

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>



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In the News

- The DEA has released an [Advisory Notice](#) this month regarding oral Methadone. As of January 1, 2008, manufacturers of methadone 40mg tablets have voluntarily agreed to restrict distribution of this formulation. The 5mg and 10mg tablets will continue to be available to all hospitals and retail pharmacies. DEA supports the move because the 40 mg methadone form is FDA-approved for addiction, not pain management; thus restrict access only for Narcotic Treatment Programs.
- American Medical Association (AMA) House of Delegates adopted [Resolution 903](#) that the "interventional pain management of patients suffering from chronic pain constitutes the [practice of medicine](#)" -- and by inference, should not be conducted by certified nurse anesthetists or any other non-physician providers. This resolution passed despite an AMA policy requiring resolutions be evidence-based and designed to improve patient care or public safety. This resolution also conflicts with the [Scope of Practice Report](#) developed collaboratively with 6 professional Boards, including the Federation of State Medical Boards.
- Supplies of [B & O suppositories](#) (useful for painful bladder spasms) are limited until February 2007.

In the Pipeline

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

- Pfizer & Adolor have agreed to develop ADL5859 and ADL5747 for the treatment of pain. Both compounds are proprietary cloned delta-opioid receptor agonist candidates with potential to treat a range of inflammatory (e.g. arthritis), neuropathic (e.g. diabetic neuropathy) & acute (eg postoperative) pain conditions.
- Vimpat (Lacosamide), relieved diabetic neuropathic pain in a Phase III trial better than placebo when slowly titrated. The novel (dual) action enhances slow inactivation of sodium channels and interacts with neuroplasticity-inducing Collapsin-Response Mediator Protein-2 (CRMP-2) to treat neuropathic pain.
- Targacept has started a Phase I trial of neuropathic pain candidate TC-6499. The drug is designed to selectively modulate neuronal nicotinic receptors, believed necessary for proper nerve functioning.
- UK's CeNeS Pharmaceuticals has completed preparations for the U.S. Phase III program of an active potent metabolite of morphine, morphine-6-glucuronide (M6G), to treat post-operative pain. Earlier studies suggest M6G is as potent as morphine with fewer side effects. The company also makes Xefo, an NSAID of comparable potency to morphine that is not yet approved in the U.S. but used widely abroad.
- Pain Therapeutics and King Pharmaceuticals reported results of a Phase III study of Remoxy, an abuse-deterrent form of twice-daily oxycodone for patients with chronic pain
- QRxPharma has submitted a New Drug Application for a dual-opioid (morphine & oxycodone) product in Phase III trials. The drugs act synergistically together, thus with lower doses there are fewer side effects.
- Array BioPharma Advances ARRY-797 to Phase II trials. This p38 inhibitor blocks the production of numerous pro-inflammatory cytokines, in particular, TNF, IL-1, IL-6 and PGE2. This novel NSAID reduces synthesis of multiple pro-inflammatory mediators from diverse cell types and block key secondary inflammatory pathways at an early stage to prevent and treat inflammation and inflammatory pain.

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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.

- The journal [PAIN and IASP](#) have put together a special supplement to the November edition of *PAIN* focusing on Pain in Women. Articles range from a comprehensive review of estrogen's role in pain; to research on dysmenorrhea, HIV/AIDS, endometriosis, labor, fibromyalgia, and pelvic pain. A consensus report was issued on studying sex & gender differences in pain. A fascinating article on pain in transsexuals revealed 23% MtF developed pain with estrogen and half of the FtM had less pain with testosterone. [M]
- Riest G, Peters J, Weiss M, Dreyer S, et al. [epub ahead of print] Preventive effects of [perioperative parecoxib](#) on post-discectomy pain. *British Journal of Anaesthesia*. Administering parecoxib both before and after surgery (perioperative use) results in less pain and morphine use postoperatively than placebo and either preoperative or postoperative (not both) use of the same medicine. [M]
- Inada Y, Moroi K, Morimoto S, Nakamura T, et al. (2007) Effective [surgical relief of complex regional pain syndrome](#) (CRPS) using a PGA-collagen nerve guide tube, with successful weaning from spinal cord stimulation. *Clinical Journal of Pain*, 23 (9):829-30. Promising option for this tough to treat illness. [M]
- Nahum Y, Tenenbaum A, Isaiah W, Levy-Khademi F, et al. (2007). Effect of eutectic mixture of local anesthetics (EMLA) for [pain relief during suprapubic aspiration](#) in young infants: a randomized, controlled trial. *Clinical Journal of Pain*, 23 :756-9. EMLA 1 hour before this painful procedure helped prevent pain in neonates & infants. [M]
- Yarnitsky D, Crispel Y, Eisenberg E, Granovsky Y, et al. [Prediction of chronic post-operative pain](#): Pre-operative DNIC (diffuse noxious inhibitory control) testing identifies patients at risk. *Pain* (epub ahead of print). Testing pain response preoperatively identifies patients at twice the risk for developing chronic post-thoracotomy pain. Better control of postoperative pain cuts risk. For each 1 point (on 0-10 scale) higher intensity postoperative pain the risk of developing chronic pain nearly doubles. [M]
- Lin JJ, Alfandre D, Moore C. (2007) Physician [attitudes toward opioid prescribing](#) for patients with persistent noncancer pain. *Clinical J Pain*, 23:799-803. Internists are 10 times more concerned about: causing an addiction, illegal drug diversion & prescribing opioids to older adults than geriatricians. [M]
- Kong VK, Irwin MG. (2007) [Gabapentin: a multimodal perioperative drug?](#) *British Journal of Anaesthesia*, 99:775-86. Known to help chronic pain, gabapentin use in perioperative pain is reviewed. [M]

CAM

- Review of [CAM providers](#) for specific Complementary or Alternative modalities

Pain Resources on the Web

- [Relief-in-site](#) is a HIPAA compliant service that provides visually-oriented pain assessments, tracking, reports and treatments plans. Basic services are free with enhanced capabilities available for a modest fee.
- [Reclaiming the end](#) is a website designed to ensure that quality care, including pain relief, will be discussed with Presidential Candidates at every public opportunity. Helpful resources, links, questions to ask are here.
- Implementation of a [nurse-driven topical analgesic protocol](#) to reduce procedural pain in children is available on-line in the Pediatric Pain Letter. Describes trials and tribulations of their quality improvement endeavor.
- [Pain Resource Guide: Getting the Help You Need](#), is designed to help patients take charge of their pain care.

Pain Education on the Web

- [Zero](#) Unintentional Deaths has some excellent information on safe prescribing of methadone for pain as well as good resources for needed patient education.

Pain-Related Education Opportunities

- January 30 (Wed) – (Sat) February 2, 2008 the American Academy of Hospice and Palliative Medicine & Hospice and Palliative Care Nurses Association [2008 Annual Assembly](#) held in Tampa, FL
- February 12 (Tue) – (Sat) the 16th, 2008, the American Academy of Pain Medicine [24th Annual Meeting](#) will take place in Orlando, FL

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MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.* Mailing list: ttolandatpartnersdotorg
- *Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome.* Mailing list: nalawlessatpartnersdotorg
- *Pain Relief Champions course will be held on February 8th and 22nd at O'Keefe Auditorium:* (617)726-3111

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

MGH Pain Resources Page: 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

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

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