

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 this issue:

In the News	1	Pain Education on the Web	2
New Publications	1	MGH Pain Calendar	2
Journal Watch	1	Annabel Edwards Memorial	2

In the News

- An FDA [Alert](#) and [Public Health Advisory](#) warn that Methadone Use for Pain Control may result in adverse events from unintentional methadone overdoses, drug interactions, and methadone's cardiac toxicities (QT prolongation, Torsades de Pointes). [New prescribing information](#) and a [Patient Information](#) sheet for Dolophine have been issued. Also, last month Pain Treatment Topics produced its own summary report [Methadone Analgesia Safety Overview & Patient Instructions Handout](#), which includes patient instructions in English and Spanish.
- The Oncology Nursing Society ([ONS](#)) and Hospice and Palliative Nurses Association ([HPNA](#)) have endorsed a new [Position Statement](#) by the American Society for Pain Management Nursing ([ASPMN](#)). The Position Statement outlines the dangers of unauthorized use of the demand dose function of analgesic pumps used for patient-controlled analgesia (PCA). It also provides guidelines for the selection and training of persons authorized to use the demand dose function when the patient is unable to push the button.
MGH readers please note: The approved PCA procedure at MGH specifically prohibits use of the demand dose feature by anyone other than the patient.
- The FDA has approved a new dosage form of fentanyl citrate, [Fentora](#). It is
 - administered buccally (between the cheek and upper gum)
 - approved only for opioid-tolerant cancer patients who are regularly taking another opioid analgesic but who require periodic use of a rapidly acting agent for breakthrough pain
 - contraindicated for postop or other acute pain or in opioid-naïve patient
- The National Athletic Trainers' Association recommends [10 steps](#) to combat low back pain.

New Publications

- **Health, United States, 2006 With Chartbook on Trends in the Health of Americans With Special Feature on Pain.** 559 pp. Annual, comprehensive report of Americans' health released by the Centers for Disease Control and Prevention's National Center for Health Statistics with a special section on pain statistics and cost of pain. [News release](#) [Searchable online text](#)

Journal Watch

- American Academy of Pediatrics, Committee on Fetus and Newborn and Section on Surgery, Canadian Paediatric Society and Fetus and Newborn Committee. Prevention and Management of Pain in the Neonate: An Update POLICY STATEMENT [Prevention and management of Pain in the Neonate: An Update \(Policy Statement\)](#) *Pediatrics* (2006 Nov) 118(5): 2231-2241.

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- D'Arcy, Yvonne [Treatment strategies for low back pain relief](#) *Nurse Practitioner* 2006; 31(4): 16-25. The author gives an overview of the causes, assessment, and treatment with an emphasis on drug treatments.
- Gilron I et al. [Neuropathic pain](#) : a practical guide for the clinician. *CMAJ: Canadian Medical Association Journal*. 2006 Aug 1; 175(3): 265-75. The authors give an overview of current assessment and treatment and propose an algorithm for treatment including topical lidocaine, gabapentin, pregabalin, tricyclic antidepressants, mixed serotonin–norepinephrine reuptake inhibitors, tramadol and opioids.
- Hampton T. A world of pain: scientists explore factors controlling pain perception. *JAMA*. 2006 Nov 22; 296(20):2425-7. Researchers are learning how factors such as damage to the nervous system or a person's genetics, emotions, and expectations can influence their perception of pain. [first 150 words](#)
- Movius M. [What's causing that gut pain?](#) Appendicitis? Diverticulitis? Constipation? MI? *RN*. 2006 Jul; 69(7): 25-30. How to perform a detailed abdominal pain assessment and identify four life-threatening conditions commonly missed. CE available.
- Rathmell JP et al. [Acute post-surgical pain management](#): A Critical Appraisal of Current Practice. *Regional Anesthesia and Pain Medicine* 31(4): 1-42. Perceptions of physicians about current methods used to control postoperative pain were compared with available scientific evidence.
- Roe, JN et al. Pregabalin (Lyrica): A new treatment option for neuropathic pain and partial seizures. *P&T* 31(10): 579-81, 85. [Full text](#)
- Young IA et al. [The association between backpack weight and low back pain in children](#) *Journal of Back and Musculoskeletal Rehabilitation* 2006; 19(1): 25-33. Contrary to media hype, laws, and position statements, this first study suggests there is no independent relationship between back pack use and back pain. [Abstract](#)

Pain Education on the web

- Register to attend this free audio conference. [An Open Forum with the Palliative Care Leadership Centers \(PCLC\)](#) December 7th from 1:30 to 2:15 PM EST. Ask questions of CAPC Director, Dr. Diane Meier and PCLC faculty. Learn more about building a palliative care program or how you can jump-start your program.

MGH Pain Calendar

- **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:*
 - Dec 4 -- Anxiety and Pain Management in Patients with Advanced Cancer by Dr. Joseph Greer
 - Dec 11 --“Brief Overview of Lung & Colon Cancer” by H. Sundram, M.D.
 - Dec 18 – Lecture cancelled; Annabel Edwards Memorial Service 11:15 am - 12:15 pm

Annabel Edwards, a much admired nurse in the MGH Pain Center, passed away peacefully in her home surrounded by her family on November 18th. She was a nationally recognized expert in pain management and the president of ASPMN. A memorial service will be held in the MGH Chapel on Monday December 18th at 11:15 am - 12:15 pm with a reception after. For more information, see the [ASPMN tribute](#).



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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