

# Pain Relief Connection

## The Pain Information Newsletter

Provided by MGH Cares About Pain Relief,  
a program of Patient Care Services

Archived issues are available at <http://www.MassGeneral.org/PainRelief>



Volume 6, No. 10

October 2007

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### In the News

- The US Food and Drug Administration (FDA) granted the approval to Novartis for [Voltaren Gel](#), which is a non-steroidal anti-inflammatory (NSAID) medication, for treating osteoarthritis pain (e.g. knees, hands etc.)
- FDA takes action against [Unapproved Hydrocodone](#) products, never approved for cough or use in children.
- FDA and Cephalon notified healthcare professionals of updates to the [WARNINGS](#) section of the prescribing information for Provigil (modafinil) because of rare reports of serious rash.
- FDA approved generic versions of: [oxcarbazepine](#), an anticonvulsant drug that has been used off-label for neuropathic pain; hydrocodone bitartrate/acetaminophen combinations (5mg/500mg, 7.5mg/750mg, 10mg/325mg, and 10 mg/500mg); and generic [Morphine Sulfate Extended-Release](#) (100mg & 200mg) tablets
- Senator Daniel K. Akaka (D-HI), chairman of the Veterans' Affairs Committee, and Senator Sherrod Brown (D-OH), introduced the [Veterans Pain Care Act of 2007](#) (S. 2160), designed to focus attention on pain management as a new generation of veterans suffering from pain enter VA's health care system.
- IASP is launched the '[Real Women, Real Pain](#)' campaign to draw attention to the significant impact of chronic pain on women and the lack of attention to this global problem.
- How do you spell [R-E-L-I-E-F](#)?

### In the Pipeline

 news reports from the [FDA Trials Institute](#)

- *Anesiva* report **Adlea** a novel long-acting, non-opiate (TRPV1 agonist) analgesic that targets C-fibers is being studied for postoperative pain in patients undergoing total hip, total knee replacement and bunionectomy surgeries. Another *Anesiva* product, **Zingo**<sup>TM</sup> (lidocaine hydrochloride monohydrate) approved 8/07 to cut venipuncture pain in children three to 18 years old is being studied for use in adults.
- *Neuromed* has been approved to proceed with a Phase III clinical trial of **NMED-1077** (once daily hydromorphone product) for the treatment of chronic pain.
- *Alpharma* presented reports from a Phase II study of **ALO-01**, an extended-release morphine sulfate plus sequestered naltrexone, in osteoarthritis patients with moderate to severe chronic pain. The sequestered naltrexone did not interfere with patients' pain relief, when compared with Kadian.
- *Aastrom Biosciences* studied autologous stem cells to repair bone cells causing femoral osteonecrosis pain.
- *Wyeth & Progenics* have Phase II trials of **oral methylnaltrexone** for opioid-induced constipation.
- *Penwest* is conducting a Phase IIa trial of **nalbuphine extended release (ER)**, a treatment for chronic pain.
- *CombinatoRx* product oral **CRx-102** selectively amplifies prednisolone's anti-inflammatory and immunologic activities with low side effects. Phase IIb study of RA patients hopes to mirror positive osteoarthritis results.
- *TorreyPines Therapeutics*' reported the success of a Phase IIb trial of its migraine drug **tezampanel**, which is a novel [AMPA/kainate (AK) receptor antagonists] analgesic that blocks the transmission of pain signals to the brain.

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

Did you know that MGHers can obtain articles from journals to which Treadwell Library does not subscribe? From the [Treadwell home page](#), go to 'Order Articles' under the 'Quick Picks' banner on the left.

- Michael GE, Sporer KA, Youngblood GM. (2007) Women are less likely than men to receive [prehospital analgesia](#) for isolated extremity injuries. *American Journal of Emergency Medicine*, 25 :901-6. [M]
- Walker LS, Baber KF, Garber J, Smith CA, et al. (2007). A typology of pain [coping strategies in pediatric patients](#) with chronic abdominal pain. *Pain*. [M] epub ahead of print. Supports coping effort and relationships.
- Chou R, Qaseem A, Snow V, et al. (2007) Diagnosis and Treatment of [Low Back Pain](#): A joint clinical practice guideline from the American College of Physicians and the American Pain Society. *Annals of Internal Medicine*, 147 (7): 478-491.[M] First guideline for [both](#) acute and chronic low back pain. MGHers Steve Atlas MD & Paul Arnstein ARNP are on the guideline panel that co-authored the recommendations.
- Harris RE, Clauw DJ, Scott DJ, et al. (2007). Decreased central mu-opioid receptor availability in [fibromyalgia](#). *Journal of Neuroscience*, 27(37):10000-10006. [M] Fewer, less responsive opioid receptors may explain the abnormal sensitivity to pain and lack of opioid effects noted in fibromyalgia patients.
- Taddio A, Manley J, Potash L, et al. (2007). [Routine immunization practices](#): use of topical anesthetics and oral analgesics. *Pediatrics*, 120(3):e637-e643.[M] Most pediatricians rarely/never used analgesics during injection phase, while local anesthetics were used in 14% of practices at least 25% of the time. Sad but true.
- Zollinger PE, Tuinebreijer WE, Breederveld RS, et al. (2007) Can [vitamin C prevent complex regional pain syndrome](#) in patients with wrist fractures? A randomized, controlled, multicenter dose-response study. *Journal of Bone & Joint Surgery*, 89(7):1424-1431.[M] Vitamin C in doses of 500mg / day for 50 days has a protective effect against CRPS development. This is an prospective important study offering hope & insight
- Bernateck M, Rolke R, Birklein F, et al. (2007) Successful Intravenous Regional Block with Low-Dose Tumor Necrosis Factor- $\alpha$  Antibody [Infliximab for Treatment of Complex Regional Pain Syndrome 1](#). *Anesthesia & Analgesia*, 105 :1148-51.[M] Even more insights to the disease & hope for future treatments.

## CAM

- Watching comedy shows helped children tolerate pain for longer periods of time, but did not change the severity of pain. Children aged 7 to 16 endured experimental pain longer while watching videos they found funny. The study which teamed UCLA's Jonsson Comprehensive Cancer Center with the nonprofit organization Rx Laughter™ and is found in *Evidence based Complementary and Alternative Medicine*.
- Continuous application of heatwrap therapy produces EEG-supported benefits of less tension, low-back pain. The device circles abdomen (below waist) for eight hours. See report in the *Clinical Journal of Pain*.
- Using [acupuncture](#) perioperatively significantly reduces pain and analgesic use. See *Medical News Today*

## Medication Safety

- [Preventing Medication Errors](#) (2007) is now available from the National Academy Press as part of the Institute of Medicine Quality Chasm Series.

## Pain Resources on the Web

- New Clinical Roundtable on [Opioid Rights and Responsibilities](#) from 3 perspectives Bill McCarberg, MD, Tom Quinn, MSN, RN, AOCN, and Jennifer E. Bolen, JD,; (doctor, nurse, lawyer) is nicely done.
- Podcasts on State Pain Policy & Model Policy for State Medical Boards are available at [painknowledge.org](#)
- A [Pain Resource Guide](#) for patients developed by the American Pain Foundation is worth checking out.

## Pain Education on the Web [free registration required on most sites]

- A Revised Pain Management CME program was posted on the [AMA website](#) September 2007. CMEs are offered through December 2009. There are seven modules ranging from pathophysiology and assessment to the management of complex neuropathic pain or pain at the end of life.
- Principles of Effective Pain Management at the End of Life (updated and reaccredited) to CME on [medscape](#).
- HPNA offers a series weekly [educational teleconferences](#) on a variety of hospice and palliative care topics.

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## MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Jackson 412Lecture Hall.* Mailing list: [ttolandatpartnersdotorg](mailto:ttolandatpartnersdotorg)
- *Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome.* Mailing list: [nalawlessatpartnersdotorg](mailto:nalawlessatpartnersdotorg)

### 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](http://www.massgeneral.org/painrelief/Newsletter/mghpain_connection.htm)

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)

MGH Pain Resources Page: [http://www.massgeneral.org/painrelief/MGH\\_Pain\\_Resources.htm](http://www.massgeneral.org/painrelief/MGH_Pain_Resources.htm)

The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch/index.html>

CCPD educational offerings: [http://www.massgeneral.org/pcs/CCPD/Educational Offerings/cpd\\_offerings\\_calendar.asp](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](http://oi.mgh.harvard.edu/pcoi/frontpage_frames.asp)

Toolbox for Pain Assessment & Management: <http://intranet.massgeneral.org/paintoolbox/>

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

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

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