

# 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 17<sup>th</sup> 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 O<sub>2</sub> 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](mailto: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](mailto: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 30<sup>th</sup> 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](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](#)