

PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

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In the News

- The FDA approves having a single Risk Evaluation Mitigation Strategy [REMS for Transmucosal Immediate-Release Fentanyl](#).
- The FDA has issued a [voluntary recall alert of Excedrin & Bufferin](#) & other OTC drugs including, because of broken or wrong-drug tablets
- A [public health advisory](#) was issued by the FDA because [some opioid tablets may be mislabeled](#) or mixed in with other opioid tablets.
- Beginning February 1, all [MDs must complete pain, addiction and palliative care education](#) in the State of Massachusetts
- The GAO asks Federal Agencies to coordinate efforts and [measure outcomes when requiring education](#) on prescription opioid abuse.

Journal Watch

All items are accessible via MGH computers/library. MGHers can obtain other articles from through the [Treadwell home page](#)

- Chapman CR, Davis J, Donaldson GW, et al. (2011). [Postoperative Pain Trajectories in Chronic Pain Patients](#) Undergoing Surgery: The Effects of Chronic Opioid Pharmacotherapy on Acute Pain. *J Pain*, 12 (12):1240-1246. Chronic pain patients taking long-term opioids preoperatively have much higher initial pain levels than other chronic pain patients, but recovery rates are equally slow for both groups.
- Michelet D, Andreu-Gallien J, Bensalah T, et al. (2012). A Meta-Analysis of the Use of Nonsteroidal [Antiinflammatory Drugs for Pediatric Postoperative Pain](#). *Anesth Analg*, 114 (2):393-406. Perioperative NSAID administration reduces post-op opioid use & nausea/vomiting.
- Pieh C, Altmeyden J, Neumeier S, et al (2011). Gender differences in outcomes of a multimodal pain management program. *Pain*, 153(1):197-202. [Multimodal therapy helps both genders](#), but women appear to improve more in functioning than men.
- Bennett MI, Rayment C, Hjermstad M, et al. (2012). Prevalence and aetiology of neuropathic pain in cancer patients: a systematic review. *Pain*, 153(2):359-65. An estimated [20-30% of cancer pain is neuropathic](#) in nature; often secondary to treatment.
- Blinderman CD. (2012). Do surrogates have a right to refuse pain medications for incompetent patients? *J Pain Symptom Manage*, 43 :299-305. Ethical issues balancing concerns regarding [the duty to treat and surrogate decision making](#) are reviewed in a poignant case.
- Pizzo PA, Clark NM. (2012). [Alleviating suffering 101](#)--pain relief in the United States. *N Engl J Med*. 2012;366:197-9. A must-read.
- Gerrits MM, Vogelzangs N, van Oppen P, et al. (2012). Impact of [pain on the course of depressive and anxiety disorders](#). *Pain*, 153(2):429-36. Pain location in the joints and duration of over 90 days is shown to worsen depressive and anxiety disorders.

Journal Watch (continued) [MGHers can obtain articles through the [Treadwell home page](#)]

- Griffin DW, Harmon DC, Kennedy NM. (2012). Do patients with chronic low back pain have an altered level and/or pattern of physical activity compared to healthy individuals? A systematic review of the literature. *Physiotherapy*, 98(1):13-23. With proper treatment, low back pain can adjust daily patterns to remain as active as controls, however [older adults with chronic pain are less able to remain active](#).
- Braden JB, Young A, Sullivan MD, et al. (2012) Predictors of Change in [Pain and Physical Functioning Among Post-Menopausal Women](#) with Recurrent Pain Conditions in the Women's Health Initiative Observational Cohort *J Pain*. 2012 Jan;13(1):64-72. Post-menopausal women who are obese have a 50% higher risk of worsened pain and 80% risk of deteriorated functioning over a 3 year period.
- Brogan SE, Winter NB. (2011). [Patient-controlled intrathecal analgesia](#) for the management of breakthrough cancer pain: a retrospective review and commentary. *Pain Med.*, 12 (12):1758-68. The use of a hand-held device to administer intrathecal medication boluses significantly reduced the need to take analgesics by other routes.

Pain Resources on the Web

- A number of [powerful short films](#) showing the problems of untreated and undertreated pain at end of life around the world.
- A useful [chart of adjuvant medications for neuropathic pain](#) medications is listed on the Monthly Prescribing Reference website.
- GlobalRPH.com has their standard and a [new enhanced opioid equianalgesia calculator](#) to help guide changes in therapy.
- New American Society of Addictions Medicine Policy Statement on [Measures Address Prescription Drug Diversion, Misuse & Addiction](#)

CAM (Complementary and Alternative Medicine)

- A [meditation technique](#) can help breast cancer survivors improve their emotional and physical well-being
- [Music interventions](#) administered by music therapists or health professionals reduces cancer pain and anxiety
- [Swearing](#) improves the ability to tolerate experimentally induced pain better for people who swear infrequently than habitual swearers.

Pain-Related Education Opportunities

- Thu – Sun Feb 23–26 The [American Academy of Pain Medicine](#) will have its Annual Meeting in Palm Springs, CA
- Thu Feb 2, 3:00-5:15pm Join [Tufts University](#) as host of the World Premier of [LIFE Before Death](#) at Wolf Audi

MGH Pain Calendar

- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: email [Tina Toland](#) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am.* email: [Margaret Spinale](#)
- Need-to-know Basics of Pain Management: Friday February 10th Founders 325 at 8-9am email [for info](#)
- Drop-in 45 minute sessions [Using the Right Pain Tool for the Right patient in the Right way](#) hourly 7am-4pm Tue Feb 22nd Founders 325

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order : #279 for Chronic Pain; #280 for Cancer Pain; #281 for Communicating Pain; #282 for Prescription and Non-prescription Pain Medications; @3283 for Postoperative Pain

Excellence Every Day Pain Portal Page: http://www.mghpcs.org/eed_portal/eed_pain.asp

The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>

MGH Pain Medicine: http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain

MGH Palliative Care: <http://www.massgeneral.org/palliativecare/>

MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>

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

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To be added to or removed from the Pain Relief Connection mailing list, send an email to PainRelief@partners.org