

# 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

- Beginning October 1<sup>st</sup> 2007, a new law requires that non-electronic prescriptions for Medicaid outpatients be written on [tamper-resistant pads](#) to be reimbursed. This will impact most, if not all opioids. Order pads now!
- The FDA [warns](#) against codeine use by nursing mothers until genetic tests are refined to identify the 1-28% of infants or mothers who are “ultra-rapid metabolizers.” Codeine had been considered the safest opioid to use during nursing, but this metabolic variation can cause respiratory depression in susceptible infants.
- The FDA released an updated [advisory](#) that methadone may have life-threatening cardiac and respiratory effects. This coincides with new prescribing guidelines and a promise for future patient education materials.
- FDA approved another [generic transdermal fentanyl](#) (25, 50, 75 & 100 mcg/hr strengths) and approved a label change for [Provigil](#) (modafinil) clarifying it's not for pediatric use and that serious skin rashes may occur. Modafinil has been used off-label to counteract opioid-induced sedation in sensitive patients.
- The DEA is focusing on concerns related to [hydrocodone](#) and illegal [internet pharmacies](#)
- The Mayday Fund 2007 [Pain and Society Fellows](#) include doctors Anne Louise Oaklander, of MGH and Edward Michna, of Brigham & Women's. Paul Arnstein, MGH Clinical Nurse Specialist, is a 2006 Fellow.

### 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.

- Kim MK, Nam SB, Cho MJ & Shin YS. [Epidural naloxone](#) reduces postoperative nausea and vomiting in patients receiving epidural sufentanil for postoperative analgesia. *British Journal of Anaesthesia*. [M] 2007;99:270-5. Low dose (0.033mcg/kg/ml) of naloxone added to an epidural solution of sufentanil and ropivacaine reduced nausea and pain for patients using PCEA in addition to a basal epidural infusion.
- Berliner MN, Giesecke T, Bornhovd KD. [Impact of transdermal fentanyl](#) on quality of life in rheumatoid arthritis. *Clinical Journal of Pain*. [M] 2007;23:530-4. Rheumatoid arthritis patients with severe pain at baseline (mean score 8 on 0-10 scale) experienced significant pain reduction with improvements in sleep, functioning, and sense of general well-being when transdermal fentanyl was added to the treatment regimen.
- Vranken JH, Dijkstra MG, Kruis MR, et al. [Pregabalin in patients with central](#) neuropathic pain: A randomized, double-blind, placebo-controlled trial of a flexible-dose regimen. *Pain*. [M] 2007;. (Epub ahead of print) Pregabalin relieves pain after brain or spinal cord injuries after a month of treatment.
- Moss-Morris R, Humphrey K, Johnson MH, et al. [Patients' Perceptions](#) of Their Pain Condition Across a Multidisciplinary Pain Management Program: Do They Change and if So Does It Matter? *Clinical Journal of Pain*. [M] 2007;23:558-564. Chronic pain patients who change their thinking, feel & do better.
- Shi Q, Langer G, Cohen J & Cleeland CS. [People in Pain: How Do They Seek Relief?](#) *Journal of Pain*, 8, (8), August 2007, Pages 624-636. Nearly a third of the general population studied had pain, 75% sought medical attention and just over half got significant relief. Validates importance of communication with health professionals and insurance status as barriers.

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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)

- Meghani SH & Keane A. [Preference for Analgesic Treatment for Cancer Pain Among African Americans](#) *J Pain and Symptom Manag* [M] 2007 Aug;34(2):136-47. Qualitative interviews with 35 adult AA cancer patients reveal in interesting diversity of opinion within this group.
- Whitman SM. [Pain and Suffering as Viewed by the Hindu Religion](#) *Journal of Pain* Aug 2007;(8):607-613. Hindu views of pain, suffering and acceptance can provide an enlightened approach to all pain

## CAM

- [Qigong](#), is a gentle, rhythmic movement used to reduce stress, build stamina & vitality.
- Lee MS , Pittler MH, Ernst E. [External Qigong for Pain Conditions](#): A Systematic Review of Randomized Clinical Trials. *Journal of Pain*. 2007. (Epub ahead of print) Review of limited, promising research base.

## Medication Safety

What's your patient's medication safety plan? [PainAction](#) has developed useful information that all patients taking prescription or non-prescription pain relievers should know.

## Pain Resources on the Web

- [Minnesota Center for Pain Research](#)
- [Maximizing Safety with Methadone & Other Opioids](#) (Pain-topics.org)

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

- [Peripheral Opioid Antagonists: A Therapeutic Advance for Optimizing Opioid Gastrointestinal Tolerability](#) [CME]

## Pain-Related Education Opportunities

- Sep 20 (Thu) Pain Awareness Day at MGH. See display in main corridor
- Sep 27-30 (Thu-Sun), the annual meeting of the [American Academy of Pain Management](#) will be held in Las Vegas
- Oct 12-14 (Fri-Sat). Cambridge, MA. [Practical Aspects of Palliative Medicine: Integrating Palliative Care into Clinical Practice](#) Harvard Medical School Center for Palliative Care
- The [EPEC](#) (Education in Palliative and End-of-Life Care) curriculum has been revised and is available online. There are 3 pain-related modules available for \$30 each and awarding 1 CME for each. <http://epec.net/EPEC/webpages/index.cfm>
- Oct 25 (Thu) the Massachusetts Pain Initiative Fall meeting will be held from 8 AM to 11:30 AM at MassPRO, 245 Winter St., Waltham, MA. Tom Quinn will present "[The Intersection of Pain Management and Addictive Illness](#)"
- [Master of Science in Pain Research, Education, and Policy](#), and [Certificate of Advanced Study in Pain Topics](#); Tufts University Medical School. An interdisciplinary postgraduate program. For info call 617-636-8541 or e-mail [jconnolly@tufts-NEMC.org](mailto:jconnolly@tufts-NEMC.org). (<http://www.tufts.edu/med/prep/>)
- Southern Pain Society is [meeting](#) September 29-30 in Nashville TN.

## 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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