

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 [FDA](#) and the [Institute for Safe Medication Practices](#) have issued safety alerts pertaining to Transdermal Fentanyl. The alerts relate to incorrect patient selection, prescribing or application &/or removal of the patches. Further when the lowest strength patch is ordered, it should be referred to as Duragesic-12, not Duragesic-12.5. Errors have been noted occurred when the dose was misinterpreted as 125mcg/hr.
- Remember, all prescriptions for covered outpatient drugs billed on or after April 1, 2008, must be written on tamper-resistant paper to be reimbursed by Medicare/Medicaid.
- FDA issues a severe pain alert related to bisphosphonates. Healthcare professionals should consider whether [bisphosphonate](#) use might be responsible if patients present with severe musculoskeletal pain.

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.

- Knotkova H, Pappagallo M, Szallasi A. (2008) [Capsaicin](#) (TRPV1 Agonist) Therapy for Pain Relief: Farewell or Revival? *Clinical Journal of Pain*, 24:142-154. Revival anticipated as new, more effective and better tolerated preparations become available. [M]
- Heit H & Gourlay DL. (2008) [Buprenorphine](#): New Tricks With an Old Molecule for Pain Management [M] *Clinical Journal of Pain*, 24:93-97. Optimistic for either pain control or "maintenance" with properly used.
- Voepel-Lewis T, et al. (2008). A comparison of the clinical utility of [pain assessment tools for children](#) with cognitive impairment. *Anesthesia & Analgesia*, 106:72-78. Videotaped observations of cognitively impaired children recorded postoperative day using three behavioral indicators of pain. The revised Face, Legs, Activity, Cry, Consolability (r-FLACC) tool and the Nursing Assessment of Pain Intensity (NAPI) performed well, with good overall clinical utility ratings. [M]
- Zeller JL, Burke AE, Glass RM. (2008). [Acute pain treatment](#). *JAMA*, 299:128. 1-page patient education
- Taylor AL, Gostin LO, Pagonis KA. (2008). Ensuring effective [pain treatment: a national and global](#) perspective. *JAMA*, 299:89-91. [M] Good review of current barriers, (attitudes to laws).
- Ostelo RW, Deyo RA, Stratford P, Waddell G, et al. (2008). [Interpreting change scores for pain](#) and functional status in low back pain: towards international consensus regarding minimal important change. *Spine*, 33:90-4. Validates reasons for considering a 30% change from baseline as clinically meaningful improvement when comparing before and after measures for individual patients with low back pain. [M]
- Mercadante S, Porzio G, Fulfaro F, Aielli F, et al. (2007). [Switching from transdermal drugs](#): an observational "N of 1" study of fentanyl and Buprenorphine. *Journal of Pain & Symptom Management*, 34.:532-8. [M] Sixteen cancer pain patients were switched back and forth (every 3 days) between transdermal Fentanyl and equivalently dosed transdermal Buprenorphine without changes in efficacy or side effects.

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- Syrjala KL, Abrams JR, Polissar NL, Hansberry J, et al. [epub ahead of print] [Patient training in cancer pain management using integrated print and video materials: A multisite randomized controlled trial](#). *Pain*. Combining video, print materials & brief individualized training improved cancer pain management. [M]
- Noble M, Tregear SJ, Treadwell JR, et al. (2008) [Long-Term Opioid Therapy](#) for Chronic Noncancer Pain: A Systematic Review and Meta-Analysis of Efficacy and Safety. *Journal of Pain & Symptom Management*. Many patients drop out of opioid therapy due to lack of efficacy or side effect burden. Those who continue get limited relief with low levels of abuse or addiction. [M]
- Buchner M, Neubauer E, Zahlten-Hinguranage A, et al. (2007). The influence of the [grade of chronicity](#) on the outcome of multidisciplinary therapy for chronic low back pain (LBP). *Spine*, 32:3060-6. Patients with chronic LBP significantly benefit from a multidisciplinary treatment at any stage of chronicity. [M]
- Delgado-Guay, MO, Bruera, E. (2008) Management [of Pain in the Older Person With Cancer](#) Part 1: Pathophysiology, Pharmacokinetics, and Assessment. *Oncology*, 22 (1): [O] Review management of pain in older cancer patients, emphasizing role of adequate assessment and multidisciplinary approach

CAM Research Reports

- Lansinger B, Larsson E, Persson LC, et al. [Qigong and exercise therapy](#) in patients with long-term neck pain: a prospective randomized trial. *Spine*, 32:2415-22. Supervised qigong or exercise therapy resulting in reduced pain and disability can be recommended for persons with long-term nonspecific neck pain. [M]
- Gottschling S, Meyer S, Gribova I, et al. (2007). [Laser acupuncture](#) in children with headache: a double-blind, randomized, bicenter, placebo-controlled trial. *Pain*. 2007 At 4 months after the study, a significant reduction in headache frequency was found for the acupuncture group (>6 fewer headache days per month vs only 1 day less in the placebo group). [M]
- Antala A, Brepohl N, Poreisz C, Boros K, et al. (2008) [Transcranial Direct Current Stimulation](#) Over Somatosensory Cortex Decreases Experimentally Induced Acute Pain Perception. *Clinical Journal of Pain*, 24:56-63. Promising initial study suggesting benefits with experimental pain. [M]
- Rooks DS, Gautam S, Romeling M, et al. (2007). [Group exercise, education, and combination](#) self-management in women with fibromyalgia: a randomized trial. *Archives of Internal Medicine*, 167 [M] (20):2192-2200. Comparing various intensities of self-help groups and exercise therapy programs, patient in both therapies reported less pain and fatigue, as well as 25% improvements in emotional health and functional ability. Those in the exercise groups also had enhanced self-efficacy (predicts better outcomes).

Pain Resources on the Web

- National Comprehensive Cancer Network has new Cancer Pain Guidelines posted for [children](#) and [adults](#).

Pain-Related Education Opportunities

- **Tuesday February 5th** (Feb 12th snow date) Dr Leskowitz speaking on Integrative Therapies & Pain management for the Eastern Mass ASPMN call 508-668-5053 or email AnnMarie.Harootunian@caritaschristi.org
 - **Fridays February 8th and 22nd** the 9th annual [Pain Relief Champion Course](#) will be held at MGH. Program is free to MGH & HMS affiliates. Others limited to first 10 registrants. Still space available. (617) 724-7840
 - A Pain Resource Nurse Education Program is being offered in Rockford, IL on February 20th, 27th, and March 5th 2008. These are all Wednesdays. The program will be from 8-4pm. All 3 days must be attended to become a Pain Resource Nurse Rock Valley College laalund@swedishamerican.org
- Wed – Sat February 13-16, 2008** is the 24th annual meeting of American Academy of Pain Medicine in Orlando, FL. Contact: http://www.painmed.org/annual_mtg/index.html

MGH Pain Calendar

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

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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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