

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

- FDA will require warnings about internal bleeding and liver damage be added to the [label of OTC analgesics](#).
- FDA Patient Safety News addresses 2 separate safety issues: [Methadone and hidden sources of Acetaminophen](#)
- The [DEA](#) and Department of Justice issued a report on the threat of [Controlled Prescription Drug](#) abuse. The accuracy of the "Intelligence" report is questionable with street values listed for non-existent liquid OxyContin.
- The American Pain Society has posted a [response to the FDA proposal of restricting access to opioids](#), and [urges all with an interest in pain management to respond](#) to the FDA by the June 30 deadline.
- Use the American Pain Foundation petition to [prevent REMS from limiting access to analgesics](#) for pain.
- NUCYNTA ([tapentadol](#)) a CII novel opioid & norepinephrine re-uptake inhibitor is [now available](#) in the U.S.

Journal Watch All items are accessible via MGH computers. MGHers can obtain articles from their eJournal selection or 'Order Articles' service accessed through the [Treadwell home page](#), then 'Quick Picks' banner on left.

- Downey L, Engelberg RA, Curtis JR, et al. (2009). Shared priorities for the [end-of-life](#) period. *Journal Pain Symptom Manage*, 37:175-88. Demographics, pain intensity, research participation, and values shape priorities.
- Nafziger AN & Bertino JS. (2009) Utility and application of [urine drug testing in chronic pain](#) management with opioids *Clinical Journal of Pain*, 25:73-79. When used thoughtfully UDT, can be a useful tool in chronic pain management. Clinicians should recognize test limitations, consider individual patient factors and discuss difficult to interpret findings with laboratory director before altering treatment based on the test.
- Van Dorp EL, Kest B, Kowalczyk WJ, et al. (2009). [Morphine-6beta-glucuronide](#) (M6G) rapidly increases pain sensitivity independently of opioid receptor activity in mice and humans. *Anesthesiology*, 110:1356-1363 Opioid-induced hyperalgesia can be caused by the metabolite M6G causes hyperalgesia in humans. Animal models also support the role of the N-methyl-D-aspartate (NMDA) receptors in causing this paradoxical effect.
- Gold JI, Mahrer NE, Yee J, et al. (2009). [Pain, fatigue, and health-related quality of life](#) in children and adolescents with chronic pain. *Clinical Journal of Pain*, 25 :407-12. Findings demonstrated that fatigue is a significant problem affecting the quality of life and school absenteeism for children with chronic pain.
- Swafford KL, Miller LL, Tsai PF, et al. (2009). [Improving the process of pain care in nursing homes](#): A literature synthesis. *Journal of the American Geriatrics Society*, 57 :1080-1087. Use of on-site consultants, protocols, decision-making algorithms, QA monitoring, and interdisciplinary care improves pain management.
- Pasero C, Puntillo K, Li D, et al. (2009) Structured approaches to [pain management in the ICU](#). *Chest*, 135 (6):1666-1672. Delineates the multidisciplinary, patient-centered process for overcoming endemic barriers.
- Fillingim RB, King CD, Ribeiro-Dasilva MC, et al. (2009) Sex, [gender and pain](#): A review of recent clinical and experimental findings. *Journal of Pain*, 10 (5):447-485, Women are at greater risk for many prevalent pain conditions. They also endure more postoperative and procedural pain with practice/research suggestions made.
- Cano A, Miller LR, Loree A. (2009). [Spouse beliefs about partner chronic pain](#). *Journal of Pain*, 10 (5):486-492. The effect of spousal beliefs is suggested to have important implications on mood and disability. This study provides a framework and a tool to further study this aspect of persons living with chronic pain.

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

- A [Consumer Report survey of people with low back pain](#), exercise and manual therapies (massage, chiropractic care, physical therapy) were the best treatments, even better than medication. [14,000 study participants]
- Two studies published this month ([A](#) & [B](#)) support the use of Cupping Therapy to relieve different pain types
- [Qigong and exercise therapy](#) for 3-6 months didn't seem to help older adults with chronic neck pain.

Pain Resources on the Web

- Institute for Safe Medication Practices(ISMP) [warns against using basal rates on opioid naïve](#) PCA patients
- Micke Brown reviews strategies for being an advocate for people living with pain on the [ESP](#) website
- Pain Topics.org now offers a free [twitter](#) feature disseminating real-time pain news and educational offerings.
- A new website [www.painconnection.org](#) is dedicated to helping chronic pain sufferers and their families.
- [LegitScript](#) is a private organization whose mission is to assist consumers and businesses in determining which online pharmacies operate safely and in compliance with Federal and state laws and regulations, as well as with accepted medical standards and ethics.
- New CE-credit [courses for pharmacists](#) are available on PainEDU.org
- See an interview with Howard A. Heit, MD on [Informed Consent and Opioid Management Plans](#)

Pain-Related Education Opportunities

- Sun-Wed July 19-22: Integrative Medicine: [Approaches to Relieving Pain and Suffering](#) San Francisco
- Fri July 31: [Promoting Excellence in Pain Management and Palliative Care for Social Workers](#) Duarte, CA
- Wed-Fri Sept. 2-4 [Pain Resource Nurse](#) (18th Annual) Course City of Hope Duarte, CA
- Wed-Sat September 9-12: [PAINWeek](#) '09 Multiple pain and primary care organizations unite for a first annual conference to disseminate knowledge and tools to frontline clinicians treating patients in pain. Las Vegas, NV
- Sat-Tue Sept 12-15: [American Society for Pain Management Nursing Conference](#) (19th annual) Jacksonville, FL

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 (on break until September)* . 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

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