

# 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

- [New York law now mandates palliative care information be provided](#) to patients/families with terminal illness.
- The [Global Year Against Acute Pain](#), was recently launched by IASP with useful multilingual resources.
- The national [movement towards expanding drug testing](#) has gotten some productive employees with pain fired.
- [The AMA will analyze pain & palliative care education, standards and practice](#) while limiting non-MD practice
- Xanodyne & FDA have voluntarily [withdrawn propoxyphene \(Darvocet\) from market due to cardiotoxicity](#)

**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.

- Lemay K, Wilson KG, Buenger U, et al. [Fear of pain](#) in patients with advanced cancer or in patients with chronic noncancer pain. *Clin J Pain*. [ePub ahead of print] Comparing over 100 patients in each group, fear of pain limits functioning similarly with or without cancer. Those without cancer report more pain & depression.
- Ethier C, Burry L, Martinez-Motta C, et al. [Recall of intensive care unit stay](#) in patients managed with a sedation protocol or a sedation protocol with daily sedative interruption *J. Crit Care*. [Epub ahead of print] Over 50% of patients recalled experiencing moderate or extreme pain, anxiety, & fear in the ICU 3 days later.
- Ballas SK, Bauserman RL, McCarthy WF, et al. (2010). [Hydroxyurea and acute painful crises in sickle cell anemia: Effects on hospital length of stay and opioid utilization during hospitalization, outpatient acute care contacts, and at home.](#) *J Pain Symptom Manage*. [ePub ahead of print]. Hydroxyurea use was associated with shorter hospitalizations, fewer readmissions due to acute painful episodes and fewer days needing opioids
- Sambo CF, Howard M, Kopelman M, et al. (2010). Knowing you care: [Effects of perceived empathy](#) and attachment style on pain perception. *Pain*. [ePub ahead of print]. Social presence effects physiologic responses to pain. Depending on the person's way of relating to others it can also affect their perception of pain. Pain is reportedly lower for some people in the presence of a highly empathetic person; but others are better off alone.
- Bushnell BD, Sakryd G, Noonan TJ. (2010). Hamstring donor-site block: evaluation of pain control after [anterior cruciate ligament reconstruction](#). *Arthroscopy*, 26(7):894-900. Hamstring donor-site block injected through an arthroscopy improved pain immediately post-operation and 2 hours later.
- Richmond CF. (2010) [Interstitial Cystitis](#): Chronic, common and sometimes complicated to treat. *American Nurse Today*, 5 (11) :19-24. Nice review of the disease, treatment options and impact of psychosocial factors.
- Lee DM, Pendleton N, Tajar A. (2010). [Chronic widespread pain is associated with slower cognitive processing speed in middle-aged and older European men.](#) *Pain*, 26, (8):30-36. Response speed not content affected.
- Jackson JL, Shimeall W, Seeums L, et al. (2010). [Tricyclic antidepressants and headaches](#): systematic review and meta-analysis. *BMJ*. 2010;341:c5222. Most people with migraine or tension headaches benefit from TCAs
- Paul JE, Arya A, Hurlburt L, et al. (2010). [Femoral nerve block improves analgesia outcomes after total knee arthroplasty: a meta-analysis of randomized controlled trials.](#) *Anesthesiology*, 113:1144-62. Less pain, opioids, fewer side effects and better functioning support the femoral nerve blocks with or without sciatic block added.

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Massachusetts General Hospital

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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)

- Smith AK, Cenzer IS, Knight SJ, et al. (2010). The epidemiology of [pain during the last 2 years of life](#). *Ann Intern Med*, 153 (9):563-569. A large study shows 26% have unrelieved pain in last 2 years of life with half of patients having uncontrolled moderate or severe pain during the last month of life, regardless of cause of death.
- Borghi B, D'Addabbo M, White PF, et al. (2010). The use of prolonged peripheral neural blockade after lower extremity amputation: the effect on symptoms associated with [phantom limb syndrome](#). *Anesth Analg.*, 111 :1308-15. Continuous infusions for up to 30 days cut the incidence of severe phantom pain to 3% at 1 year.
- Twycross A (2010) [Managing pain in children](#): where to from here? *J Clin Nursing*, 19 (15-16):2090-2099. Improvements are needed in terms of education, institutional support, attitudes, practice and decision-support.
- Lewandowski AS, Palermo TM, Stinson J, et al. (2010). Systematic review of family functioning in families of children and adolescents with chronic pain. *J Pain*, 11(11):1027-38. [Children with chronic pain](#) generally have poorer family functioning, chiefly with high intensity pain, which in turn contributes to pain-related disability.
- Cohen LL, Vowles KE, & Eccleston C. (2010) The [impact of adolescent chronic pain on functioning](#): disentangling the complex role of anxiety. *J Pain*, 11 (11):1039-46. Pain with added anxiety predicts poorer physical/social functioning and was related to fewer physician visits, although it was not linked to attendance.
- Gordon DB, Polomano RC, Pellino TA, et al. (2010) Revised American Pain Society Patient Outcome Questionnaire (APS-POQ-R) for quality improvement of pain management in hospitalized adults: preliminary psychometric evaluation. *J Pain*, 11(11):1172-86. This important tool [measures & improves the quality of care](#) including 1) pain severity & relief; 2) impact of pain on activity, sleep, & emotions; 3) treatment side effects; 4) helpfulness of patient education; 5) participation in pain treatment decisions and 6) use of non-drug strategies.

## CAM (Complementary and Alternative Medicine)

- The [Arthritis Foundation Tai Chi Program](#) helps improve mobility, breathing, balance & relaxation.
- [Mirror visualization therapy](#) may work to prevent and treat bothersome phantom limb sensations and pain.

## Pain Resources on the Web

- The International Association for the Study of Pain has assembled the works of thought leaders from around the world and make the text [Guide to Pain Management in Low-Resource Settings](#) available free of charge.
- Newly launched PainSAFE targets how physicians & patients can [avoid abuses and misuses of pain treatments](#)

## Pain-Related Education Opportunities

- Tue-Wed Dec 14-15 The NIH [Conference on Musculoskeletal Pain](#) Science to Practice held in Bethesda MD
- Fri-Sun Dec 3-5 A [Neuropathy Summit](#) will bring together providers & patients will be in Washington DC

## MGH Pain Calendar`

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

### MGH Pain Resources:

Pain Relief Intranet Site with Policies and Pain Assessment Tools: <http://intrnet.massgeneral.org/pcs/Pain/index.asp>

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

Previous issues of *Pain Relief Connection*: [MGH Cares About Pain Relief Initiative](#)

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>

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](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>

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