

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

- The FDA issued a [class I recall of Medtronic's SynchroMed](#) (models II and EL) implantable infusion pumps and refills kits, because the drug can be inadvertently injected into the subcutaneous tissue instead of the pump.
- The FDA has [recalled 3 lots of Hydrocodone](#) because of a label mix-up with Phenobarbital
- FDA approved a [REMS for Abstral \(fentanyl\) sublingual tablets](#) for treating breakthrough cancer pain.
- The Institute of Medicine will host its final meeting exploring [current state of pain research, care & education](#); then develop national priorities. [Attend](#) or submit your ideas about [needed improvements](#) in the field & care.
- Consumer Reports segment [Pain is tough to treat](#) suggests only 53% of patients' pain is minimized by doctors. Only 37% of doctors felt they were highly effective and 31% of patients were highly satisfied with pain relief.
- March 7th Time Magazine cover story examines [chronic pain as a disease](#) (difficult to treat) & a related [video](#).
- ["Texting Tendinitis"](#) a new pain disorder being seen increasingly in teens who text more than 4 hours/day.

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.

- Chou R, Qaseem A, Owens DK, et al. (2011). [Diagnostic Imaging for Low Back Pain](#): Advice for High-Value Health Care from the American College of Physicians. *Ann Intern Med*, 154 :181-189. Diagnostic imaging is overused & counterproductive. Use only with severe progressive deficits or signs of a serious causal disorder.
- Drwecki BB, Moore CF, Ward SE, et al. [Reducing racial disparities in pain treatment](#): the role of empathy and perspective-taking. *Pain [ePub ahead of print]*. A series of experiments examined baseline treatment biases & tested an empathy-inducing intervention that reduced biases associated with pain treatment disparities by 55%.
- Klit H, Finnerup NB, Andersen G, et al. (2011). Central [post-stroke pain](#): A population-based study. *Pain [epub ahead of print]*. Following central stroke >50% of people have hypersensitivity to pain or dysesthesias.
- Vervoot T, Huguet A, Verhoeven K, et al. (2011) [Mothers' and fathers' responses to their child's pain](#) moderate the relationship between the child's pain catastrophizing and disability. *Pain [epub ahead of print]*. Parental responses to their child's pain to affect the adverse impact of the child's thinking which influence pain outcomes
- Lavonas EJ, Reynolds KM, Dart RC. (2010). Therapeutic [Acetaminophen is not associated with liver injury in children](#): A systematic review. *Pediatrics*, 126 (6): e1430-e1444. Although few case reports exist, in 62 high quality studies involving over 32,000 children there were no reports of death, rescue medication or transplants.
- Naliboff BD, Wu SM, Schieffer B, et al. (2011). A Randomized Trial of [2 Prescription Strategies for Opioid Treatment of Chronic Nonmalignant Pain](#). *J of Pain*, 12 (2):288-296 Compared to no increase for 1 year, those with titration had slightly improved relief; but didn't have better functioning or increased risk of opioid misuse.
- Chapman CR, Donaldson GW, Davis JJ, Bradshaw DH. (2011) Improving individual measurement of postoperative pain: [The Pain Trajectory](#) *The Journal of Pain*, 12 (2): 257-262. Effective assessment of pain is associated with better outcomes. The acute pain trajectory quantifies both intensity and rate of pain resolution. Determining if pain increases, decreases or is unchanged is proposed to help identify abnormal patterns.
- Chaney DM & Strash WW. (2010). [Forefoot Pain](#) *Clinics in Podiatric Medicine and Surgery*, 27 (8) The entire issue is dedicated to medical, surgical and traumatic causes of pain in the forefoot. Nice content review.

MGH Cares About Pain Relief

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Journal Watch (continued)

- Palermo TM, Wilson AC, Lewandowski AS, et al. (2011) Behavioral and psychosocial factors associated with [insomnia in adolescents with chronic pain](#) *Pain*, 152(1):89-94. More than half of children with chronic pain have insomnia. Level of pain intensity may not be as important as bedtime racing thoughts, worry, and anxiety.
- Taddio A, Ilersich AL, Ipp M, et al. (2009). Physical interventions and injection techniques for reducing [injection pain during routine childhood immunizations](#): systematic review of randomized controlled trials and quasi-randomized controlled trials. *Clinical Therapeutics*, 31 (Suppl 2):S48-76. Five recommendations help reduce injection pain, including: child's position, vaccine selection and order, technique & physical stimulation
- Von Korff M, Merrill JO, Rutter CM, et al. [Time-scheduled vs. pain-contingent opioid dosing](#) in chronic opioid therapy. *Pain [epub ahead of print]*. A study of 1781 chronic pain patients show scheduled dosing yielded higher doses and more patient/family concerns about opioid dependence. Minimal advantage was seen.
- Kiely DK, Givens JL, Shaffer ML, et al. (2010). [Hospice use and outcomes](#) in nursing home residents with advanced dementia. *J Am Geriatr Soc*, 58(12):2284-91. Few nursing home residents with advanced dementia received hospice care. Those who got hospice had fewer unmet needs, less pain & dyspnea at the end of life.
- Choi WJ, Hwang SJ, Song JG, et al. (2011) [Radiofrequency treatment relieves chronic knee osteoarthritis](#) pain: A double-blind randomized controlled trial *Pain*, 152 (2011) 481–487. Radiofrequency ablation of genicular nerves led to significant pain reduction & functional improvement in a subset of 38 older adults with knee pain.
- Morasco BJ, Gritzner S, Lewis L, et al. (2011). Systematic review of prevalence, correlates, and treatment [outcomes for chronic non-cancer pain in patients with comorbid substance use disorder](#) *Pain*, 152 488-497. Research examining chronic pain treatment usually excludes those with a current substance abuse disorder. Studies that have included these patients suggest opioids appear equally effective for those with and without substance use disorder, but the paucity of research about treatment outcomes currently fails to guide clinicians.
- Daniels SE, Goulder MA, Aspley S, et al. (2011) A randomised, five-parallel-group, placebo-controlled trial comparing the efficacy and tolerability of [analgesic combinations](#) including a novel single-tablet combination of ibuprofen/paracetamol for postoperative dental pain *Pain*, 152 : 632-642. For dental pain the combination of ibuprofen/acetaminophen beat ibuprofen/codeine, which were superior to acetaminophen/codeine or placebo.

CAM (Complementary and Alternative Medicine)

- [Acupuncture for chronic low back pain](#) is cost-effective & may be preferred in patient-centered models of care
- [Acceptance & commitment therapy](#) integrates mindfulness and is as effective as cognitive-behavioral therapy.
- [Chiropractic care](#) provides slightly better pain & disability levels when added to treatments for low back pain.
- Research supports the benefits [yoga](#) provides to people with chronic back, arthritis, cancer & fibromyalgia pain

Pain Resources on the Web

- The National Cancer Institute recently updated their PDQ on [Cancer pain](#) a good review, but misses many new products. CME/CE series from neurobiology, to proven clinical strategies, challenges and future directions.
- [Prescribing laws by the state](#) available through Medscape as updated in February, 2011.
- The American Chronic Pain Association released their [2011 consumer guide to pain medications & treatments](#).

Pain-Related Education Opportunities

- Thu-Sun March 24-27 [American Academy of Pain Medicine](#) Annual Meeting Washington DC
- Sun-Thu April 3-7 [American Society of PeriAnesthesia Nurses](#) National Conference Seattle, WA
- Thu – Sat May 19-21 [American Pain Society](#) will hold its 30th Annual Scientific Meeting in Austin, TX.

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

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