

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 10, No. 4

April 2011

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

- Risk Evaluation Mitigation Strategies were announced by the FDA on April 19, 2011 that [require training for all prescribers of long-acting opioids](#). This will involve products that contain: [hydromorphone, oxycodone, morphine, oxymorphone, methadone, transdermal fentanyl & transdermal buprenorphine](#). Training of professionals must be done and patient education materials available for distribution by early 2012. Listen to the FDA announcement of opioid REMS at 3pm until June 17th by calling: (866)463-4969.
- The World Health Organization Released a new set of [Policy Guidelines for Controlled Substances](#) for balance
- A Washington State [law limits doses](#) uncertified physicians can prescribe for chronic pain (scroll down to see).

Journal Watch All items are accessible via MGH computers/library. MGHers can obtain other articles from through the [Treadwell home page](#); go to 'Order Articles' under the 'Quick Picks' banner on the left.

- Hadden S, Burke C, Skotcher S, et al (2011) [Early postoperative outcomes in children after adenotonsilectomy](#). *Jo PeriAnesthesia Nurs*, 26 (2): 89-95. Almost 70% of children had moderate-severe pain. Low O₂ saturation was common (25%) with airway obstruction & vomiting less common but these were not related to opioid use.
- Zhang J, Ho KY, Wang Y. (2011). [Efficacy of pregabalin in acute postoperative pain](#): a meta-analysis. *Br J Anaesth*. 106 (4):454-62. Perioperative pregabalin reduces opioid consumption and related adverse effects.
- Miller M, Stürmer T, Azrael D, et al. (2011). [Opioid analgesics and the risk of fractures in older adults](#) with arthritis. *J Amer Geriatrics Soc*, 59 (3):430-438. Although at greater risk for other reasons, older adults initiated on opioids are at higher risk for fracture than those placed on NSAIDs for the first 2 weeks of therapy.
- Bohnert AS, Valenstein M, Bair MJ, et al. (2011). Association between opioid prescribing patterns and opioid overdose-related deaths. *JAMA*, 305:1315-21. From 150,000 veterans records prescribed opioids (2004-2005), 99.96% did not die from an overdose, but those who did were prescribed more opioids. [Veterans prescribed over 100mg/day oral morphine had 4X's the risk of an overdose death](#) compared with those getting < 20mg/day.
- Lam DK, Schmidt BL. (2011). Orofacial pain onset predicts transition to head and neck cancer. *Pain*, 152 (5):1206-9. [Facial pain that worsens with eating/talking raises a yellow flag](#) for the risk of possible oral cancer.
- Rosser BA, McCracken LM, Velleman SC, et al. (2011). Concerns about medication and medication [adherence in patients with chronic pain](#) recruited from general practice. *Pain*, 152 (5):1201-5. Patient concerns about medication and trust in their prescriber predicted their adherence pattern. Factors to assess are identified.
- Gianni W, Madaio AR, Ceci M, et al. (2011). Transdermal Buprenorphine for the treatment of chronic non-cancer pain in the oldest old. *J Pain Sympt Manag*, 41 :707-14. Among [older adults using TDS buprenorphine](#) 75% had much less pain as well as better mood, sleep and activity levels without cognitive impairment..
- Caputo M, Alwair H, Rogers CA, et al. (2011). Thoracic epidural anesthesia improves early outcomes in [patients undergoing off-pump coronary artery bypass surgery](#): A prospective, randomized, controlled trial. *Anesthesiology*. 114 (2):380-90. The addition of thoracic epidural to anesthesia significantly cuts the incidence of postoperative arrhythmias & the overall quality of recovery, allowing earlier extubation / hospital discharge.

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

Journal Watch (continued)

- Edlich RF, Mason SS, Vissers RJ, et al. (2011). Revolutionary advances in enhancing patient comfort on [patients transported on a backboard](#). *Am J Emerg Med*, 29 (2):181-161. To reduce discomfort and prevent acquired skin ulcers, an air mattress covering over backboards was tested and its use is recommended.
- Bril V, England J, Franklin GM, et al. (2011). Evidence-based guideline: [Treatment of painful diabetic neuropathy](#): *PM& R*, 3:345-352. [Same Document to be published in *Neurology*] Pregabalin is the best supported first-line treatment. Other antiepileptics, antidepressants, opioids, or topical agents also help.
- Russell IJ, Holman AJ, Swick TJ, et al. (2011). Sodium oxybate reduces pain, fatigue, and sleep disturbance and improves functionality in fibromyalgia: results from a 14-week, randomized, double-blind, placebo-controlled study. *Pain*, 152 (5):1007-1017. Sodium oxybate, also known as the “date rape” drug [GHB significantly reduced pain and fatigue while improving sleep & daytime functioning for fibromyalgia](#) patients.
- Groudine S, Fossum S. (2011). [Use of intravenous acetaminophen](#) in the treatment of postoperative pain. *Jo Perianesth Nurs*, 26 (2):74-80. A review that explores the efficacy and tolerability of this newly available drug.
- Lane MD, Le HB, Lee S, et al. (2011). Combination radiofrequency ablation and cementoplasty for palliative [treatment of painful neoplastic bone metastasis](#): experience with 53 treated lesions in 36 patients. *Skeletal Radiol*, 40(1):25-32. Combining RFA & cementoplasty cut pain in half with some side effects & complications.

CAM (Complementary and Alternative Medicine)

- A critical review of research suggests [acupuncture may be best for neck pain](#), but it is not always risk-free.
- Have you thought [about using complementary and alternative](#) methods, but are not sure how to get started?

Pain Resources on the Web

- A good description of the new 7-day pain patch, [transdermal Buprenorphine](#) can be found on [Pain-Topics.org](#)
- [Get REMS smart](#) with information in the Timely Topics section of the resource-rich website [PainEDU.org](#).

Pain-Related Education Opportunities

- Throughout May, “Dinner Dialogs” on [Persistent Pain in Older Adults](#) are available in different locations
- Thu-Sat May 19-21 [American Pain Society 30th Annual Meeting](#) The latest in science, & practice Austin, Texas
- Thu May 26th Bridging the Gap between Primary Care & Pain Medicine: Interactions between Pain, Addiction & Primary Care Boston, 6-9pm MGH Ether dome with reception to follow. Contact [rkulich@partners.org](#)
- Thu-Fri June 2-3rd The [Art & Science of Palliative Nursing](#) will be held in the Boston Mass. Great faculty!

MGH Pain Calendar`

- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: [ttoland@partners.org](#) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am.* Mail: [nalawless@partners.org](#)

MGH Pain Resources:

PainRelief web site: <http://www.massgeneral.org/painrelief/>

The MGH Center for Translational Pain Research: [MGH Center for Translational Pain Research](#)

Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>

MGH Pain Medicine: [Massachusetts General Hospital Department of Anesthesia, Critical Care and Pain Medicine - Clinical Services > MGH Pain Management](#)

MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>

Primary Care Office InSite (PCOI) (Clinician and patient information): http://oi.mgh.harvard.edu/pcoi/frontpage_frames.asp

Intranet site for MGH use to locate pain assessment tools and policies. <http://intranet.massgeneral.org/pcs/Pain/index.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