

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

- At the June American Medical Association (AMA) House of Delegates (HOD) meeting, a resolution was passed to comprehensively study the [field of pain medicine](#), including graduate and post-graduate education. The initiative will further examine educational, regulatory, scientific and socioeconomic issues in the field.
- Many physicians at the AMA's House of Delegates, were outspoken in opposition to the Council on Ethical and Judicial Affairs opinion that deceptive, [clinical use of placebos](#) is outside the realm of ethical behavior.
- The [Drug Enforcement Administration](#) announced a proposed rule that would allow electronic prescribing of controlled substances. The proposal is long, with changes slow and very difficult to implement.
- Report Cards are in! The [Pain and Policy Studies Group](#) has released their detailed report and report card of legislative barriers to optimal pain control. Only 7 states improved last year. Go Oregon (A) & Georgia (D+ to B)!

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.

- July 2008 seemed to be a month to devote entire journal issues to Pain Management, including: [British Journal of Anesthesia](#); [Clinics in Podiatric Medicine and Surgery](#); and [Clinics in Geriatric Medicine](#) (May-July issue).
- July issue of [Canadian Medical Association Journal](#) has 2 articles on [procedural pain](#) in [newborns and infants](#)
- Underwood M, Ashby D, Carnes D, et al. (2008) [Topical or oral ibuprofen for chronic knee pain](#) in older people. The TOIB study. *Health Technol Assess*, 12(22):1-176. Topical NSAID works well for localized pain.
- Shaiova L, Berger A, Blinderman CD, et al. [Consensus guideline on parenteral methadone](#) use in pain and palliative care. *Palliat Support Care*, 6(2):165-76. Provides much needed assistance with dosing & transition.
- VanDenHout WB, Peul WC, Koes BW, et al. (2008). [Prolonged conservative care](#) versus early surgery in patients with sciatica from lumbar disc herniation: cost utility analysis alongside a randomized controlled trial. *British Medical Journal*, 336:1351-4. Cost benefits ratio favors back surgery for some patients with sciatica over conservative medical management alone. [Quicker relief with surgery, but no benefit at 1 & 2 years](#) later.
- Lvovschi V, Aubrun F, Bonnet P, et al. (2008) [Intravenous morphine titration to treat severe pain](#) in the ED. *Am J Emergency Med*, 26:676-82. Intravenous morphine titration is a safe and effective option for severe pain when used according to a strict protocol. (2 or 3mg every 5 minutes as needed [on average, 3 doses needed])
- Riley JL 3rd RD, Hastie BA. (2008) [Individual differences in opioid efficacy](#) for chronic noncancer pain. *Clin J of Pain*, 24:509-20. Thought provoking review of research & clinical issues affecting the efficacy of opioids.
- Turk DC, Swanson KS, Gatchel RJ. (2008). [Predicting opioid misuse by chronic pain patients](#): a systematic review and literature synthesis. *Clinical Journal of Pain*, 24:497-508. Despite much attention to the topic, a personal history of illicit drug and alcohol abuse is the only strong predictor of opioid misuse found to date.
- Ballantyne JC, Shin NS. (2008). [Efficacy of opioids for chronic pain](#): a review of the evidence. *Clin J Pain*. 2008;24:469-78. Good review of evidence, theory and clinical observations of long-term opioid use.
- Roelofs PD, Deyo RA, Koes BW, et al. (2008) [Nonsteroidal Anti-Inflammatory Drugs for Low Back Pain](#): An Updated Cochrane Review. *Spine*, 33(16):1766-74. NSAIDs have limited benefit for acute/chronic low back pain

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- Ruger LJ, Irnich D, Abahji TN, et al. (Epub ahead of print) [Characteristics of chronic ischemic pain](#) in patients with peripheral arterial disease. *Pain*, Critical limb ischemia can be differentiated from intermittent claudication by its neuropathic (stabbing, hot-burning, tender and cruel-punishing) character.
- Sucato DJ, Lovejoy JF, Agrawal S, et al. (2008) [Postoperative ketorolac does not predispose to pseudoarthrosis](#) following posterior spinal fusion and instrumentation for adolescent idiopathic scoliosis. *Spine*,33 :1119-24.
- Hamel MB, et al "[Joint replacement surgery in elderly](#) patients with severe osteoarthritis of the hip or knee: Decision making, postoperative recovery, and clinical outcomes" *Arch Intern Med* 2008; 168: 1430-1440.
- Harting B, Hasler S, Abrams R, et al. (2008). [Computer-Based Simulation as a Teaching](#) Tool for Residents Treating Patients With Cancer-Related Pain Crises. *Q Manage Health Care*, 17, (3): 192–199. Computer based learning is an effective way to teach residents about opioid titration, that translate to care.

CAM

- Moseley GL, Gallace A, Spence C. (2008) Is [Mirror Therapy](#) all it is cracked up to be? *Pain*, 138 :7-10. Mirror therapy and virtual reality holds promise as a useful tool for phantom limb pain and other syndromes.
- Bossi LM, Ott MJ, DeCristofaro S. (2008). [Reiki as a clinical interventions](#) in oncology nursing practice. *Clinical J Oncology Nursing*, 12 (3):489-494. A review of this increasingly popular method of comforting.

Pain Resources on the Web

- The Joint Commission has posted the Electronic version of their [2009 Standards](#). Although no “new standards,” there has been significant rewording and reorganization, especially for pain standards & EPs.
- Updated information on [Pediatric Headaches](#) is posted on emedicine site of WebMD
- [PainTopics.org](#) has a new section on [Pediatric Pain](#) that is a well-done compilation of resources.
- [In The Face of Pain](#) has new web-based resources for pain advocacy and community outreach.
- [Challenges in Using Opioids to Treat Pain in Persons With Substance Use Disorders](#) Well written and balanced From *Addiction Science & Clinical Practice* (a NIDA publication). 2008(June);4(2):22pp

Pain-Related Education Opportunities

- Friday, September 12, [Eastern Pain Association](#) will hold its annual meeting in NY, excellent topics
- Other regional pain meetings can be identified through the [American Pain Society](#) website
- Fri-Sun, Sept 12-14, [Sex Gender and Pain: Dilemmas in Clinical Practice](#) will be held in Boston
- Wed-Sat, October 29 – Nov 1 The International Association for Pain and Chemical Dependency (IAPCD) is holding its [annual conference](#) in Philadelphia
- Thu-Sat Oct 30 - Nov 1 Austin, TX Alliance of State Pain Initiatives: [Frontiers in Pain Management](#)
- Thu-Sat November 13-15, Chicago. [Pain Resource Nurse \(PRN\) Program Coordinator](#) training

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
- *Thu Aug 21: 1:30 - 2:30 pm Balancing Concerns About Using Opioids for Pain: Nursing GR O’Keeffe Audi*

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

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