

# 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 Benson-Henry Mind-Body Institute](#), founded by Herbert Benson, MD, has moved to MGH.
- [Topical Anesthetic Drugs for Cosmetic Procedures: FDA Public Health Advisory](#).
- [Unexpected side effect of prescription NSAID](#): threat to rare bird species.
- [Pain and Work](#); [another view](#) of the same study.
- A new book, [Ethical issues in Chronic Pain Management](#), has been acquired by [Treadwell Library](#) and is available for circulation. (also available at Amazon.com & other bookstores)

### Pain & Addictive Illness

- Kuehn BM. Opioid prescriptions soar: increase in legitimate use as well as abuse. *JAMA* [M] Jan 17 2007; 297(3):249-251. "We have two public health crises going on at the same time: one is undertreated pain and the other is prescription drug abuse." Scott M. Fishman, MD [news article]
- Katz N, et al. Foundations of opioid risk management. *Clinical Journal of Pain* [M] Feb 2007;23(2):103-18.

### 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 Library Services, then Copying/Borrowing.

- [Oncology](#) [O] [R] is a unique professional journal that solicits reviews on cancer-related topics by well-known specialists, then publishes them along with commentary on the article by other well-known specialists in the field. The [Oncology \(Nurse Edition\)](#) [O] [R] is currently running a series on cancer pain. Free registration required.
  - Coyle N. [Assessing Cancer Pain in the Adult Patient](#). *Oncology (Nurse Edition)* Sep 2006;20(10 Supp 7). [Article reviewed](#): Ferrell B.
  - Coyle N & Layman-Goldstein M. [Pharmacologic Management of Adult Cancer Pain](#). *Oncology (Nurse Edition)* Feb 2007;21(2):10-22. [Article reviewed](#): McNeill M.
  - Publication date of the third article in the series has not yet been announced.
- Jensen MP, Et al. [Changes after multidisciplinary pain treatment in patient pain beliefs and coping are associated with concurrent changes in patient functioning](#). *Pain*. [M] 2007 Jan 22; [Epub ahead of print] Yes, emotion, beliefs, and cognition are an important part of pain and its treatment.
- Van Herk R, et al. [Observational Scales for Pain Assessment in Older Adults with Cognitive Impairment or Communication Difficulties](#). *Nursing Research*, Jan/Feb 2007, vol 56 (1). We're making progress, but there's plenty more to be done.
- Patanwala AE, et al. [Opioid conversions in acute care](#). *Annals of Pharmacotherapy*. [M] Feb 2007;41():255-267. [Includes CPE] This is a very thorough review of an important and poorly understood clinical issue.
- Forman JP, et al. Frequency of Analgesic Use and Risk of Hypertension Among Men. *Archives of Internal Medicine*. [M] 26 Feb 2007;167(4):394-399. This one is getting a lot of press. It appears to confirm findings in

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previous studies, in both men and women, of a likely moderate risk of hypertension in chronic OTC analgesic users.

- Cinetto A, et al. [Pregabalin in the Treatment of Peripheral Neuropathic Pain: Theoretical Assumptions And Clinical Practice](#). *The Internet Journal of Anesthesiology*. [O] 2007(11)2.

## Something a little different

We've all heard the old adage "Laughter is the best medicine." In the 1970's Norman Cousins brought the notion into the medical mainstream with his article in the *New England Journal of Medicine*, Anatomy of an Illness. The [American Pain Foundation](#) has started a [humor page](#) on its web site and is soliciting jokes from visitors to the site. There are also two web-based commercial sources of cartoons, [Cartoonstock](#) and the *New Yorker* [Cartoonbank](#), on which one can enter the search term "pain" and return a series of cartoons.

## Pain Resources on the Web

In [last month's issue](#) we promised a review of two opioid conversion calculators that were not available at our last review in 2004. The [Hopkins Opioid Program](#) has been out there for awhile; what's new is a web-based version for use on a computer desktop. The other is a downloadable PDA calculator for the Palm OS from [ebm2go](#). We decided instead to revise and update the entire previous review, and to incorporate these two products. The [3<sup>rd</sup> revised version](#) of the review is much too long to be appended to the newsletter, but it can be found in the [Pain Topics](#) section of the [PainRelief](#) web site. See also the Patanwala article in **Journal Watch**, above.

## Pain-Related Education Opportunities

- Mar 5 – 6 (M – T) [Pain, Opioids, and Addiction: An Urgent Problem for Doctors and Patients](#). NIH, Bethesda, MD. No registration fee. [Register online](#). Registration deadline: Feb 20.
- Mar 14 (Wed) "Complementary Therapies: Integrating Selected Therapies Into Plans of Care." Massachusetts Pain Initiative Spring Meeting. Mary Jane Ott, MN, MA, APRN, BC, RYT and Don Freeman, Sturbridge Publick House, 8-noon, cost is \$20. Contact Amy Goldstein [amy.goldstein@cancer.org](mailto:amy.goldstein@cancer.org), 508-270-4653
- Jun 7 – 8 (Thu – Fri) [The Art & Science of Palliative Nursing](#). Newton Marriott. Course Directors: Connie Dahlin of MGH & Maureen Lynch of DFCI.
- Jun 20 – 24 (Wed – Sun) [Principles and Practice of Pain Medicine](#). Harvard Medical School Continuing Education
- Jun 21 – 23 (Thu – Sat) [Annual Meeting of the Alliance of State Pain Initiatives](#), Boston. Ira Byock is the Keynote Speaker. MGH's Tom Quinn & Susan Krupnick are presenting. One of the least expensive, high quality conferences available.

## MGH Pain Calendar

- Mar 15 – 16 (Thu – Fri) [Pain Relief Champions Course](#) Yawkey CME, CNE.
- **Chronic Pain Rounds are held Mondays at 12:00N in the Cox 8 Conference Room.**
  - Mar 12: **Can Endogenous Neurosteroids be Harnessed for the Development of Non-Addictive Pain Killers?** David Farb, MD
  - Mar 19: **Opioid Induced Hyperalgesia.** Tim Lo, MD
- **Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome.** Contact [nalawless@partners.org](mailto:nalawless@partners.org) for topics
  - Mar 7: **Using the Placebo Effect to Enhance Pain Control.** Paul Arnstein, PhD, NP

### 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)

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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