

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>



Volume 7, No. 12

December 2008

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In the News

- Reported deaths from Adverse Drug Events rose significantly in the first quarter of 2008. [Quarter Watch](#) reports In the first quarter oxycodone lead the list of reported deaths with 185, although 89 were classified as suicide. Eight of 10 drugs causing more than 100 deaths were analgesics, including the safest drugs (acetaminophen 160 & ibuprofen 114 deaths respectively). Fentanyl had 631 injuries and 131 deaths reported.
- FDA Advisory panel unanimously recommends approval of [Synvisc-One](#) for relief of OA knee pain.
- With positive Phase III trials, injectable acetaminophen ([Acetavance](#)) may be approved in 2009 for pain/fever.

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.

- Shoeibi G, Babakhani B, Mohammadi SS, (2009). The efficacy of [ilioinguinal-iliohypogastric and intercostal](#) nerve co-blockade for postoperative pain relief in kidney recipients. *Anesthesia & Analgesia*, 108:330-333. Combined mid and lower thoracic nerves blocks reduced pain & opioid consumption after renal transplantation.
- Bailey JE, Campagna E, Dart RC. The [Underrecognized Toll](#) of Prescription Opioid Abuse on Young Children. *Annals of Emergency Medicine* (epub ahead of print) Over a recent 3.5-year period, 8 children died, 43 injured or disabled, and 214 required prolonged medical attention from accidental ingestion of opioids. Narcan helped.
- Singer, A, Garra G, Chohan JK, et al, (2008). Triage Pain Scores and the [Desire for and Use of Analgesics](#). *Annals of Emergency Medicine*, 52 (6):689-695. Patients studied had moderately-severe pain with 51% desiring analgesics. Those wanting analgesics reported more pain (7.8 vs. 6.4 in intensity) and 80% were medicated.
- Wollgarten-Hadamek I, Hohmeister J, Demirakca S, et al. [Do burn injuries during infancy](#) affect pain and sensory sensitivity in later childhood? *Pain* (Epub ahead of print) Early traumatic and painful injuries, such as burns, can induce global, long-term alterations in sensory and pain processing.
- Hayashida KI, Obata H, Nakajima K, et al. (2008). [Gabapentin acts within the locus coeruleus](#) to alleviate neuropathic pain. *Anesthesiology*, 109:1077-1084. These results suggest that gabapentin acts directly in the brainstem via a glutamate-dependent mechanism to produce antihypersensitivity after peripheral nerve injury.
- Wrigley PJ, Press SR, Gustin SM, et al. Neuropathic pain and primary somatosensory [cortex reorganization following spinal cord injury](#) (SCI). *Pain* (epub ahead of print). Similar to research with phantom pain, the amount of brain (S1) reorganization after SCI is linked to chronic pain and its intensity.
- Braden JB & Sullivan MD (2008). [Suicidal Thoughts and Behavior](#) Among Adults with Self-Reported Pain Conditions in the National Comorbidity Survey Replication *The Journal of Pain*, 9 (12):1106-15. Pain alone is unlikely to lead to suicidality, even if severe & persistent, unless combined with depression or other problem.
- Gélinas C, Harel F, Fillion L, et al. (2009). Sensitivity and Specificity of the [Critical-Care Pain Observation Tool](#) for the detection of pain in intubated adults after cardiac surgery. *Journal of Pain & Symptom Management*, 37 (1):58-67. Describes the validity/reliability of this measure in a tough to assess population.

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 pmarnstein@partners.org

CAM

- Hollinghurst S, Sharp D, Ballard K, et al. (2008). Randomised controlled trial of [Alexander technique lessons](#), exercise, and massage (ATEAM) for chronic and recurrent back pain: economic evaluation. *British Medical Journal*, 337 :a2656. An exercise prescription or six lessons in Alexander technique alone or a combination of both were compared. Alexander technique followed by exercise had best clinical/economic outcomes.
- Jane SW, Wilkie DJ, Gallucci BB, et al. (2008). Effects of a [full-body massage on pain](#) intensity, anxiety, and physiological relaxation in Taiwanese patients with metastatic bone pain: a pilot study. *Journal of Pain & Symptom Management*, (Epub ahead of print) Massage therapy effectively relieved pain and anxiety for individuals with cancer-related bone metastasis. Reduction were noted up to 18 hours later, however the greatest effect was within 20 minutes after the massage.
- Post-White J, Fitzgerald M, Savik K, et al. (2009). [Massage therapy for children with cancer](#). *Journal of Pediatric Oncology Nursing*, 26(1):16-28. Massage was more effective than quiet time at reducing heart rate and anxiety in children under 14 years, but did not significantly reduce pain, fatigue, nausea or other measures.
- Alentorn-Geli E, Padilla J, Moras G, et al. (2008) Six weeks of [whole-body vibration exercise](#) improves pain and fatigue in women with fibromyalgia *Journal of Alternative and Complementary Medicine*, 14(8):975-981. Whole body vibration following 90 minutes of exercise twice a week reduced pain and fatigue for women with fibromyalgia in 6 weeks, whereas exercise alone failed to induce improvements.

Pain Resources on the Web

- [Let's Talk Pain](#) created a new interactive Web site, to provide visitors with comprehensive information and tools to help enhance the dialogue between those affected by pain and healthcare professionals.
- The NIH will be describing how decisions about funding for different conditions, including pain get made during a webcast introducing their [new RePORT website](#) on January 14, 2009, at 1:30 p.m. EST.
- [American College of Emergency Physicians](#) posted new policy statements on [Pediatric Sedation and Analgesia](#) in the Emergency Room, indicating that analgesia is needed in addition to sedatives for painful procedures.

Pain-Related Education Opportunities

- Jan 21 2009, ISMP-sponsored teleconference 1:30pm [Reducing Risk from Patient Harm from the Opiates](#)
- 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

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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