

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

- Saturday, October 29th the DEA will hold a [“National Prescription Drug Take-Back Day,”](#) in many locations.
- Accidental overdoses, drug misuse, suicides and drug-induced diseases [kill more in U.S. than traffic fatalities.](#)
- Despite the prevalence of pain, [many patients have questions that go unanswered](#) about pain and its treatment
- Emerging research on [slightly altered ibuprofen](#) is revealing new insights on how it works and can be enhanced.
- The [Dr. Oz Show interviewed patients and top doctors](#) focusing on chronic pain as a poorly understood disease.

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.

- Mongardon N, Pinton-Gonnet C, Szekely B, et al. (2011). Assessment of chronic pain after thoracotomy: A 1-year prevalence study. *Clin J Pain.* 27(8):677-81. Half of people still have [pain a year after thoracotomy](#), that affects daily living for most. Chronic pain may be preventable by addressing multiple targets in the acute stage.
- Jarzyna D, Jungquist CR, Pasero C, et al. (2011). American society for pain management nursing guidelines on [monitoring for opioid-induced sedation and respiratory depression.](#) *Pain Manag Nurs,* 12(3):118-145. Great review of opioid-induced sedation with policy recommendations on risk-based monitoring of respiratory status.
- Mei W, Jin C, Feng L, et al. (2011). Bilateral Ultrasound-Guided Transversus Abdominis Plane Block Combined with Ilioinguinal-Iliohypogastric Nerve Block for Cesarean Delivery Anesthesia. *Anesth Analg,* 113(1):134-7 Small trial suggests multimodal therapy may improve [pain associated with C-section](#) without anesthesia. C-section pain during was relieved during cutting; but more is needed when the baby is removed.
- Moore RA, Derry S, McQuay HJ, Wiffen PJ. [Single dose oral analgesics for acute postoperative pain](#) in adults. *Cochrane Database of Systematic Reviews.* 2011;9(CD008659). Many pain relievers work well when given in single doses for mild to moderate acute (e.g. dental surgery) pain states; with ibuprofen among the best.
- Dempsey E, McCreery K. (2011). [Local anaesthetic eye drops for prevention of pain in preterm infants](#) undergoing screening for retinopathy of prematurity. *Cochrane Database Syst Rev,* 7;9:CD007645. Routine NICU screening examinations for retinopathy of prematurity are routinely performed and are a recognized cause of pain in the newborn. Topical anesthetic eye drops help, but nondrug interventions are also needed.
- Dableh LJ, Yashpal K, Henry JL. (2011) Neuropathic pain as a process: reversal of chronification in an animal model *J Pain Res,* 4 :315–323 Early intervention after nerve injury may reverse [neuropathic pain.](#)
- Meringola MP (2011). Just what the doctor ordered? Washington State’s regulatory barrier to chronic pain treatment. *Washington Legal Foundation,* 20 (20) ISBN 1056 3059. An exploration of the potential costs, benefits and harms of the new State [legislation limiting access](#) to pain medicines without a pain consult.
- Syazwan AI, Mohamad Azhar MN, Anita AR, (2011). Poor sitting posture and a heavy schoolbag as contributors to musculoskeletal pain in children: an ergonomic school education intervention program. *Journal of Pain Research,* 4 :287–296. The effects of [poorly designed school furniture and wearing schoolbags](#) weighing more than 10% of body weight are known to be painful to children. A single-session, early intervention, group ergonomics education program for children 8 - 11 years is appropriate and effective.

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Massachusetts General Hospital

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Journal Watch (continued)

- Fayers PM, Hjermstad MJ, Klepstad P, et al. (2011). The dimensionality of pain: Palliative care and chronic pain patients differ in their reports of pain intensity and pain interference. *Pain*, 152 (7):1608-1620. Although increased pain is clearly linked to a decline in functioning in both chronic pain and palliative care populations studied; [it is best to evaluate pain and functioning separately palliative care patients](#).
- Edwards RR, Wasan AD, Michna E, et al. (2011). Elevated pain sensitivity in chronic pain patients at risk for opioid misuse. *Journal of Pain*, 12 (9):953-963. [Patients at higher risk for drug abuse are more sensitive to pain](#), whether or not they were taking opioids. They tended to have higher levels of pain intensity and pain catastrophizing. The direction of causation is unclear, as is the importance of biological vs psychosocial factors
- Kroenke K, Wu J, Bair MJ, et al. (2011) [Reciprocal relationship between pain and depression](#): a 12-month longitudinal analysis in primary care. *J of Pain*, 12(9):964-73. Pain and depression are the most prevalent physical and psychological symptom-based disorders, and co-occur 30 - 50% of the time. Depression after the onset of has been long known; but depression as a risk factor for pain has not been confirmed until this study.
- Knudsen L, Finch PM, Drummond PD. (2011). The specificity and mechanisms of hemilateral sensory disturbances in [complex regional pain syndrome](#). *J of Pain*, 12(9):985-990. Ipsilateral forehead hyperalgesia to pressure pain was noted much more in CRPS patients compared with only chronic pain patients. This may lead to understanding the underlying mechanisms and new diagnostic tests for Complex Regional Pain Syndrome.
- Wong SY, Chan FW, Wong RL, et al. (2011) [Comparing effectiveness of mindfulness](#)-based stress reduction & multidisciplinary intervention programs for chronic pain: A randomized comparative trial. *Clin J Pain*, 27(8) :724-734. A mindfulness based program had a small, but similar effect on pain as a multidisciplinary program.
- Gupta A, Bjornsson A, Fredriksson M, et al. (2011). [Reduction in mortality after epidural anaesthesia](#) and analgesia in patients undergoing rectal but not colonic cancer surgery: a retrospective analysis of data from 655 patients in Central Sweden. *Br J Anaesth*. 107(2):164-70. Patients undergoing rectal (not colon) surgery for cancer were half as likely to die within 5 years if they received epidural rather than patient controlled analgesia.
- Anand P, Bley K. (2011). [Topical capsaicin for pain management](#): therapeutic potential and mechanisms of action of the new high-concentration capsaicin 8% patch. *Br J Anaesth*, 107(4):490-502. Studies using high concentration topical capsaicin are changing previous notions about hypersensitivity that is likely mediated by diverse mechanisms, including altered capsaicin receptor TRPV1 & other key ion channels that transmit pain.

Pain Resources on the Web

- Pain Knowledge.org has a nice [toolkit for assessing and managing pain](#) for patients receiving opioid therapy.
- Geriatricpain.org helps healthcare providers [help older adults with pain](#), understand guidelines/regulations.

CAM (Complementary and Alternative Medicine)

- The National Center for Complementary and Alternative Medicine spotlights stress management methods (e.g. [relaxation techniques](#), [meditation](#), [Tai Chi](#), [yoga](#), and other techniques often useful for some forms of pain.
- Learn how to [safely try CAM](#) (Complementary and Alternative Medicine) approaches from PainAction page.
- Singing, playing an instrument or even just listening to [music soothes anxiety and pain](#) related to cancer.
- [Acupuncture and acupressure](#) may help reduce pain and improve satisfaction during labor and delivery.

Pain-Related Education Opportunities

- Thurs Oct 6th (9am Eastern) Center for Practical Bioethics will hold [Webinar on the IOM report on Pain](#) 2011
- Thurs Oct 13th (6:00pm) [Ethical Issues in Industry](#): An Interactive Forum across Specialties: Mass General
- Wed October 19 (5:00pm) Pain Management for APRNs: Sensible Use of Opioids email kpcs@partners.org
- Wed Dec 14th **New date** ISMP will present 1:30 – 3:00 ISMP webinar on [Hydromorphone Safety Initiatives](#)

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
- Intermediate concepts in pain assessment and management 8:00am – noon Tue. November 15th email [for info](#)

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