

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 8, No. 2

February 2009

In this issue:

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

In the News

- A Food and Drug Administration is considering requiring special [Risk Evaluation and Mitigation Strategies \(REMS\)](#) for virtually all long acting opioids. They are “negotiating” with manufacturers & other stakeholders.
- FDA Food and Drug Administration advisory panel on 1/30/09 to recommended [withdrawing Darvon](#) from the market because of risks that outweigh benefits of this weak and toxic pain reliever, propoxyphene.
- [Pain Care Policy Act of 2009](#), H.R. 756 was recently introduced in the U.S. House of Representatives
- Bill HR1191 was introduced into congress to amend the Controlled Substances Act to provide for safe, environmentally-sound options for disposal of opioids and other drugs.

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.

- Dworkin RH, Barbano RL, Tying SK, et al. (*In press*). A randomized, [placebo-controlled trial of oxycodone and of gabapentin](#) for acute pain in herpes zoster. *Pain*. Controlled release oxycodone provided significantly better pain relief compared to placebo and gabapentin, but a quarter of patients stopped it due to constipation.
- deMos M, Huygen FJ, Stricker BH, et al. (*In press*). The association between ACE inhibitors and the complex regional pain syndrome: Suggestions for a [neuro-inflammatory pathogenesis of CRPS](#). *Pain* ACE inhibitor use (but not other antihypertensive class) is associated with CRPS suggests possible link of neuro-inflammatory mechanisms that underlie CRPS by their interaction with the catabolism of substance P and bradykinin.
- Bell RF. (2009). [Ketamine for chronic non-cancer pain](#). *Pain*, 141 (3):210-214. Benefits can be realized, and can outweigh hazards with careful patient selection and dosing by a pain specialist for short periods of time.
- Wicksell RK, Melin L, Lekander M, et al, (2009). Evaluating the effectiveness of exposure and acceptance strategies to [improve functioning and quality of life in longstanding pediatric pain](#), a randomized controlled trial. *Pain*, 141 (3):248-257. Acceptance and Commitment Therapy (ACT) as an extension of traditional cognitive-behavioral therapy were compared to traditional multidisciplinary treatment. ACT had better results
- Chou R, Fanciullo GJ, Fine PG, et al. (2009). Clinical Guidelines for the Use of [Chronic Opioid Therapy](#) in Chronic Noncancer Pain. *Journal of Pain*, 10(2):113-130. Despite limited high quality research in the area, experts agree on 25 principles for safe and effective long-term use of opioids with chronic non-cancer pain.

This month's [Journal of Pain](#) is a classic ... check it out with “free” articles like that above and one below

- Chou R, Fanciullo GJ, Fine PG, et al. (2009) Portenoy Opioids for Chronic Noncancer Pain: Prediction and [Identification of Aberrant Drug-Related Behaviors](#): *Journal of Pain*, 10(2):131-146. Clinical Guideline.
- Hijazi R, Taylor D, Richardson J. (2009). Effect of topical alkane [vapocoolant spray on pain with intravenous cannulation](#) in patients in emergency departments: randomised double blind placebo controlled trial. *British Medical Journal*, 338 :b215. Topical vapocoolant spray is effective, acceptable, and safe for starting IVs in ER.

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

- Chou R, Fu R, Carrino JA, Deyo RA, et al. (2009). [Imaging strategies for low-back pain](#): systematic review and meta-analysis. *Lancet*, 373 :463-72. Clinicians should refrain from routine, immediate lumbar imaging in patients with acute or subacute low-back pain and without features suggesting a serious underlying condition.
- Yanni LM, Priestley JW, Schlesinger JB, et al. (2009). Development of a [comprehensive e-learning resource](#) in Pain Management *Pain Medicine*, 25 (1)95-105. e-learning tools are labor-intensive to develop in a user-friendly, logical way, but have high impact potential for advancing knowledge & attitudes about pain treatment.
- Rasmussen-Barr E, Ang B, Arvidsson I, et al. (2009). Graded [Exercise for Recurrent Low-Back Pain](#): A Randomized, Controlled Trial With 6-, 12-, and 36-Month Follow-ups. *Spine*, 34:221-8. Ratings of physical health & self-efficacy beliefs improved, without less pain intensity or fear-avoidance beliefs.
- American Society of Anesthesiologists Task Force on Neuraxial Opioids (2009). Practice Guidelines for the Prevention, Detection, and Management of [Respiratory Depression Associated with Neuraxial Opioid Administration](#). *Anesthesiology* 110(2): 218-230. Guide to reduce opioid-related hypoxemia.

CAM

- Grant JA, Rainville P, (2009). Pain Sensitivity and Analgesic [Effects of Mindful States](#) in Zen Meditators: A Cross-Sectional Study. *Psychosomatic Medicine*, 71(1):106-114. Meditators have higher pain thresholds and reported decreases in pain intensity compared to matched controls receiving the same thermal stimuli.
- Madsen MV, Gotzsche PC, Hrobjartsson A. (2009). Acupuncture treatment for pain: systematic review of randomized clinical trials with acupuncture, placebo acupuncture, and no acupuncture groups. *British J of Medicine*, 338:a3115. [Cochrane review of acupuncture](#) shows a consistent analgesic effect compared to no treatment, but no difference from of needling at non-acupuncture points, raising questions about how it works.
- Bhardwaj P, Garg PK, Maulik SK, et al. (2009). A randomized controlled trial of [antioxidant supplementation](#) for pain relief in patients with chronic pancreatitis. *Gastroenterology*, 136(1):149-159. Taking a specific nutritional supplement for 6-months of cut the number of days with pain in half for this population of patients.

Pain Resources on the Web

- [Improving Pain Care in Pediatrics](#), reviewed by Tracy Ann Pasek, RN Pediatric Intensive Care Specialist
- Managing [Persistent Pain in the Older Patient](#) podcast offering CME through PainKnowledge.org

Pain-Related Education Opportunities

- Tue Mar 10 *Acupuncture and Pain* Braintree, MA email Annmarie.Harootunian@caritaschristi.org for more info.
- Fri March 13th & March 27, [Pain Relief Champion](#) Training at Mass General pmarnstein@partners.org
- Wed-Sat March 25-28, Hospice and Palliative Medicine & Nurses Association [2009 Annual Assembly](#)
- Fri April 3, 2009 [Current Trends in Pain Management](#) excellent all day program sponsored by Mass PI
- Tue-Wed April 21-22, 2009 [ELNEC Core Curriculum](#) Oklahoma City, OK

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://www2.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

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