

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 Joint Commission has launched an educational campaign urging patients to [Speak Up about Pain](#)
- Oct 1, 2008 two important federal laws go into effect regarding Centers for Medicare/Medicaid reimbursement
 - [Tamper-resistant Prescription Law](#) requires tamper-evident precautions to prevent fraud
 - No more payment (\$21Billion/yr) for so-called [Never Events](#) of hospital acquired infections/injuries.
- September 24th, Congress unanimously passed the [National Pain Care Policy Act](#) of 2008, to the Senate!
- [Senate](#) bills S3001 & S2162 improving military/veterans' access to quality pain care passed, to the House!
- The Joint Commission has released a new Speak Up patient brochure on [What you Should Know about Pain](#).

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.

- Grider JS, Brown RE, Colclough GW. (2008). Perioperative Management of Patients with an [Intrathecal Drug Delivery System](#) for Chronic Pain *Anesthesia & Analgesia*, 107: 1393-1396. Case reviews highlight principles of multimodal perioperative management of opioid tolerant patients initiating IT therapy.
- Grande LA, O'Donnell BR, Fitzgibbon DR, et al. (2008). Ultra-Low Dose [Ketamine and Memantine](#) Treatment for Pain in an Opioid-Tolerant Oncology Patient *Anesthesia & Analgesia*, 107: 1380-1383. Opioid-refractory postoperative pain responded to low-dose IV Ketamine with NMDA-receptor rationale reviewed.
- McElwain J, Freir NM, Burlacu CL, et al. (2008) The feasibility of [patient-controlled paravertebral analgesia](#) (PCPVA) for major breast cancer surgery: a prospective, randomized, double-blind comparison of two regimens. *Anesthesia & Analgesia*, 107:665-8. PCPVA was safe and effective for both dosing protocols tested.
- Wright CE, Bovbjerg DH, Montgomery GH, et al. (2008) [Disrupted Sleep the Night Before Breast Surgery](#) is Associated with Increased Postoperative Pain. *J Pain Symptom Manage*. 2008. Lower sleep efficiency was a significant predictor of greater pain severity and interference with healing after controlling for relevant factors.
- Joshi GP, Bonnet F, Shah R, et al. (2008) A systematic review of randomized trials evaluating regional techniques for [postthoracotomy analgesia](#). *Anesthesia & Analgesia*, 107:1026-40. Paravertebral Blocks (PVB) had fewer side effects. Both thoracic epidurals & PVB yield superior analgesia than systemic opioids.
- Edwards RR, Kronfli T, Haythornthwaite JA, et al. (2008) Association of [catastrophizing with interleukin-6](#) responses to acute pain. *Pain*, Cognition can shape immune system responses to noxious stimulation.
- Hunter J, Watt-Watson J, McGillion M, et al. (2008) An [Interfaculty Pain Curriculum](#): Lessons learned from six years experience. *Pain*, Mandatory 20 hours pain content integrated into of Dentistry, Medicine, Nursing, Pharmacy, PT & OT curriculum showed improved knowledge with high rankings of quality and relevancy.
- Basler HD, Luckmann J, Wolf U, et al. (2008) [Fear-avoidance beliefs](#), physical activity, and disability in elderly individuals with chronic low back pain and healthy controls. *Clinical J of Pain*, 24:604-10. Elders with pain harbor fear-avoidance beliefs that limited functional capacity, but not physical activity levels.
- Gross D, Bhambhani Y, Haykowsky M, et al. (2008). [Acute Opioid Administration](#) Improves Work-Related Exercise Performance in Patients with Chronic Low Back Pain. *Journal of Pain*, 9(9):856-862. Fentanyl improved the weight patients could lift and overall total work, but hastened time to fatigue.

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

- Likar R, Vadlau EM, Breschan C, et al. (2008). Comparable analgesic efficacy of [transdermal buprenorphine](#) in patients over and under 65 years of age. *Clinical J Pain*, 24:536-43. Transdermal buprenorphine works well in older adults and may have advantages in this population. Warrants further study.
- Porter LS, Keefe FJ, Wellington C, et al. (2008) Pain Communication in the Context of Osteoarthritis: Patient and [Partner Self-efficacy](#) for Pain Communication and Holding Back from Discussion of Pain and Arthritis-related Concerns. *Clinical Journal of Pain* 24(8) 662-668. Partners who believe they can openly communicate pain do better than those who hold back in pain related communication.
- Tait A, Voepel-Lewis T, Snyder RM, et al. (2008). [Parents' Understanding](#) of Information Regarding Their Child's Postoperative Pain Management. *Clinical Journal of Pain* 24(7) 572-577. Parents are not given enough clear, balanced information about IV opioids for pain reduce their anxiety, make informed decision.

CAM

- Kutner JS, Smith MC, Corbin L, et al. (2008) [Massage therapy versus simple touch](#) to improve pain and mood in patients with advanced cancer: a randomized trial. *Ann Intern Med*, 149:369-79. Both massage & simple touch for 30 minutes reduced pain. Massage better able to improve pain and mood. Effects gone in a week.
- Robb K, Oxberry SG, Bennett MI, et al. (2008) A Cochrane [Systematic Review of Transcutaneous Electrical Nerve Stimulation for Cancer Pain](#). *J Pain Symptom Manage*. 2008. Insufficient research to in cancer pain.
- Little P, Lewith G, Webley F, et al. (2008). Randomised controlled trial of [Alexander technique](#) lessons, exercise, and massage (ATEAM) for chronic and recurrent back pain. *BMJ*, 337:a884. (accessed 9/26/08) The combination of an exercise prescription (1-3 nurse counseling sessions) with/without Alexander technique (coached self-awareness of movements & posture) was better than usual care or massage. Exercise/Alexander groups had markedly reduced intensity & less frequent back pain, with higher quality of life at 1 year.
- Morone NE, Lynch CS, Greco CM, et al. (2008) "I felt like a new person." The effects of [mindfulness](#) meditation on older adults with chronic pain: Qualitative narrative analysis of diary entries. *Journal of Pain*, 9 (9): 841-848. Older adults using mindfulness report lower pain reduction, better sleep, mood & quality of life.
- Ono R, Higashi T, Suzukamo Y, et al. (2008) [Higher internality of health locus of control](#) is associated with the use of complementary and alternative medicine providers among patients seeking care for acute low-back pain. *Clinical Journal of Pain*, 24:725-30. People who believe they have a role in self-management of pain are more likely to try at least one complementary/alternative medical pain control method.

Pain Resources on the Web

- IASP [Special Interest Group on Pediatric Pain](#). Links to many useful resources on the subject.
- [Migraine Resource Network](#) offers free registration with many tools and CE programs on Migraines
- Emerging Solutions in Pain has a new 10 minute program on [Pain in Aging](#) done by Perry Fine MD

Pain-Related Education Opportunities

- Thu Oct 23, Waltham MA 8am – noon. [Battlefield and Beyond: How our Soldiers Deal with Pain](#)
- Wed-Sat, 10/29–11/1 Intern. Assoc Pain & Chemical Dependency [annual conference](#) in Philadelphia
- Thu-Sat Oct 30 - Nov 1 Austin, TX Alliance of State Pain Initiatives: [Frontiers in Pain Management](#)
- Four different October and November dates. [Addiction-Free Pain Management®](#) Certification
- [INROADS](#) CE Quality and FREE classes on Pain Medications are being sponsored by ASPMN chapters. 10/4 Baton Rouge, LA; 10/11 Houston, TX; 10/15 Oakbrook, IL; 10/18 New York City.

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

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>
 Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>
 MGH Pain Medicine: http://www.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain

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