

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

- Effective Jan.1, 2011 all [prescribers in Massachusetts must be trained](#) in effective pain management, assessing substance abuse risk and counseling patients about the safe use, storage and disposal of opioids for licensure.
- [Xgeva](#) to reduce bone pain and other skeletal-related events in patients with bone metastases from solid tumors.
- [Intravenous Acetaminophen](#) (Ofirmev) received FDA approval for managing pain / fever in adults & children.
- Support the international “Declaration of Montreal” that [access to pain treatment is a fundamental human right](#).
- The Institute of Medicine will discuss current gaps and how to advance [future pain research, education & care](#)
- [Duloxetine](#) is now FDA approved to treat chronic musculoskeletal pain, including osteoarthritis & back pain.
- Florida hires [doctors to review pain management clinic records](#) to determine if they are legitimate or pill mills.

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.

- Voepel-Lewis T, Burke CN, Jeffreys N, et al. Do 0-10 numeric rating scores translate into clinically meaningful pain measures for children? *Anesth Analg*. [ePub ahead of print]. The [numeric scales are a valid way to measure of pain in children](#), but the variability in scores in relation to other clinical data suggests that using cut-points for individual treatment decisions (e.g. linking a medication dose to a score) is inappropriate.
- Lunn TH, Kristensen BB, Andersen LO, et al. Effect of [high-dose preoperative methylprednisolone](#) on pain and recovery after total knee arthroplasty: a randomized, placebo-controlled trial. *Br J Anaesth*. [ePub ahead of print]. Measures of pain, functioning, fatigue, opioid use, nausea & vomiting were better, sleep was worse.
- Atkinson TM, Rosenfeld BD, Sit L, et al. Using confirmatory factor analysis to evaluate construct validity of the Brief Pain Inventory (BPI). *J Pain Symptom Manage*. [ePub ahead of print]. Increasingly being considered the standard measure for pain in research and policy development, the BPI showed strength in its psychometric properties and [suggests 3 domains be assessed, the intensity of pain and its interference with mood & activities](#).
- White PF, Tang J, Wender RH, et al. (2011) The effects of [oral ibuprofen and celecoxib in preventing pain](#), improving recovery outcomes and patient satisfaction after ambulatory surgery. *Anesth Analg*. [ePub ahead of print] Although the primary endpoint of time to resumption of normal activities of daily living was not improved, patients taking celecoxib or ibuprofen used less opioid and were less constipated placebo controls.
- Sinatra R. (2010) Causes and consequences of inadequate management of acute pain. *Pain Medicine*, 11 (12):1859-1871 [access article here]. [Undertreatment of pain](#) remains a prevalent problem despite advances. Suboptimal attitudes, educational barriers for both physicians / patients and clinical skills remain top barriers.
- Butler SF, Budman SH, Fanciullo GJ, et al. (2010). Cross validation of the Current Opioid Misuse Measure (COMM) to monitor chronic pain patients on opioid therapy *Clinical Journal of Pain*, 26 (9). 770-776 The 17-item COMM is a reliable and valid screening tool for [identifying patients who currently misuse opioids](#).
- Smetzer J, Baker C, Byrne FD, et al. (2010). Shaping systems for better behavioral choices: lessons learned from a fatal medication error. *Joint Comm J Qual Patient Safety*. 4 :152-63. A patient died because an [epidural medicine infused in an IV line](#). The nurse was criminally charged & the system of care was revamped.

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Massachusetts General Hospital

PainRelief@Partners.org • <http://www.MassGeneral.org/PainRelief>

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Journal Watch (continued)

- Neely GG, Hess A, Costigan M, et al. (2010). A genome-wide drosophila screen for heat nociception identifies $\alpha 2\delta 3$ as an evolutionarily conserved pain gene. *Cell* 143, 628–638. Likely [genetic link to pain sensitivity](#) found
- Allen KD, Oddone EZ, Coffman CJ, et al. (2010) Telephone-based self-management of osteoarthritis: A randomized trial. *Ann Intern Med.* 153 :570-9. A [telephone-based osteoarthritis self-management program](#) produced moderate improvements in pain, particularly compared with a health education control group.
- Takai Y, Yamamoto-Mitani N, Okamoto Y et al. (2010). Literature Review of Pain Prevalence Among Older Residents of Nursing Homes. m *Pain Manage Nurs.*, 11 (4):209-23. [Pain is common in nursing homes](#) negatively impacts activities of daily living and quality of life. Given inconsistent methods, prevalence studies should be interpreted cautiously, but higher pain intensity is related to inadequate analgesia & cognitive status.
- Portenoy RK, Burton AW, Gabrail N, et al. (2010). Long-term safety, tolerability, and consistency of effect of [fentanyl pectin nasal spray for breakthrough cancer pain](#) in opioid-tolerant patients *J Opioid Man*, 6 (5):319-28. This spray was safe & began working in 5 minutes to produce significant pain reduction in 90% of patients.
- Jensen MP. Psychosocial approaches to pain management: An organizational framework. *Pain.* [ePub ahead of print] This proposed theoretical framework was designed to improve our understanding of [how psychosocial factors shape the pain experience and related disability](#), to guide research and practice.
- Voscopoulos C, Lema M. (2010) When does [acute pain become chronic](#)? *Br J Anaesth.* 105 Suppl 1:i69-i85. Nice review of the physiology and pathophysiology of pain delineating how the chemical and physical makeup of neurons and immune scavenger cells all play a key role in the transformation of acute to chronic pain.

CAM (Complementary and Alternative Medicine)

- Relaxation training, biofeedback and cognitive-behavioral therapy effectively [prevent migraine headaches](#).
- New Functional MRI [evidence confirms that acupuncture relieves pain](#) by modulating key centers in the brain.
- Plantar fasciitis can be treated with [regularly simple stretching exercises](#) better than expensive shock waves.

Pain Resources on the Web

- The International Association for the Study of Pain (IASP) has assembled the works of thought leaders from around the world and make the text [Guide to Pain Management in Low-Resource Settings](#) available for free.
- The Nurse Practitioner Healthcare Foundation has a white paper on [Managing Chronic Pain with Opioids](#)
- The IASP also has a global initiative to showcase & share [best practices in preventing/reducing pain in children](#)
- Earn continuing education credits through a variety of on-line programs offered by [Emerging Solutions in Pain](#)
- Newly launched PainSAFE targets how physicians & patients can [avoid abuses and misuses of pain treatments](#)

Pain-Related Education Opportunities

- Wed Jan 12 5PM [Pain Management for Advanced Practice Nursing](#) 1 CE Credit at Mass. Gen. Hospital Boston

MGH Pain Calendar`

- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: DKallis@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/>

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

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

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