

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

- [Dangers of Patient-Applied Local Anesthetic Skin Products](#). The FDA has issued a [Public Health Advisory](#) warning consumers about the life-threatening dangers of unsafe use of prescription local anesthetics.
- [Flector](#), a new prescription transdermal patch containing the NSAID diclofenac has been approved by the FDA. Flector is indicated for treatment for acute pain due to minor strains, sprains, and contusions.
- The [American Pain Society](#) has named six multidisciplinary comprehensive pain programs as “[Clinical Centers of Excellence](#).” Included in the list is [Brigham & Women’s Pain Management Center](#).

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.

- One of the many problems caused by pain is impairment of normal sleep patterns: Gevartz C. Treating sleep disturbances in patients with chronic pain. *Nursing* 2007 [M] Apr;37(4):26-7
- Pain, according to the [definition](#) adopted by the [International Society for the Study of Pain](#), is inherently emotional because it is unpleasant. Here is further evidence of the complex interplay of pain and emotion: Kulkarni B, et al. [Arthritic Pain Is Processed in Brain Areas Concern With Emotions and Fear](#). *Arthritis & Rheumatism* [M] April 2007;56(4):1345-54 . See also related [news article](#).
- In any clinical arena, one of the major barriers to successful outcomes is patient adherence to the prescribed treatment regimen. This study compares the ability to patients stick with one of two regimens: Giannopoulos S, et al. [Patient Compliance With SSRIs and Gabapentin in Painful Diabetic Neuropathy](#). *Clinical Journal of Pain* [M] March/April 2007;23(3):267-269.
- This is a very interesting preliminary study of the analgesic efficacy of combining alfentanil and morphine in the same infusion. The intent is to add the benefits of alfentanil’s rapid onset (and therefore shorter time to postop comfort), without additive toxicity: Alkhazrajy WK, et al. [An audit of the safety and effectiveness of an alfentanil:morphine mixture in the postanesthesia care unit](#). *Acute Pain* [O] Mar 2007;9(1):13-19.
- Buvanendran A. Useful adjuvants for postoperative pain management. *Best Practice & Research Clinical Anaesthesiology* Mar 2007;21(1):31-49.
- “Oligoanalgesia.” What a great word. Even better, this study showed that guidelines implementation, with accompanying education, improved practice and patient satisfaction. Decosterd I, et al. [Oligoanalgesia in the Emergency Department: Short-Term Beneficial Effects of an Education Program on Acute Pain](#). *Annals of Emergency Medicine* [M] 2007 Apr 17 [Epub ahead of print]
- There are an increasing number of long-term cancer survivors, but many of them have pain that persists long after definitive treatment ends. Persistent pain may be caused by the disease, but also by treatment. Is the pain of these cancer survivors more like “cancer pain” or more like “noncancer pain?” Burton AW, et al. [Chronic Pain in the Cancer Survivor: A New Frontier](#). *Pain Medicine* Mar 2007;8(2):189-198(10).
- Beydoun S, et al. [Long-term safety and tolerability of oxcarbazepine in painful diabetic neuropathy](#). *Acta Neurologica Scandinavica* [M] Apr 2007;115(4)284-288.

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Massachusetts General Hospital

PainRelief@Partners.org • <http://www.MassGeneral.org/PainRelief>

To be added to or removed from the *Pain Relief Connection* mailing list, send an email to tquinn1@partners.org

- Three recent editorials summarize, in aggregate, several of the important unanswered clinical, scientific, and societal questions regarding the relationship between opioid use for chronic pain management and addictive illness. The first two were inspired by the Portnoy et al article (last title in this month's Journal Watch).
 - Rowbotham MC & Lindsey CD. [How Effective Is Long-term Opioid Therapy for Chronic Noncancer Pain?](#) *Clinical Journal of Pain* [M] 2007;23:300-302.
 - Katz N. [Opioids: After Thousands of Years, Still Getting to Know You.](#) *Clinical Journal of Pain* [M] 2007;23:303-306.
 - Fields HL. [Should we be reluctant to prescribe opioids for chronic non-malignant pain?](#) *Pain* [M] 2007;129 [Epub ahead of print]
- This study is the largest—and by far the longest-term—prospective study to date of chronic opioid therapy for chronic pain. It is not definitive, but is a big step in the right direction. Portnoy RK, et al. [Long-term Use of Controlled-release Oxycodone for Noncancer Pain: Results of a 3-year Registry Study.](#) *Clinical Journal of Pain.* [M] 2007;23:287-299.

Improving Clinician – Patient Communication

- For patients: [Help Your Doctor Understand: Good Communication Enhances Care.](#) (PainACTION)
- For clinicians: [Effective Communication Between Clinicians and Patients in Chronic Pain Management](#) (MedScape)

Pain Resources for patients

[Patient Education Materials](#) for treating diabetic peripheral neuropathy with Lyrica (pregabalin). [Pfizer site]

Pain Education on the Web [F] = free registration required

- [Advances in Opioid Analgesia: Maximizing Benefit While Minimizing Risk.](#) Medscape. CME, CPE. [F]
- [Risks and Benefits of COX-2 Selective Inhibitors.](#) Medscape. CME, CNE, CPE. [F]
- [Challenges in Chronic Pain Management: An Update.](#) CE Medicus. CME, CPE. [F]

Pain-Related Education Opportunities

- Jun 7 – 8 (Thu – Fri) [The Art & Science of Palliative Nursing.](#) Newton, MA. Course Directors: Connie Dahlin of MGH & Maureen Lynch of DFCL.
- 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

- May 3 (Thu) 11:00am – 4:00pm Second Annual Nurse to Nurse Educational Forum. Includes CNE presentation: **Pediatric Pain Management Strategies in the Ambulatory Setting.** Thier Conf. Rm. Register: lkelly7@partners.org; 617-724-0294.
- **Chronic Pain Rounds are held Mondays at 12:00N in the Cox 8 Conference Room.**
- **Palliative Care Grand Rounds are held Wednesdays at 8:00am in the Ether Dome.** Contact nalawless@partners.org for topics

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

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

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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