

# 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

- [EMBEDA](#) a new extended-release morphine was approved by the FDA with interim REMS. The unique Narcan and talc additives are intended to be “abuse-deterrent.” It can be swallowed whole or sprinkled on applesauce once or twice a day; but if chewed or injected the additives make for an unpleasant experience.
- September is Pain Awareness Month and September 26<sup>th</sup> is [National Day of Action](#). See details & helpful tools.
- The [Zelrix patch](#) did well in Phase III clinical trials and may become the 1<sup>st</sup> patch of its type for migraines.
- [APS urged the FDA to modify a restrictive REMS program](#) for newly approved pain medication.

**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.

- AGS Guidelines (2009) Pharmacological Management of [Persistent Pain in Older Persons](#) *JAGS*, 57:1331–46
- Taddio A, Crosdale B, Hogan ME, et al. (2009). Safety of [morphine in nonintubated infants](#) in the neonatal intensive care unit. *Clinical J of Pain*, 25:418-22. Morphine depressed respirations in non-intubated neonates.
- Chappell AS, Littlejohn G, Kajdasz DK, et al. (2009). A 1-year [safety and efficacy study of duloxetine](#) in those with fibromyalgia. *Clinical J of Pain*, 25:365-75. Despite pain reduction benefits, 21% stopped (side effects).
- Mangels M, Schwarz S, Worringer U, et al. (2009). Evaluation of a [behavioral-medical inpatient rehabilitation](#) treatment including booster sessions: a randomized controlled study. *Clinical Journal of Pain*, 25:356-64. Multidisciplinary rehabilitation (w/ coping skills training) improves outcomes vs. traditional orthopedic rehab.
- Manchikanti L, Boswell MV, Singh V, et al. (2009) Comprehensive Evidence-Based Guidelines for [Interventional Techniques in the Management of Chronic Spinal Pain](#). *Pain Physician*, 12:699-802. New guide to evaluating and treating neck & back spinal pain (with/without disk herniation) using interventional methods.
- Meier PM, Zurakowski D, Berde CB, et al. (2009). [Lumbar Sympathetic Blockade in Children](#) with Complex Regional Pain Syndromes. *Anesthesiology*, 111 :372–380.
- Arendt-Nielsen L, Olesen AE, Staahl C, et al. (Epub ahead of print) Analgesic Efficacy of Peripheral kappa-Opioid Receptor Agonist CR665 Compared to Oxycodone in a Multi-modal, Multi-tissue Experimental Human Pain Model: Selective Effect on Visceral Pain. *Anesthesiology*, 2009. A [selective kappa-opioid receptor agonist](#) reduced visceral pain but not that of pinch, pressure or temperature; may be better tolerated than oxycodone.
- Kallmes DF, Comstock BA, Heagerty PJ, JA, et al. (2009) A randomized trial of vertebroplasty for osteoporotic spinal fractures. *N Engl J Med.*, 361:569-79. [Vertebroplasty patients failed to improve](#) pain/function better than placebo, confirming a [recently published similar trial](#) by Buchbinder.
- McCabe SE, Boyd CJ, Cranford JA, et al. (2009). [Motives for Nonmedical Use of Prescription Opioids](#) Among High School Seniors in the United States. *Arch Pediatr Adolesc Med.* 2009;163(8):739-744. Non-medical opioids were used by 12% of the > 12,000 high-school seniors studied. Half were self-treating pain.
- Rogovik AL, Li Y, Kirby MA, JN, et al. (2009). Admission and length of stay due to [painful vasoocclusive crisis in children](#). *American J of Emergency Medicine*, 27 :797-801. Higher pain scores predict longer stays.

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- Corcoran TB, Haigh F, Seabrook A, et al. (2009). The [quality of internet-sourced information](#) for patients with chronic pain is poor. *Clinical J of Pain*, 25 :617-23. Only 2 of 27 top websites were rated as good or excellent.
- Mercadante S, Costanzo BV, Fusco F, et al. (2009). [Breakthrough Pain in Advanced Cancer Patients Followed at Home: A Longitudinal Study](#). *J Pain Symptom Management* [epub ahead of print]. Half of cancer patient reported uncontrolled pain on admission to home palliative care. Medication for breakthrough pain helped.
- Benitez-Rosario MA, Salinas-Martin A, Aguirre-Jaime A, et al. (2009) [Morphine-methadone opioid rotation](#) in cancer patients: analysis of dose ratio predicting factors. *J Pain Symptom Management* , 37:1061-8. Patients rotated to methadone due to intolerable side effects need greater dose reductions than those switched for pain.
- Heiskanen T, Matzke S, Haakana S, et al (2009). [Transdermal fentanyl in cachectic](#) cancer patients. *Pain* [epub ahead of print]. Absorption is impaired in cachectic patients compared with non-cachectic cancer patients.
- Simon LS, Grierson LM, Naseer Z, et al. (2009). [Efficacy and safety of topical diclofenac](#) containing dimethyl sulfoxide (DMSO) compared with those of topical placebo, DMSO vehicle and oral diclofenac for knee osteoarthritis. *Pain*, 143:238-45. Safety and efficacy of topical diclofenac established for knee arthritis.

## CAM

- Jenkinson CM, Doherty M, Avery AJ, et al. (2009) Effects of [dietary intervention and quadriceps strengthening](#) exercises on pain and function in overweight people with knee pain: randomised controlled trial. *BMJ*, 339 :b3170. Exercise and diet improved pain and functioning related to knee pain. Weight loss improved mood.
- Chen JY, Chang CY, Feng PH, et al. (2009). [Plasma vitamin C is lower in postherpetic neuralgia](#) patients and administration of vitamin C reduces spontaneous pain but not brush-evoked pain. *Clinical J of Pain*, 25 :562-9.
- Palermo TM, Wilson AC, Peters M, et al. Randomized controlled trial of an Internet-delivered family [cognitive-behavioral therapy intervention for children and adolescents](#) with chronic pain. *Pain* [epub ahead of print]. Internet-based family CBT for reduced pain and improving function for young people with chronic pain.
- [Parent-performed massage](#) eases the pain, anxiety and depression of children with Sickle Cell disease.

## Pain Resources on the Web

- New Joint Commission “[Speak up](#)” brochure urges parents to report a child’s pain and prevent errors.
- Educational [Webinars](#) on pain physiology, strategies to improve safety & outcomes and more.
- New resources and information related to migraines are available [Migraine Resource Network](#) free registration
- Resources for chronic pain patients at [PainAction](#) with information, tools, strategies & advice. Free registration.
- See new guidelines for [choosing non-opioids for arthritis](#) from the Agency of Healthcare Research and Quality.
- Medical, legal, nursing, psychology & pharmacy experts discuss [multimodal therapy & drug risk assessment](#).

## Pain-Related Education Opportunities

- 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](#) (19<sup>th</sup> annual) Jacksonville
- Fri-Sun Oct 23-25, [Bridging the Gaps in Pain Care](#) Alliance of State Pain Initiatives San Francisco
- Fri-Sat Nov 13-14 Training Course for Pain Resource Nurse ([PRN](#)) [Program Coordinators](#) in Chicago

## MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.* Mailing: [ttoland@partners.org](mailto:ttoland@partners.org)
- *Palliative Care Grand Rounds held Wednesdays at 8:00am in the Ether Dome.* Mail: [nalawless@partners.org](mailto: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](http://www.massgeneral.org/painrelief/Newsletter/mghpain_connection.htm)

Previous Pain Topics articles: [http://www.massgeneral.org/painrelief/Pain%20Topics/mghpain\\_paintopics\\_index.htm](http://www.massgeneral.org/painrelief/Pain%20Topics/mghpain_paintopics_index.htm)

MGH Pain Resources Page: [http://www.massgeneral.org/painrelief/MGH\\_Pain\\_Resources.htm](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/>

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