

# 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 Changing Science of Pain”](#)—cover story in the June 4, 2007 edition of *Newsweek*.
- NIDA, the [National Institute on Drug Abuse](#), is aggressively working to increase awareness of substance abuse addiction as a disease of the brain, not just a behavioral or legal problem. Both the general public and health professionals are being targeted for enhanced education. Examples include the recent [HBO series](#); a 2-day conference at NIH, “Pain, Opioids, and Addiction: An Urgent Problem for Doctors and Patients;” and an addiction track” at the just-completed [American Psychiatric Association](#) (APA) Annual Meeting. Available materials on these efforts include:
  - **HBO**
    - [HBO Addiction Project](#)
    - NIDA publication, [“Drugs, Brains, and Behavior - The Science of Addiction”](#)
    - [HBO Addiction](#) web site.
  - **“Pain, Opioids, and Addiction: An Urgent Problem for Doctors and Patients”**
    - An extensive [description and review](#) of the recent NIH conference, Pain, Opioids, and Addiction: An Urgent Problem for Doctors and Patients may be found on [Medscape](#).
    - The [agenda and information on the speakers](#) is available on the NIH site.
    - Video of the conference, [Day 1](#)
    - Video of the conference, [Day 2](#)
  - **APA: “The Science of Addiction: Translating New Insights Into Better Psychiatric Practice.”**
    - [Press release](#)/description.
    - [Program Materials](#)

### 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.

- Goldberg GR, Morrison RS. [Pain management in hospitalized cancer patients: a systematic review](#). *Journal of Clinical Oncology* [M] 1 May 2007 May 1;25(13):1792-801. This article examines 5 approaches to systematically improving pain management in institutions. Some indications of improvement were found, but average pain intensity was not among them. We’re still missing something important at the organizational level.
- How might what we eat affect pain & inflammation? For starters, try these articles:
  - Bell RF. Food and pain: should we be more interested in what our patients eat? *Pain* [M] 2007 May;129(1-2):5-7.
  - Goldberg RJ, Katz J. [A meta-analysis of the analgesic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain](#). *Pain* [M] 2007 May;129(1-2):210-23.
  - Fox R. [Dietary Changes May Reduce Inflammation, Pain](#). *Pain Medicine News* Feb 2007;5(01) [R]
- Assessing and managing pain in elders continues to be problematic. Assessing pain, especially in elders with dementia, seems to generate a new instrument every few months.

MGH Cares About Pain Relief

Massachusetts General Hospital

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To be added to or removed from the *Pain Relief Connection* mailing list, send an email to [tquinn1@partners.org](mailto:tquinn1@partners.org)

- Bruckenthal P, D'Arcy, YM. [Assessment and Management of Pain in Older Adults: A Review of the Basics. \*Topics in Advanced Practice Nursing eJournal\*. Posted 24 May 2007 \[Medscape\].](#)
- Husebo BS, et al. [Mobilization-Observation-Behavior-Intensity-Dementia Pain Scale \(MOBID\): Development and Validation of a Nurse-Administered Pain Assessment Tool for Use in Dementia. \*Journal of Pain & Symptom Management\*. \[M\] 2007 May 16; \[Epub ahead of print\]](#)
- Morello R, et al. [A scale to measure pain in non-verbally communicating older patients: The EPCA-2 Study of its psychometric properties. \*Pain\* \[M\] 2007 May 3; \[Epub ahead of print\]](#)

## Medication Safety

- Four of the top-six drugs cited in medication errors reported to the [USP-ISMP Medication Errors Reporting Program](#) are analgesics, 3 of them opioids: (1) morphine, (3) oxycodone, (5) ketorolac, (6) meperidine.
- Failure to remove fentanyl patches has resulted in adverse events. See [ISMP NurseAdvise-ERR](#) Apr 2007;5(4):1

## Pain Resources for Patients

- Tennant F. [The Intractable Pain Patient's Handbook for Survival](#). Available free from the [Pain Treatment Topics](#) web site.
- Kannerstein D & Whitman SM. Surviving a Loved One's Chronic Pain. [Practical Pain Management](#) Jan/Feb 2007;7(1):48-53. Free full text also available via the [PainTopics.org](#) web site.

## Pain Resources on the Web

The [NIH Pain Consortium](#) recently held a conference entitled "[Advances in Pain Research - Generalized Pain Conditions](#)." A [video recording](#) of the conference is available.

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

- [Balancing Prescribing Considerations](#) [CME; CNE; CPE; Psychologists] [PainEDU](#)
- [Opioid Pharmacology and Considerations in Pain Management](#) [CPE] [U.S. Pharmacist](#)
- [Medical Crossfire: Coxibs or NSAIDs? Individualizing Therapy to Manage Risk](#) [CME] [CE Medicus](#)
- [The Clinical Management of Breakthrough Pain](#) [CME] [CMEZone.com](#)
- [Novel Technologies for Patient-Controlled Analgesia](#) [CME] [CMEZone.com](#)

## 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 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

- *Chronic Pain Rounds are held Mondays at 12:00N in the Cox 8 Conference Room.* 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)

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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