

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

- 1.1 million older adults went to the [ED in 2008 for adverse drug reactions](#), 9% for opioids & 8% for NSAIDs.
- King Pharmaceuticals announced a [voluntarily recalled of EMBEDA](#) (morphine / naltrexone)
- The [DEA will take back drugs that are expired, unused & unwanted drugs](#) 10am–2pm Saturday, April 30th

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.

- Sauberan JB, Anderson PO, Lane JR, et al. (2011). [Breast milk hydrocodone](#) and hydromorphone levels in mothers using hydrocodone for postpartum pain. *Obstet Gynecol*, 117 (3):611-7. Breastfed neonates received only about 1% of the hydrocodone dose & metabolite considered effective for older infants through breast milk.
- Yu HY, Tang FI, Yeh MC, et al. (2011). [Use, perceived effectiveness, and gender differences of pain relief](#) strategies among the community-dwelling elderly in taiwan. *Pain Manag Nurs*, (1): 41-9. Older adults of both genders use similar strategies with limited effectiveness from conventional, psychological & CAM approaches.
- Mehta A, Cohen SR, Carnevale FA, et al. (2010). [Strategizing a game plan](#): family caregivers of palliative patients engaged in the process of pain management. *Cancer Nurs*, 33 (6):461-469. To best manage pain at home, families must accepting responsibility, seek information and work with prescribers to tailor interventions
- Gilron I, Wajsbrot D, Therrien F, et al. (2011). [Pregabalin for Peripheral Neuropathic Pain](#): A Multicenter, enriched enrollment, randomized withdrawal placebo controlled trial. *Clin J Pain*, 27 (3):185–193. Pregabalin effectively reduced pain in 2/3 of patients with peripheral neuropathic pain while improving mood and sleep.
- Cleary BJ, Donnelly JM, Strawbridge JD, et al. (2011) [Methadone and perinatal outcomes](#): a retrospective cohort study. *Am J Obstet Gynecol*, 204 (2):139. Mothers taking methadone throughout pregnancy are twice as likely to have poor outcomes such as very preterm birth, small for gestational age and major congenital defects.
- Dy SM. (2010). [Evidence-based approaches to pain in advanced cancer](#). *Cancer J*, 16 (5):500-506.
- Daugherty SE, Pfeiffer RM, Sigurdson AJ, et al. Nonsteroidal Antiinflammatory Drugs and Bladder Cancer: A Pooled Analysis. *Am. J. Epidemiol.* [ePub ahead of print] A database of a half-million people suggest that [those who take nonaspirin NSAIDs have almost half the risk of developing bladder cancer](#) over a 1 year period.
- Lionberger DR, Jousselein E, Lanzarotti A, et al (2011). Diclofenac epolamine topical patch relieves pain associated with ankle sprain. *Journal of Pain Research*, 2011 (4): 47 – 53. [Topical Diclofenac](#) alleviates pain associated with ankle sprains 4 hours; better than placebo at 1 week with 3% developing adverse effects.
- Maund E, McDaid C, Rice S, et al. (2011). Paracetamol and selective and non-selective non-steroidal anti-inflammatory drugs for the [reduction in morphine-related side-effects after major surgery](#): a systematic review. *Br J Anaesth*, 106:292-7 Combinations lower morphine requirement, but there is not a significant reduction in side effect burden. NSAIDs do cut nausea and vomiting better than acetaminophen but increase bleeding risk.
- Ruscheweyh R, Deppe M, LohmannH, et al. (2011). [Pain is associated with regional grey matter reduction](#) in the general population *Pain*, 152 (4). 904-911. These results support earlier studies that severe or chronic pain, reduce grey matter volume compared to the general population. These changes are reversible after pain stops.

MGH Cares About Pain Relief

Massachusetts General Hospital

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Journal Watch (continued)

- Lumley MA, Leisen JCC, Partridge RT, et al (2011). Does [emotional disclosure about stress](#) improve health in rheumatoid arthritis? Randomized, controlled trials of written and spoken disclosure *Pain*, 152 (4) 866-877. Both written and spoken disclosure help RA patients (a little) particularly at 6 months, but effects are limited.
- McDonald DD, Gifford T, Walsh S. (2011). Effect of a [virtual pain coach](#) on older adults' pain communication: a pilot study. *Pain Manag Nurs*, 12(1):50-6. Older adults who practiced talking with the virtual coach (that detected pauses and encouraged patients to say more) described relevant information re: pain more effectively to healthcare providers than those who got the same points through non-interactive videos.
- Hallström H, Norrbrink C. (2011). [Screening tools for neuropathic pain](#): Can they be of use in individuals with spinal cord injury? *Pain* 152, 4 : 772-779. The DN4 was better than the PD-Q, NPQ, and LANSS for detecting neuropathic pain. Hypoesthesia to touch, burning pain & numbness best identified who had post-SCI pain.
- Librach SL, Bouvette M, De Angelis C, et al. (2011). Consensus recommendations for the management of constipation in patients with advanced, progressive illness. *J Pain Symptom Manage*. 40 (5):761-673. Opioids are one of several causes of [constipation in seriously ill](#) patients. Vigilant assessment and targeted drugs help.
- Gustin SM, Wilcox SL, Peck CC, et al. (2011). Similarity of suffering: Equivalence of psychological and [psychosocial factors in neuropathic and non-neuropathic orofacial pain](#) patients *Pain*, 152 (4):825-832. The same distressing thoughts, feelings, and psychosocial impact was experienced despite different facial pain types

CAM (Complementary and Alternative Medicine)

- A therapeutic compound facilitating the absorption of [turmeric](#) is highly effective in treating osteoarthritis.
- Research supports the [effectiveness of guided imagery for musculoskeletal pain](#), but not conclusively for all.

Pain Resources on the Web

- Numerous podcasts addressing different sides of the issues related to [Bioethics of Pain](#) and other ethical topics.
- The [Massachusetts Pain Initiative](#) has a revised [Pain Management Pocket Tool](#) developed by national experts.
- [Pain-Topics.org](#) has a nice piece addressing issues with evidence-based medicine “[All that glitters is not gold](#)”
- The American Pain Foundation has created a wonderful resource called [PainSAFE](#), with information & toolkits

Pain-Related Education Opportunities

- Wed April 6 [Sensible Use of Opioids For Persistent Pain](#) MGH Haber Auditorium 7:45 – 9am Boston
- Tue April 26 Annual Center for Practical Bioethics Symposium “[Pain is a 4 letter word](#)” in Kansas City MO
- Thu-Sat May 19-21 [American Pain Society 30th Annual Meeting](#) The latest in science, & practice Austin, Texas
- Thu May 26th 6-9pm Bridging the Gap between Primary Care & Pain Medicine: Interactions between Pain, Addiction & Primary Care Boston, MGH Ether dome with reception to follow. Contact rkulich@partners.org

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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