

# 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

- [Combining Over-the-Counter Painkillers Increases Bleeding Risk.](#)
- The FDA has approved a new device, [X STOP](#), to relieve spinal stenosis without major surgery. See also Zucherman paper, below.
- The FDA has approved an accessory device for certain Medtronic implanted intrathecal pumps, the [Personal Therapy Manager](#) (PTH). PTM is analogous to the demand dose button on an external patient-controlled analgesia pump.

## Pain in Children

- The International Association for the Study of Pain ([IASP](#)) has designated October 2005 – October 2006 as the Global Year Against Pain in Children. The IASP website has added some free robust downloadable [resources](#) on the assessment and management of pain in children.
- [Suffering Child and Art.](#) *The Suffering Child* is an online newsletter originating in Italy. Its web site contains examples of art and illustration depicting children in illness or pain.

## Journal Watch

 ([\[M\]](#) = full text free access on MGH computers; [\[O\]](#) = open access; [\[R\]](#) = free registration required)

- Dolin SJ & Cashman JN. Tolerability of acute postoperative pain management: nausea, vomiting, sedation, pruritis, and urinary retention. *British Journal of Anaesthesia* [\[M\]](#) Oct 2005;95(5):584-591.
- Davis MP, et al. Controversies in pharmacotherapy of pain management. *Lancet Oncology* [\[M\]](#) Sep 2005;6(9): 696-704.
- Zimmerman C, et al. Rotation to Methadone After Opioid Dose Escalation: How Should Individualization of Dosing Occur? *Journal of Pain & Palliative Care Pharmacotherapy* 2005;19(2):25-31
- Cuellar NG. [Hypnosis for Pain Management in the Older Adult.](#) *Pain Management Nursing* Sep 2005;6(3):105-111. Available free via Medscape.com [\[O,R\]](#).
- Zucherman JF, Hsu KY, et al. A multicenter, prospective, randomized trial evaluating the X STOP interspinous process decompression system for the treatment of neurogenic intermittent claudication: two-year follow-up results. *Spine* [\[M\]](#) 2005 Jun 15;30(12):1351-8.
- Solomon MZ & Browning D. Pediatric Palliative Care: Relationships Matter and So Does Pain Control. *Journal of Clinical Oncology* [\[M\]](#) (published ahead of print; click on "Early Release Articles" on *JCO* home page, then scroll to Pediatric Oncology).

## Patient Resources

- [Endorphins: Natural Pain and Stress Fighters](#) (MedicineNet.com article)
- [What You Can Do About Chronic Pain and Fatigue](#) (MedicineNet.com article)
- [The Bane of Pain Is Plainly in the Brain](#) (a video broadcast [RealPlayer required] of a UCSF Mini Medical School presentation)

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To be added to or removed from the *Pain Relief Connection* mailing list, send an email to [PainRelief@Partners.org](mailto:PainRelief@Partners.org)

- A new health-related web site for consumers, [Healthline](http://www.healthline.com), serves as a clearinghouse to other web sites with pain-related information. Try entering “pain” in the Search window.
- [Another](http://www.NeedyMeds.com) option for those seeking free or reduced price analgesics is [NeedyMeds.com](http://www.NeedyMeds.com).
- “[Making Sense of Pain Relief™](http://www.making-sense-of-pain-relief.com) is an educational campaign designed to help clarify new, and sometimes confusing, information about pain relief,” including information about NSAIDs. Three very reputable education and advocacy groups sponsor the site. Pfizer, the maker of Celebrex (celecoxib), provides funding for the site.

## Pain Education on the web

- [New Advances in Managing Treatment-related Oral Mucositis: Relief for Hematology Transplant Patients](#) [R]; CME, CNE, CPE
- [The Recognition and Management of Noncancer Breakthrough Pain](#). [R]; CME, CNE, CPE
- [Beyond Ouch: Pain and Palliation in Pediatrics](#). [R]; CNE, CPE (note that 2 other topics are part of this offering)
- [Opioids and Treatment of Chronic Pain: Understanding Pain Patterns and the Role for Rapid-Onset Opioids](#). [R]; CME
- [Chronic Pain: Overcoming Treatment Barriers for Effective Outcomes](#). [R]; CME, CNE, CPE. **NOTE: Good for credit only through 8 Dec 2005!**

## MGH Pain Calendar

- Dec 8 (Thu) 11:00am – 12:00N **Coping with Cancer Pain** (for patients and families), featuring Tom Quinn, MSN, RN, Pain Clinical Nurse Specialist. Cancer Resource Room, Cox 1<sup>st</sup> floor. Sponsored by HOPES Program.
- Jan 18 (Wed) 8:00am – 3:00pm **The Intersection of Pain management and Addiction**. Thier Conference Room
- Feb 1 (Wed) **Opioid Safety**, CNE, CME. Half-day course, Thier Conference Room. Stay tuned.
- Mar 13 (Mon) **2<sup>nd</sup> Annual Pain Skills and Knowledge Day**, Thier Conference Room. Stay tuned.
- **NOTE DATE CHANGE:** Mar 20 & 22 (Mon/Weds) 2-day **7<sup>th</sup> Annual Pain Relief Champions course**. CNE, CME. Thier Conference Room. Stay tuned.
- **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](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](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>

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 this in hard copy, this month’s links are:

OTC painkillers: <http://health.dailynewscentral.com/content/view/1848/>

X STOP device: <http://www.sfmt.com/sfimteuro/xstopipd.html>

Medtronic Personal Therapy Manager: [http://www.medtronic.com/neuro/ttp/treatment\\_pump.html](http://www.medtronic.com/neuro/ttp/treatment_pump.html)

IASP pediatric pain resources: [http://www.medtronic.com/neuro/ttp/treatment\\_pump.html](http://www.medtronic.com/neuro/ttp/treatment_pump.html)

Hypnosis for older adults: <http://www.medscape.com/viewarticle/512439>

Suffering child & art: <http://www.thesufferingchild.net/art.htm>

Endorphins: <http://www.medicinenet.com/script/main/art.asp?articlekey=55001>

Chronic pain & fatigue: <http://www.medicinenet.com/script/main/art.asp?articlekey=54326>

The bane of pain: <http://www.uctv.tv/library-popup.asp?showID=7199>

Healthline: <http://www.healthline.com/>

Making sense of pain relief: <http://www.painsense.org/home/default.asp>

Oral mucositis CME: <http://tinyurl.com/9q4om>

Noncancer breakthrough pain: <http://www.medscape.com/viewprogram/4634>

Beyond Ouch: <http://www.medscape.com/viewprogram/4752>

Opioids & Chronic Pain: <http://www.medscape.com/viewprogram/4756>

Overcoming barriers: <http://www.medscape.com/viewprogram/3635>

Needy Meds: <http://www.medscape.com/viewprogram/3635>

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