

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. 6

June 2008

In this issue:

In the News	Page 1	Pain Resources on the Web	Page 2
Journal Watch	Page 1	Pain Education Opportunities	Page 2
CAM	Page 2	MGH Pain Calendar & Resources	Page 2

In the News

- FDA Approves [Amitiza](#) making it the only drug available for irritable bowel syndrome with constipation
- [Ethex](#) Corporation issued a voluntary recall of extended release morphine 30 & 60 mg tablets that are oversized and may contain twice the labeled dose. The [recall was extended](#) to lots distributed June 2006 to May 2008.
- The FDA has approved [Cymbalta®](#) (duloxetine HCl) for the treatment of Fibromyalgia.
- A final push is needed this summer to get the [Pain Care Policy Act & Veterans Pain Care Act](#) passed this year.
- The FDA warns that Asians carrying the HLA-B*1502 allele have as much as 10 fold risk of Stevens-Johnson syndrome and toxic epidermal necrolysis when taking [Carbamazepine](#) (e.g. Carbatrol, Equetro, Tegretol).

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.

- Zacny JP, Lichtor SA. (2008) [Nonmedical use of prescription opioids](#): motive and ubiquity issues. *Journal of Pain*, 9(6):473-486. Media report alarming rates of prescription opioid abuse without examining motives. 40% of non-medical users, took opioids only to relieve pain. Getting high & experimentation reasons were less common responses. Responses from population-based surveyors and scholars follow this important article.
- Wilsey B, Marcotte T, Tsodikov A, et al. (2008). A randomized, placebo-controlled, crossover trial of [cannabis cigarettes in neuropathic pain](#). *Journal of Pain*, 9 (6): 506-521. Neuropathic pain patients (n=38) smoked high dose, low dose & placebo cannabis. Cannabis improved pain with undesirable cognitive effects.
- Zakine J, Samarcq D, Lorne E, et al. (2008). [Postoperative ketamine](#) administration decreases morphine consumption in major abdominal surgery: a prospective, randomized, double blind controlled study. *Pain Medicine*, 106 (6):1856-1861. Patients administered ketamine during and for 48 hours after surgery had lower morphine requirements than patients receiving no ketamine, or only intraoperative Ketamine. Morphine side effects were lower and no Ketamine side effects were reported at weight-based doses used.
- Bijur PE, Esses D, Birnbaum A, Chang AK, et al. (2008). (2008). Response to [morphine in male and female](#) patients: analgesia and adverse events. *Clinical Journal of Pain*, 24:192-8. IV morphine (0.1mg/kg) works slightly better for women in 30 minutes, but women also developed more nausea than men.
- Maxwell CJ, Dalby DM, Slater M, et al. The prevalence and [management of daily pain among older home care](#) clients. *Pain* [epub ahead of print]. In a sample of 2779 elders, half reported daily pain and one-fifth (21.6%) of this group received no analgesic. In further analyses, age and comorbid illness explained analgesic choices.
- Jhaveri P, The BS, Bloch C, et al. (2008). [Stereotactic Body Radiotherapy](#) (SBRT) in the Management of Painful Bone Metastases. *Oncology*, 22 (5)[O] SBRT provides a better local control rate and longer duration of symptom palliation in the setting of bone pain with other benefits, compared to conventional radiation therapy.
- Matta JA, Cornett PM, Miyares RL, et al. (2008). [General Anesthetics activate a nociceptive ion](#) channel to enhance pain and inflammation. *Proceedings of the National Academy of Science*, 105 (25): 878-8789. Inhalation general anesthetics are chemical irritants that activate peripheral nerve sensors that signal pain thereby paradoxically contributing to postoperative pain and inflammation.

MGH Cares About Pain Relief

Massachusetts General Hospital

PainRelief@Partners.org • <http://www.MassGeneral.org/PainRelief>

To be added to or removed from the *Pain Relief Connection* mailing list, send an email to pmarnstein@partners.org

CAM

- Sun Y, Gan TJ, Dubose JW, Habib AS, et al. [Epub ahead of print] (2008). [Acupuncture and related techniques](#) for postoperative pain: a systematic review of randomized controlled trials. *British Journal of Anaesthesia*. A systematic review quantitatively evaluated the efficacy of acupuncture and related techniques as an adjunct to analgesics for acute postoperative pain management. Cumulative opioid need was reduced, with significantly lower pain and fewer opioid-related side effects (nausea, dizziness, sedation, pruritus, and urinary retention).
- Kwekkeboom KL, Wanta B, Bumpus M.[epub ahead of print]. Individual Difference Variables and the Effects of [Progressive Muscle Relaxation \(PMR\) and Analgesic Imagery](#) (AI) Interventions on Cancer Pain. *Journal of Pain & Symptom Management*. Hospitalized cancer patients (40) received two trials each of PMR, AI, & a control condition. Both PMR and AI lessened pain, pain-related distress, and perceived control over pain than the control condition. However, some patients did better with AI than PMR.
- For chronic pain refractory to treatment, [Vitamin D](#) supplementation may provide benefits.

Pain Resources on the Web

- Get information, audio recordings & handouts from scientific sessions of May 2008 [American Pain Society](#)
- Audio-files from the APS preconference workshop [Essentials in Pain Management](#) are available.
- The American Pain Foundation has [helpful links](#) to quality websites organized by topic or diagnosis.

Pain-Related Education Opportunities

- Fri – Sat, July 18-19, 2008. Chicago [Examining Critical Issues in Opioid Management](#) excellent faculty
- Wed-Sat, September 3-6 Tucson, AZ [American Society for Pain Management Nursing](#) annual meeting
- Thursday – Saturday, October 30 – November 1 [Frontiers in Pain Management](#) Austin Texas. Timely topics presented by thought leaders assembled by the [Alliance for State Pain Initiatives](#).

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 Pain Medicine:

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

MGH Cares About Pain Relief

Massachusetts General Hospital

PainRelief@Partners.org • <http://www.MassGeneral.org/PainRelief>

To be added to or removed from the *Pain Relief Connection* mailing list, send an email to pmarnstein@partners.org