

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 International Association for the Study of Pain has many new resources: [Global Year Against Cancer Pain](#)
- The FDA approved [Tapentadol HCL](#) 11/24/08, an immediate-release oral tablet for the relief of moderate to severe acute pain. [Tapentadol](#) has opioid & norepinephrine activity, and available in 50mg, 75mg, or 100mg.
- Centers for Medicare & Medicaid Services issued a memorandum 10/17/08 removing regulatory language (issued 2/8/08) that, in essence, prohibited the [use of standing orders and protocols](#). The patient's prescriber must still sign patient-specific orders, but not *prior to administering* necessary medications. Rubber stamp signatures or authentication codes are used only by the prescriber.
- [Suspension of marketing for IONSYS](#)[®] (fentanyl iontophoretic transdermal system) occurred in Europe. The product slated to replace PCA has been approved in US and Europe, but is not yet available. Corrosion in a component of the system could lead to self-activation and delivery of unintended doses of fentanyl.

Journal Watch All items are accessible via MGH computers/library; [O] = open access; [R] = free registration required) MGHers can obtain articles from journals to which Treadwell Library does not subscribe through the [Treadwell home page](#), go to 'Order Articles' under the 'Quick Picks' banner on the left.

- Popping DM, Zahn PK, Vanaken HK, et al. (2008) [Effectiveness and safety of postoperative pain management: a survey of 18 925 consecutive patients between 1998 and 2006 \(2nd revision\): a database analysis of prospectively raised data](#). *British Journal of Anaesthesia*, 101(6):832-840. Between 30-80% of postoperative patients experience moderate to severe post-surgical pain with progressively more effective PCA, epidural and regional analgesia options available. Epidural PCA and regional blocks are more effective than IV-PCA. The rate of adverse effects (e.g. apnea, hypotension, & epidural hematoma rarely occur - but need monitoring).
- Racz I, Nadal X, Alferink J. (2008). Crucial Role of CB2 cannabinoid receptor in the regulation of central [immune responses during neuropathic pain](#). *Journal of Neuroscience*, 28(46):12125-12135. Cannabinoid receptors regulate immune (microglial) function, contributing to amplification and spread of neuropathic pain.
- Jha AK, Orav EJ, Zheng J, et al. (2008) [Patients' Perception of Hospital Care](#) in the United States. *NEJM*, 359 (18):1921-1931. Nearly 1/3 of patients gave low-medium ratings of pain control indicates hospitals aren't adequately treating pain, & patients think there is substantial room for improvement in pain management.
- Cruciani RA.(2008) [Methadone: To ECG or Not to ECG...That Is Still the Question](#) *Journal of Pain and Symptom Management*, 36 (5):545-552. ECGs should be done based on risk profile when starting & titrating.
- Kirou-Mauro AM, Hird A, Wong J, et al., (Epub ahead of print) Has [pain management in cancer patients](#) with bone metastases improved? a seven-year review at an outpatient palliative radiotherapy clinic. *Journal of Pain and Symptom Management*, 36. From 1999-2006, percentage of patients with moderate or severe pain and were prescribed no pain medication, nonopioids, or weak opioids actually rose from 40% – 48% despite guidelines.
- Hafizoglu MC, Katircioglu K, Ozkalkanli MY, et al. (2008). [Bupivacaine Infusion](#) Above or Below the Fascia for Postoperative Pain Treatment After Abdominal Hysterectomy. *Anesthesia & Analgesia*, 107:2068-2072. Pre-emptive analgesia by infusing bupivacaine above the fascia was significantly better than below-fascia infusions in measures of postoperative pain, medication use, activity and satisfaction at 12 hours post-op.

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- Moodie JE, Brown CR, Bisley EJ, et al. (2008). The safety and [analgesic efficacy of intranasal ketorolac](#) in patients with postoperative pain. *Anesthesia & Analgesia*, 107:2025-2031. Intranasal ketorolac (30mg) provided good pain relief for postoperative pain, resulting in a 30% reduction in opioid requirement.
- Christensen KS, Cohen AE, Mermelstein FH, et al. (2008) The analgesic efficacy and safety of a novel [intranasal morphine](#) formulation (morphine plus chitosan), immediate release oral morphine, intravenous morphine, and placebo in a postsurgical dental pain model. *Anesthesia & Analgesia*, 107:2018-2024. Intranasal morphine has half the potency of IV morphine, appears to be a viable postoperative option.
- Ganesh A, Adzick NS, Foster T, et al. (2008) Efficacy of [addition of fentanyl to epidural bupivacaine](#) on postoperative analgesia after thoracotomy for lung resection in infants. *Anesthesiology*, 109:890-894. Adding Fentanyl to epidural bupivacaine provides benefits of less pain, less IV rescue medication, better feeding and shorter length of stay in babies who needed lung resection surgery. No additional side effects noted.
- Czarnecki ML, Ferrise AS, Jastrowski et al. (2008). [Parent/nurse-controlled analgesia for children](#) with developmental delay. *Clinical Journal of Pain*, 24:817-824. Low pain scores, medication use, side effects, and adverse events suggest that parent/nurse-controlled analgesia may be an effective method of pain control for children with developmental delay. Diligent monitoring and education are crucial to ensure safety.
- Pradhan BB, Tatsumi RL, Gallina J, et al. (2008). Ketorolac and spinal fusion: does the perioperative use of [ketorolac really inhibit spinal fusion?](#) *Spine*, 33:2079-82. Limited to 2 day therapy, spinal infusion unaffected.
- Valeberg BT, Miaskowski C, Hanestad BR, et al. (2008). Prevalence rates for and predictors of self-reported [adherence of oncology outpatients with analgesic](#) medications. *Clinical J Pain*, 24:627-36. Only 41% of cancer patients were adherent with their analgesic regimen. Better adherence was noted by men, those with more impaired functioning, higher pain intensity, better pain relief scores, and the use of strong opioids.
- Stacey BR, Barrett JA, Whalen E, et al. (2008). [Pregabalin for postherpetic neuralgia](#): placebo-controlled trial of fixed and flexible dosing regimens on allodynia and time to onset of pain relief. *Journal of Pain*, 9 (11):1006-1017. The study results showed the median times to onset of pain relief were 3.5 days for flexible-dose (150–600mg/day) pregabalin and 1.5 days for the fixed (330mg/day) dose. No relief for placebo group.

CAM

- So PS, Jiang Y, Qin Y (2008) [Touch therapies for pain relief](#) in adults. Cochrane Database Systematic Review 2008 Oct 8;(4):CD006535. Touch therapies lower pain by almost 1 point on a 0-10 scale, indicating a modest effect, thus an adjunct, not primary pain treatment. Experienced practitioners & Reiki had better effects.
- Yuan J, Purepong N, Kerr DP, Park J, et al. (2008). [Effectiveness of acupuncture](#) for low back pain: a systematic review. *Spine*. 2008;33:E887-900. Acupuncture is no more effective than sham acupuncture, but better than no treatment. Authors suggest it as an adjunct or monotherapy for non-specific low back pain.

Pain Resources on the Web

- American College of Rheumatology posted 2008 [Guidelines for the treatment of Rheumatoid Arthritis](#)
- American Academy of Orthopedic Surgeons Issued New Guidelines for [Carpal Tunnel Syndrome](#)
- Clinical guideline (IRF) for the diagnosis and treatment of [Complex Regional Pain Syndrome](#) (RSD)

Pain-Related Education Opportunities

- Sat Dec 6, Portland OR, [Pain Management Nurses Certification](#) offered through the Western Pain Society.
- Wed-Sat Jan 27-31 Honolulu. [The American Academy of Pain Medicine's \(AAPM\) 25th Annual Meeting](#)

MGH Pain Calendar

- **Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.** Mailing: ttoland@partners.org
- **Palliative Care Grand Rounds held Wednesdays at 8:00am in the Ether Dome.** Mail: nalawless@partners.org
- **Next Pain [Relief Champion Training March 13 & 27, 2009](#)** Contact: pmarnstein@partners.org

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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>

MGH PCS educational offerings http://www.massgeneral.org/PCS/The_Institute_for_Patient_Care/EDU/offerings.asp

Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>

MGH Pain Medicine: http://www.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain

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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