

# 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 DEA now allows nurses to relay chart orders to pharmacies for [to ease access opioids in nursing homes](#).
- The FDA has approved: [Botox](#) for chronic migraines & single-use, syringes of [Relistor](#) for opioid-constipation.
- The FDA has recalled some [Transdermal Fentanyl](#) products that releases drug too quickly, as well as recalling [Tylenol 8 hour caplets](#) that have an objectionable smell, after a series of 2010 [recalls for J&J](#) OTC products.
- NIH has issued a formal [call for nominations to the Interagency Pain Research Coordinating Committee](#).

**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.

- Upshur CC, Bacigalupe G, Luckmann R. (2010) "They Don't Want Anything to Do with You": Patient Views of [Primary Care Management of Chronic Pain](#). *Pain Med*, October 1. Patients feel disrespected and distrusted, suspected of drug-seeking, and having their symptoms dismissed as not worthy of treatment. They responded better when feeling listened to, trusted, have an accessible provider who provides patient-focused primary care.
- Shear ML, Adler JN, Shewakramani S, et al. (2010). [Transbuccal fentanyl for rapid relief](#) of orthopedic pain in the ED. *Am J Emerg Med*, 28 :847-52 Transbuccal fentanyl, worked faster and better than oxycodone.
- Ho KY, Tay W, Yeo MC, et al. (2010). [Duloxetine reduces morphine requirements after knee replacement surgery](#). *Br J Anaesth*, 105:371-6. In a small study, Duloxetine 60 mg 2hours pre-op & a second dose the next day; had the same pain, but used 1/3 less morphine than those getting placebo; without more or less side effects
- Chapman CR, Lipschitz DL, Angst MS et al. (2010). Opioid Pharmacology for chronic non-cancer pain in the United States: A research guideline for developing an evidence base. *J. of Pain*, 11 (9):807-829). Thought-leaders weigh in on the [type of research is needed to determine opioid indications](#), risk/benefit & effectiveness.
- Vincent CVH, Wilkie DJ, Szalacha L. (2010) Pediatric nurses' cognitive representation of children's pain. *J. of Pain*, 11 (9):854-863). Clinical judgment used to assess and manage pain is not consistent with best practices.
- Reese JB, Somers TJ, Keefe FJ, et al. (2010). Pain and functioning of rheumatoid arthritis patients based on marital status: [Is a distressed marriage preferable to no marriage?](#) *J. of Pain*, 11 (10):958-964. Marriage helps but pain, physical & mental functioning is linked to marital adjustment; so non-distressed marriages are better.
- Klazen CA, Lohle PN, de Vries J, et al. (2010). Vertebroplasty versus conservative treatment in acute osteoporotic vertebral compression fractures (Vertos II): an open-label randomised trial. *Lancet*, 376 (9746):1085-92. [Pain relief after vertebroplasty](#) is immediate, sustained for a year & better than usual care.
- Schreier A. (2010). Nursing care, [delirium and pain](#) management for the hospitalized older adult. *Pain Manag Nurse*, 11 (3) :177-185. Excellent review that helps the clinician hone assessment and treatment for this complex patient type. Pain is one factor that increases the risk for delirium in older adults. Once established, delirium the selection of an appropriate analgesic and using nondrug techniques can reduce pain and delirium.
- Macea DD, Gajos K, Calil YAD, et al. (2010). The efficacy of [web-based cognitive behavioral interventions](#) for chronic pain: A systematic review and meta-analysis. *J. of Pain*, 11 (10):917-929. Benefits are small but real and programs elements (outcomes, structure, duration of therapy) need further refinement to be optimal.

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To be added to or removed from the *Pain Relief Connection* mailing list, send an email to [pmarnstein@partners.org](mailto:pmarnstein@partners.org)

## Journal Watch (continued)

- Phillips WJ, Troutman G, Lerant A. (2010). Nerve [stimulator-assisted sciatic nerve block](#) for painful procedures in the ED. *Am J Emerg Med*. [ePub ahead of print]. A small case study supported the utility of tibial nerve block stimulation for fracture reduction, splinting, irrigation, and debridement of the leg, ankle, or foot.
- Smith PC, Schmidt SM, Allensworth-Davies D, et al. (2010). [A single-question screening test for drug use](#) in primary care. *Arch Intern Med*, 170(13):1155-1160. Asking “How many times in the past year have you used an illegal drug or used a prescription medication for nonmedical reasons?” may be a good screening question.
- Lynch-Jordan AM, Kashikar-Zuck S, Goldschneider KR. (2010). [Parent perceptions of adolescent pain](#) expression: The adolescent pain behavior questionnaire. *Pain*. [ePub ahead of print] Assessing pain behaviors provides more reliable and clinically meaningful information than solely recording pain intensity and disability.
- Woolf CJ. (2010). [Central sensitization](#): Implications for the diagnosis and treatment of pain. *Pain* [ePub ahead of print]. Nice review of central sensitization and other physiologic factors that intensify, spread & prolong pain
- Raichle KA, Romano JM, Jensen MP. (2010) [Partner responses to patient pain](#) and well behaviors and their relationship to patient pain behavior, functioning, and depression. *Pain*. [ePub ahead of print] Being overly negative or over-protective of patients demonstrating pain behaviors will generally result in poorer functioning.
- The first of a 10-part [Pain Management eNewsletter for Primary Care Providers](#) is now available online.

## CAM (Complementary and Alternative Medicine)

- The [effect of glucosamine/chondroitin are minimal](#) for arthritis of the hip or knee. Was prior research biased?
- While [TENS improves circulation](#) for healthy controls, it does not have the same benefit for coronary patients
- [Appropriately applied clinical massage therapy](#) creates many physiological benefits in addition to comfort.

## Pain Resources on the Web

- Terrific new website dedicated to helping professionals and patients understand safe opioid use [opioids911.org](#)
- In the Face of Pain; has new [advocacy, education & empowerment resources](#) for patient & professionals.
- Are you [ready for REMS?](#) Learn more and get access to helpful webinars, slides and other resources.

## Pain-Related Education Opportunities

- Wed Nov 10 [Advancing our Understanding of Safe Use of Acetaminophen](#) conference in Bethesda, MD (free)
- Tue-Wed Nov 16-17 The FDA is holding a conference on [Safe Medications Use](#) in Washington, DC
- Tue Nov 30th [Pain Management in the Interdisciplinary Practice of Palliative Care](#) Beth Israel, NY, NY
- Fri-Sun Dec 3-5 A [Neuropathy Summit](#) will bring together providers & patients will be in Washington DC

## MGH Pain Calendar

- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: [DKallis@partners.org](mailto:DKallis@partners.org) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am.* Mail: [nalawless@partners.org](mailto:nalawless@partners.org)

### MGH Pain Resources:

PainRelief web site: <http://www.massgeneral.org/painrelief/>

The MGH Center for Translational Pain Research: [MGH Center for Translational Pain Research](#)

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](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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