

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 approved [Relistor](#) (methylnaltrexone Br) for opioid-induced bowel dysfunction in advanced illness.
- The FDA issued [New Precautions](#) added to drug information on Effexor and Effexor XR (venlafaxine HCl) pertaining to interactions with drugs that inhibit Cytochrome P450 (CYP2D6) like ketoconazole.
- The FDA tried to clarify cardiovascular risks with long-term use of [Celebrex](#) (celecoxib). One study showed no risk, the other a 2-3% increased absolute risk (for 200mg & 400mg doses respectively) of MI, stroke or death.
- The [Mayday](#) Fund is now accepting *Pain & Society Fellowship* applications. This media & policy training helps pain specialists to go beyond their usual work to have a real impact on the lives of people in 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.

- Lopez-Marinez AE, Esteve-Zarazaga R, Ramirez-Maestre C. ([M] (2008) [Perceived Social Support](#) and Coping Responses Are Independent Variables Explaining Pain Adjustment Among Chronic Pain Patients. *Journal of Pain*, 9, (4):373-9. Strong social support is associated with lower pain intensity and less risk for depression.
- Buenaver LF, Edwards RR, Smith MT, et al. ([M] (2008) [Catastrophizing and Pain-Coping in Young Adults: Associations With Depressive Symptoms and Headache Pain](#). *Journal of Pain*, 9, (4):311-9. Headache sufferers with high levels of pain catastrophizing report greater pain intensity & significantly more depressive symptoms.
- Whitehead AJ, Dobscha SK, Morasco BJ, et al. ([M] (2008) [Pain, Substance Use Disorders \(SUD\) and Opioid Analgesic Prescription Patterns in Veterans with Hepatitis C](#). *Journal of Pain & Symptom Management* (Epub ahead of print). Coexisting pain & SUD common in this group but not associated with prescription misuse.
- Auburn F, Valade N, Coriat P, et al. ([M] (2008) [Predictive factors of severe postoperative pain](#) in the postanesthesia care unit. *Anesthesia & Analgesia*, 106:1535-41. Patients using preop analgesics, and those receiving higher doses of sufentanyl intraoperatively were twice as likely to have severe pain postoperatively.
- Hoffman HG, Patterson DR, Seibel E, et al ([M] (2008) [Virtual Reality \(VR\) Pain Control During Burn Wound Debridement in the Hydrotank](#). *Clinical Jour of Pain*, 8;24:299-304. VR significantly reduced procedural pain.
- Kowal J, Overduin LY, Balfour L, et al. ([M] (2008). The Role of Psychological and Behavioral Variables in Quality of Life (QOL) and the Experience of Bodily Pain Among Persons [Living with HIV](#). *Journal of Pain & Symptom Management* (Epub ahead of print). Psychosocial targets need treatment to improve overall QOL.
- Poulain P, Denier W, Douma J, et al. ([M] (2008). [Efficacy and Safety of Transdermal Buprenorphine: A Randomized, Placebo-Controlled Trial in 289 Patients with Severe Cancer Pain](#). *Journal of Pain & Symptom Management* (Epub ahead of print). Although there were a lot of dropouts due to lack of effect or side effects, transdermal Buprenorphine was better than placebo. Results weaken optimism for utility of this analgesic.
- Edwards RR, Almieda DM, Klick B, et al. ([M] (2008). [Duration of sleep](#) contributes to next-day pain report in the general population. *Pain* (Epub ahead of print). Too little or too much sleep increases next day pain.
- Baker JN, Hinds PS, Spunt SL, et al. ([M] (2008). [Integration of Palliative Care Practices in the ongoing](#) care of children with cancer. *Pediatric Clinics of North America*, 55 : 223-248. Outstanding synthesis of this topic.

MGH Cares About Pain Relief

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- Wiggins SA ([O]) (2008) Pain following [pediatric tonsillectomy](#) and adenoidectomy: What do we know about home pain management? *Pediatric pain letter*, 10 :1-6. Parents are reluctant to administer analgesics at home despite moderate to severe pain. Related research, clinical challenges, and non-drug methods are reviewed.
- Ho TW, Mannix LK, Fan X, et al ([M]) (2008) Randomized controlled trial of an [oral CGRP receptor antagonist](#), MK-0974, in acute treatment of migraine. *Neurology*, 70 :1304-1312. Calcitonin gene-related peptide (CGRP) a neuropeptides contributing to pain. In proper doses, this new treatment for migraine was safe and effective.
- Hutchinson R, Rodriguez L. ([M]) (2008) [Capnography and Respiratory Depression](#) *American Jour of Nursing*, 108(2):35-39. A prospective trial examined indicators of respiratory depression in opioid naïve patients.
- Anand KJS, Hall RW. ([M]) (2008) [Love, Pain and Intensive Care](#). *Pediatrics*, 121 (4):825-827. Commentary on misguided push for objective pain assessment, despite evidence that focused, individualized attention matters.
- Ilfeld BM, Le LT, Meyer RS, et al. ([M]) (2008). [Ambulatory continuous femoral nerve blocks](#) decrease time to discharge readiness after tricompartiment total knee arthroplasty. *Anesthesiology*, 108:703-713. Compared with overnight blocks, a 4-day ambulatory continuous femoral nerve block had better outcomes & earlier discharge.

CAM

- Halm MA. (2008) [Essential oils for management of symptoms](#) in critically ill patients. *American Journal of Critical Care*, 17(2):160-163. Studies reviewed show pain relief benefits of lavender and almond scents.
- Skin-to-skin contact, known as [kangaroo mother care](#) helps premature babies reduce procedural pain.

Pain Resources on the Web

- The [Truth about PainKillers](#) distinguishes myths from facts in light of heightened, misguided media attention.
- Get 1-page [fast facts](#) on issues related to pain & end of life care at EPERC from Medical College of Wisconsin.
- [Pain & Addiction 101](#) is posted on Emerging Solutions in Pain (ESP) website Must see Drs. Heit & Compton.

Pain-Related Education Opportunities

- Thu-Sat May 15-17 [Headache and Facial Pain](#) through Harvard Medical School CME
- Wed-Sat, May 7-10th [American Pain Society 27th Annual Scientific Meeting](#) will be held in Tampa, Florida
- Friday, May 30th [Women in Pain Conference: Gender Matters](#) will be held in Duarte, CA
- Beginning May 15th (many days & times) a free conference series is offered via a live, interactive, web-based platform designed to improve nurses' ability to ensure [optimal analgesia and drug safety](#).
- Sun-Thur June 8-12th [8th International Symposium on Pediatric Pain](#) Acapulco, Mexico
- Wed-Sat June 25-28 [Principles and Practice of Pain Medicine](#) through Harvard Medical School CME
- New England Pain Association *Pain in Special Populations* reschedule for November 7-9th, 2008. Save the date

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.** Mailing: nalawless@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>

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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