

# 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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Beginning Our Fourth Year!

January 2005

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### In the News

The [Massachusetts Pain Initiative](#) (MassPI) worked throughout 2004 with the Board of Registration in Medicine (BORM) toward the Board's adoption of the [Model Guidelines for the Use of Controlled Substances for the Treatment of Pain](#). Final approval by the Board was announced last month (the Board had previously "endorsed" but not "adopted" the Model Guidelines as its own policy). The Model Guidelines were approved by the [Federation of State Medical Boards](#) in 1998, and adoption is considered an important step toward supporting physicians in the practice of appropriate prescribing of opioids for the treatment of pain. BORM and MassPI will continue to collaborate this year on additional steps to improve pain management in Massachusetts.

### Patient Resources

- The [National Pain Foundation](#) is an education and advocacy group for people living with chronic pain. A new article, "[Why Seeing is Not Always Believing](#)," highlights the challenge of living with this sometimes-invisible condition.
- [Healthfinder](#) is a Service of the National Health Information Center, a division of the U.S. [Department of Health and Human Services](#) (HHS). Type a term (such as 'fibromyalgia') into the search window and receive information and links to other sites. Links to other sites does not imply endorsement by HHS or the U.S. Government.

### Department of Error

A lot of attention has been focused recently on patient-controlled analgesia (PCA) and the potential errors that can occur with this very effective treatment. Last month the [Joint Commission on Accreditation of Healthcare Organizations](#) (JCAHO) issued a "[Sentinel Event Alert](#)" on improper use of patient-controlled analgesia (PCA) devices by well-meaning but inadequately prepared lay and professional caregivers. The [Institute for Safe Medication Practices](#) has begun a 2-part series on "Safety issues with patient-controlled analgesia" in its free monthly e-mail newsletter, [Nurse Advise-ERR](#). The January issue contains Part 1 – "How errors occur." Part II will appear in February and will contain recommendations for error reduction. The January 2005 issue of [US Pharmacist](#) also contains an [article on preventing PCA errors](#).

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

- A [meta-analysis](#) of the use of all types of NSAIDs in the treatment of osteoarthritis concludes that they are better than placebo in the short term, but that risks outweigh benefits for most patients in the long term: Bjordal JM, et al. Non-steroidal anti-inflammatory drugs, including cyclo-oxygenase-2 inhibitors, in osteoarthritic knee pain: meta-analysis of randomised placebo controlled trials. *BMJ*. [M] 4 Dec 2004;239(7478):1317. (Open access).
- Introduction to postoperative local infusion of local anesthetics: Pasero C. Perineural Local Anesthetic Infusion. *American Journal of Nursing* 2004;104(7):89-93. [M]
- Peterson J. Understanding Fibromyalgia and Its Treatment Options. *The Nurse Practitioner: The American Journal of Primary Health Care*. [M] Jan 2005; 30(1):48-55. Approved nursing contact hours available.

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## Pain Resources (including CE) on the Web

- [Issues in Chronic Pain Management](#): Balancing Clinical & Risk Management Considerations. Free ACPE continuing education credit for pharmacists available. ([US Pharmacist](#) web site)
- A series of articles on “[Tips for learners of evidence-based medicine](#)” has been archived on the web site of the [Canadian Medical Association Journal](#). [M] (open access)
- Hader C & Guy J. [Your hand in pain management](#). *Nursing Management*. [M] Nov 2004;35(11):21-27. Approved contact hours are available for this basic review of nursing care for patients with pain.
- The [Oncology Nursing Society](#) has updated its [Position Statement on Cancer Pain Management](#).

## Pain-Related Education Opportunities

- [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](mailto: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](mailto:mnelson@americanhospice.org). (<http://www.americanhospice.org/news/SelfStudy.htm>)

## MGH Pain Calendar

- Feb 10 (Thu) 11:00am – 12:00N **Coping with Cancer Pain** (for patients and families), featuring Annabel Edwards, ANP, Cancer Pain Team Nurse Practitioner. Cancer Resource Room, Cox 1<sup>st</sup> floor. Sponsored by HOPES Program.
- Mar 15 (Tue) 8:00am – 8:00pm **Pain Knowledge and Skills Day**. Spend 1-1.5 hours sharpening your pain skills at stations teaching the PCA pump, converting opioids, MGH pain guidelines, and much more! Pre-registration not required. Walcott Conference Room, Wang 1.
- Mar 30 – Apr 2 (Weds – Sun) **American Pain Society Annual Meeting**. Boston, MA. <http://www.ampainsoc.org>
- 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. Of note:**

Feb 14: **A Review of Pain Treatment Among Women**—Spaulding Rehabilitation Hospital Women’s Health Team  
**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>

Patient Care Services Pain Resource Center: [http://pcs.mgh.harvard.edu/Secure/Clinical\\_Resources/Pain\\_Resources.asp](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](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>

*Pain Mgt. Rnds*: [http://www.painmanagementrounds.org/cgi-bin/templates/framesets/painManagementRoundsORG/fs\\_snell.cfm](http://www.painmanagementrounds.org/cgi-bin/templates/framesets/painManagementRoundsORG/fs_snell.cfm)

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](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 hard copy, this month’s links are:

Massachusetts Pain Initiative: <http://www.masspaininitiative.org/>

Model Guidelines: [http://www.fsmb.org/Policy%20Documents%20and%20White%20Papers/model\\_pain\\_guidelines.htm](http://www.fsmb.org/Policy%20Documents%20and%20White%20Papers/model_pain_guidelines.htm)

Federation of State Medical Boards: <http://www.fsmb.org/>

National Pain Foundation: <http://www.nationalpainfoundation.org/>

Seeing/believing: [http://www.nationalpainfoundation.org/MyEducation/MyEducation\\_WhySeeingIsNotAlwaysBelieving.asp](http://www.nationalpainfoundation.org/MyEducation/MyEducation_WhySeeingIsNotAlwaysBelieving.asp)

Healthfinder: <http://www.healthfinder.gov/>

*Sentinel Event Alert*: <http://www.jcaho.org/about+us/news+letters/sentinel+event+alert/>

ISMP: <http://www.ismp.org/>

*Nurse Advise-ERR*: <http://www.ismp.org/NursingArticles/list.htm>

*US Pharmacist*: <http://www.uspharmacist.com/index.asp>

PCA errors article: [http://www.uspharmacist.com/index.asp?show=article&page=8\\_1414.htm](http://www.uspharmacist.com/index.asp?show=article&page=8_1414.htm)

*BMJ* NSAID article: <http://bmj.bmjournals.com/cgi/content/full/329/7478/1317>

Issues in chronic pain management pharmacy CE article: <http://www.uspharmacist.com/index.asp?page=ce/3171/default.htm>

Tips for evidence-based medicine: [http://www.cmaj.ca/cgi/collection/evidence\\_based\\_medicine\\_series](http://www.cmaj.ca/cgi/collection/evidence_based_medicine_series)

ONS position statement: <http://www.ons.org/publications/positions/CancerPainManagement.shtml>

Pain Relief Champions Course: [http://www.massgeneral.org/painrelief/Pn\\_Rlf\\_Champ\\_course/Pn\\_Relf\\_Champ.htm](http://www.massgeneral.org/painrelief/Pn_Rlf_Champ_course/Pn_Relf_Champ.htm)

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