

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

- [Mayday Pain & Society Fellowship](#): Call for applications. The *Mayday Pain & Society Fellowship: A Media and Policy Initiative* trains physicians, nurses, social workers, scientists, and legal scholars in the pain management community to go beyond their own professional pursuits to become thought leaders and advocates for change in the understanding and management of pain in the United States and Canada.
- [FDA Grants Fast Track Designation on Tramadol ER in Painful HIV-associated Neuropathy](#).

Pain Q & A—Anticoagulation and Epidural Catheters

Question: More and more patients have post-op epidural catheters for pain control. There are also many more choices for anticoagulants than there were just a few years ago. How can I feel comfortable that it is safe to administer the prescribed anticoagulant, or to pull the catheter at the appropriate time?

Answer: The increased use of anticoagulants has reduced the incidence of postoperative complications such as blood clots. Epidural analgesia reduces the systemic side effects of opioids, and is at least as safe and effective as patient-controlled analgesia. When the two treatments intersect, there is the potential for bleeding if the catheter is pulled at the “wrong time,” which varies with the pharmacokinetics of specific anticoagulant drugs. At MassGeneral, follow the “[MGH Anticoagulation & Epidural Anesthesia/Analgesia Guidelines](#).” Find them under Partners Applications → Clinical References → MGH Clinical Pathways. Also, check out the American Society of Regional Anesthesia and Pain Medicine’s (ASRA) [Consensus Statements on Neuraxial Anesthesia and Anticoagulation](#).

Safety note

- [Grapefruit juice – drug interactions not understood](#). From *Drug Topics*.
- [Perioperative Opiate Tapering](#). From *Medscape*. [R]

Pain in Children

- [Oxford Textbook of Palliative Care for Children](#) (2006), Goldman A, Hain R & Liben S, Eds.
- [Beyond Ouch: Pain and Palliation in Pediatrics](#)—Summary of a symposium [R]

Pain & Addictive Illness

[Pain and Substance Abuse: A Growing Struggle in AIDS Care](#). From *Medscape*. [R]

Patient Resources

- [Neuropathic Pain General Information](#)—from the National Pain Foundation [web site](#).
- [Vulvodynia: What You Should Know](#). From *American Family Physician* [O]

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- [Book reviews: Books on pain for patients](#). From the [PainEDU.org](#) website.
- [Prescription Pain Medicines: What You Need to Know](#)—brochure from [National Council on Patient Information and Education](#). May be ordered in quantity.

Other Resources

- The lead item in the PainEDU newsletter is on [Caring for the Patient with Sickle Cell Anemia](#). Additional information is available at the [Sickle Cell Information Center](#) at Emory University.
- [A Pharmacist's Guide to OTC Therapy: Children's Pain Relievers](#). From *Pharmacy Times*, March 2006.

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

- Hunter DJ, Felson DT. Osteoarthritis. *BMJ* [M] 2006 Mar 18;332(7542):639-42. (Review article)
- Madhumita Sinha, M, et al. Evaluation of Nonpharmacologic Methods of Pain and Anxiety Management for Laceration Repair in the Pediatric Emergency Department. *Pediatrics* [M] 2006;117(4):1162-1168.
- Ardoin S, Sundy, JS. Update on nonsteroidal anti-inflammatory drugs. *Current Opinion in Rheumatology* [M] May 2006 18(3):221-226.
- The March Supplement to *Journal of Pain & Symptom Management* [M] 2006;31(4, Supp1) is devoted to neurostimulation.
- Not to be outdone, the May Supplement to *Pain Medicine* [2006;7(s1)] is devoted to neurostimulation.
- Reed BD. [Vulvodynia: Diagnosis and Management](#). *American Family Physician* [O] 2006;73:1231-8, 1239.

Pain Education on the web [CME-Physicians; CNE-Nurses; CPE-Pharmacists; R-free registration required]

[Challenging Perceptions in Chronic Pain](#) [CME] [R]

Pain Resources on the Web

[Pain Treatment Topix](#): “The mission of *Pain Treatment Topix* is to serve as a noncommercial resource for healthcare professionals, providing open access to clinical *news, information, research, and education* for a better understanding of evidence-based pain-management practices.” Editor’s comment: worth exploring. Current “topix” include opioid tapering and methadone. A companion web site is [Addiction Treatment Forum](#).

Pain-Related Education Opportunities

- May 11 –12 (Thu – Fri) Brigham and Women's Hospital's Fifth Annual **Pain Management Conference**. Four Points Sheraton Norwood Hotel. To register call 617-525-7531 or email jnee@partners.org.
- June 8 – 9 (Thu – Fri) [The Art & Science of Palliative Nursing](#). Boston. For more info: vmifsud@partners.org
- June 21 – 25 (Wed – Sun) [Principles & Practice of Pain Medicine](#). Harvard Medical School.
- June 25 – 29 (Sun – Thu) [7th International Symposium on Pediatric Pain](#). Vancouver
- Sep 29 – Oct 1 (Fri – Sun) [Regional Anesthesia & Pain Medicine Hands-on Workshop](#), Toronto
- The [EPEC](#) (Education in Palliative and End-of-Life Care) curriculum has been revised and is available online. There are 3 pain-related modules available for \$30 each and awarding 1 CME for each. <http://epec.net/EPEC/webpages/index.cfm>
- [Master of Science in Pain Research, Education, and Policy](#), and [Certificate of Advanced Study in Pain Topics](#); Tufts University Medical School. An interdisciplinary postgraduate program. For info call 617-636-8541 or e-mail 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. (<http://www.americanhospice.org/news/SelfStudy.htm>)

MGH Pain Calendar

- May 11 (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 1st floor. Sponsored by HOPES Program.
- May 30 (Tue) 8:00am – 12:00N [The Intersection of Pain Management and Addictive Illness](#). Walcott Conference Room. Pre-registration required: 617-726-3111 [CNE; CME]
- Sep 13 & 15 (Wed & Fri—two day course) **Care of the Patient at the End of Life**. To register: 617-726-3111 [CNE]
- *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*

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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://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/>

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:

Mayday Pain & Society Fellowship: <http://painandhealth.org/maydayfellows/fellows.html>

Tramadol ER: <http://www.ptcommunity.com/Daily/DailyDetail.cfm?chosen=64602>

ASRA Consensus Statements: http://www.asra.com/Consensus_Conferences/Consensus_Statements.shtml

Drug – Grapefruit juice interactions: <http://www.druginteractioncenter.org/>

Perioperative opioid tapering: <http://www.medscape.com/viewarticle/528839?src=mp>

Palliative Care for Children:

<http://www.us.oup.com/us/catalog/general/subject/Medicine/PalliativeMedicine/?view=usa&ci=9780198526537>

Beyond ouch: <http://www.medscape.com/viewarticle/517032>

Neuropathic pain: http://www.nationalpainfoundation.org/MyPain/contentdirectory_NeuropathicPain.asp

Vulvodynia (for patients): <http://www.aafp.org/afp/20060401/1239ph.html>

Books on pain for patients: http://www.painedu.org/Book_Review.asp

Prescription pain medicines: http://www.talkaboutrx.org/assocdocs/TASK/18/pain_bro.pdf

National Council on Patient Information and Education: <http://www.talkaboutrx.org/index.jsp>

Caring for the Sickle Cell Patient: <http://www.painedu.org/spotlight.asp>

Sickle Cell Information Center: <http://www.scinfo.org/>

A Pharmacist's Guide to OTC Children's Pain Relievers: <http://www.pharmacytimes.com/Article.cfm?Menu=1&ID=3188>

Vulvodynia: Diagnosis and Management: <http://www.aafp.org/afp/20060401/1231.html>

Pain Treatment Topix: <http://www.pain-topix.com/>

Addiction Treatment Forum: <http://www.atforum.com/>

Challenging Perceptions in Chronic Pain: <http://www.medscape.com/viewprogram/4952>

Principles & Practice of Pain Medicine: <http://www.cme.hms.harvard.edu/index.asp?SECTION=CLASSES&ID=00262424&SO=N>

Symposium on Pediatric Pain: <http://www.ispp2006.com/>

Regional Anesthesia & Pain Medicine: <http://www.rapm.ca/rapm%202006%20brochure%20for%20website.pdf>

Pain & Addictive Illness course: http://www.massgeneral.org/painrelief/Pain_Addictive_Illness.htm

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