

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

- On Sept 25, the FDA approved [Fentora](#) to treat breakthrough pain in cancer patients who are already taking opioids for underlying, persistent cancer pain. Fentora contains fentanyl and comes in tablets that dissolve in the mouth and quickly pass into the body. [Label information](#) and recent article by L Webster [PubMed abstract](#).
- Boston College has established a new [palliative care nursing specialty](#) in its master of science degree program.
- A research team (some from MGH) report in *Nature Medicine* that they found people with a certain gene variant are at lower risk of developing severe chronic pain and are less sensitive to painful stimuli. [News](#) [Abstract & pdf](#)

New Publications

- American Pain Foundation has a free 75 page consumer guide [Treatment Options: A Guide for People Living with Pain](#) covering medications, psychosocial interventions, alternative therapy, rehabilitation, nerve blocks, implantables, and surgical interventions.
- AHRQ report, [Comparative Effectiveness and Safety of Analgesics for Osteoarthritis](#), reviewed 360 studies using 26 drugs. NSAIDs and COX-2 inhibitors presented similar increased risks of heart attacks and the same level of pain relief.
- [Two reports](#) from the University of Wisconsin's Pain and Policy Studies Group: *Achieving Balance in State Pain Policy: A Progress Report Card* and *Achieving Balance in Federal and State Pain Policy: A Guide to Evaluation*. Policy language was graded as either enhancing or impeding patient pain relief. Effectiveness was graded from 'A' to 'F'. Comparisons to earlier years show no grades decreased, 19 improved, 82% are 'C' or above, and 2 got 'A's' (MI, VA). Massachusetts continues to be a B.
- ["The Worst of Evils: The Fight against Pain"](#) by Thomas Dormandy. 547 pp. Yale University Press, 2006. \$35. The [NEJM review](#) says "this history is often rendered through first-person and patient-centered accounts ... and is a valuable addition to studies in the history of pain and is recommended for both general readers and scholars."

Journal Watch

- [Benaim C et al. Use of the Faces Pain Scale by left and right hemispheric stroke patients](#) *Pain* 2006 [prepub] Support for validity and reliability of Faces Pain Scale in left hemispheric stroke patients. Authors recommend using it with other measures and doing more studies to see if it can be used to assess severity changes over time.
- [Boddy AP et al. The effect of intraperitoneal local anesthesia in laparoscopic cholecystectomy: a systematic review and meta-analysis.](#) *Anesth Analg.* 2006 Sep;103(3):682-8. The authors conclude the use of intraperitoneal local anesthesia is safe and results in statistically significant reduction in early postop abdominal pain. [Abstract](#)
- [Buszewicz M, et al. Self management of arthritis in primary care: randomised controlled trial.](#) *BMJ*, (OnLine prepub) (13 October 2006) The author concluded that the self management program reduced anxiety and improved perceived self efficacy to manage symptoms, but it had no significant effect on pain, physical functioning, or number of visits to primary care provider. [Abstract and latest prepub pdf](#)

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To be added to or removed from the *Pain Relief Connection* mailing list, send an email to cpaul2@partners.org

- Cole JA et al. [Migraine, fibromyalgia, and depression among people with IBS : a prevalence study](#) *BMC Gastroenterology* 2006, 6:26 (28 Sept 2006) Data from claims of a large, U.S. health insurer show the odds of having at least one of these 3 disorders was 60% greater compared with people without IBS, with 80% more likely to suffer fibromyalgia, 60% more migraine, and 40% more depression.
- Cole LJ et al. [Pain sensitivity and fMRI pain-related brain activity in Alzheimer's disease](#) *Brain* (2006 Sep 23) In a small study it was found that pain perception and processing are not diminished in Alzheimer's disease and therefore the current treatment of pain in this highly dependent and vulnerable patient group may be inadequate. [Latest prepub version](#) [WebMD summary](#)
- Junnila and Cartwright wrote a 2 part article [Chronic Musculoskeletal Pain in Children](#) in *American Family Physician* [Part I. Initial evaluation](#) and [Part II: Rheumatic Causes](#)
- Swegle JM, C Logemann [Management of Common Opioid-Induced Adverse Effects](#) *American Family Physician* (Oct 15, 2006) vol. 74 no. 8. Includes tables listing meds to deal with opioid-induced nausea, constipation, delirium or reduced cognition, sedation, and pruritus.
- von Baeyer CL, Spagrud LJ [Systematic review of observational \(behavioral\) measures of pain for children and adolescents aged 3 to 18 years.](#) *Pain.* 2006 Sep 21 [Epub ahead of print] Twenty observational scales of pain for children were reviewed to identify those recommended as outcome measures in clinical trials. No single measure is broadly recommended for pain assessment across all contexts. [Abstract](#) [Full text](#)

Pain Education on the web

[CME-Physicians; CNE-Nurses; CPE-Pharmacists; CSE-Psychologist]

- [Principles of Effective Pain Management at the End of Life](#) From Medscape [CME/CNE] free
- [Early and Aggressive Treatment of RA: Improving Therapeutic Outcomes](#) From Medscape [CME] free
- [Breathrough Pain : Strategies for Effective Assessment and the Role of Rapid-Onset Opioids in Treatment.](#) From Medscape [CME, CNE, CPE] free

Pain-Related Education Opportunities

- Nov 4 (Sat) [Pain Management in Primary Care](#) Sponsored by The New England Pain Association and Blackwell Futura Media Services. Boston, Radisson Hotel. [7.5 hr. CME]

MGH Pain Calendar

- Oct 28 (Sat) 8am-12 noon. [Allan Goldblatt Memorial Pediatric Pain Conference](#), MGH Thier Conference Room
- **Save the Date!** Mar 15-16 2007 [Pain Relief Champions Course](#), 2007
- *Cancer and Chronic Pain Rounds alternate meeting on Monday 12noon - 1pm in Cox 8 Conference Room:*
 - Nov 3 [Coxibs? Do We Really Need Them?](#) Chin Hur, MD, MPH, Sr Scientist, MGH Institute for Technology Assessment
 - Nov 20 - [Clinical Case Conference](#), Timothy Olson, MD, MGH Clinical Pain Fellow - **Partners employees only**
 - Nov 27 - [Opioid Rotation](#), Timothy Olson, MD, MGH Clinical Pain Fellow - **Partners employees only**
- *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/mghpain_connection.htm

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

Patient Care Services Pain Resource Center: http://www.massgeneral.org/pcs/Secure/Clinical_Resources/Pain_Resources.asp

CCPD educational offerings: http://www.massgeneral.org/pcs/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

MESAC intranet site: <http://intranet.massgeneral.org/mesac/index.htm>

MGH Safety reporting System: <http://safety.massgeneral.org/>



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