- September is Pain Awareness Month

*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.*

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
 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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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:

American Cancer Society: <http://www.cancer.org/docroot/home/index.asp>

American Psychosocial Oncology Society: <http://www.apos-society.org/>

National Comprehensive Cancer Network: <http://www.nccn.org/>

American Pain Society: <http://www.ampainsoc.org/>

American Society of Pain Management Nursing: <http://www.aspmn.org/>

Consensus statement on opioid range orders: <http://www.aspmn.org/html/psopioids.htm>

Pain Management Nursing:

<http://www2.painmanagementnursing.org/scripts/om.dll/serve?action=searchDB&searchDBfor=home&id=jpmn>

American Medical Association: <http://www.ama-assn.org/>

Pain Management: The Online Series: <http://www.ama-cmeonline.com/>

Article: Continuous SQ opioids: <http://www.theannals.com/cgi/content/full/38/6/1015>

The Annals of Pharmacotherapy: <http://www.theannals.com/>

PharmaCE: <http://www.pharmace.com/>

Journal of Perianesthesia Nursing: <http://www.sciencedirect.com/science/journal/10899472>

Article: Vibroacoustic sound: http://www.nursingcenter.com/library/JournalArticle.asp?Article_ID=507547

Holistic Nursing Practice: http://www.nursingcenter.com/library/journals.asp?YY=&Journal_ID=54004&About=1

Partners for Understanding Pain: <http://www.understandingpain.org/>

freeCME.com: http://www.freecme.com/gcourses1.php?topic_id=27&topic_name=Pain

Review of pain assessment tools for nonverbal elders: <http://www.cityofhope.org/prc/elderly.asp>

Pain/Palliative Care Resource Center: <http://www.cityofhope.org/prc/default.asp>

Integrative Pain Medicine: <http://www.healingchronicpain.org/>

Department of Pain Medicine and Palliative Care: <http://www.stoppain.org/>

Continuum Center for Health and Healing: <http://www.healthandhealingny.org/>

Pharmaceutical Research and Manufacturers of America: <http://www.phrma.org/>

HelpingPatients.org (patient assistance programs): <http://www.helpingpatients.org/index.cfm>

SymptomContol.com: <http://www.symptomcontrol.com/>

Pain Module on SymptomControl.Com: <http://www.symptomcontrol.com/index.php?id=24>

Pain Management Strategies for the Primary Care Practitioner:

<https://tools.med.nyu.edu/CMECourses/index.cfm?fuseaction=courses.DisplayCourse&TheCourseID=1741&SortOrder=byDepartment&TimeFilter=Current&CFID=479872&CFTOKEN=29617506>

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