

# 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 posted its 334 page ruling, effective 6/1/10 on [Electronic Prescriptions for Controlled Substances](#)
- Op-Ed article was published in Seattle delineating how current [bills to curb drug abuse](#) may hurt patients.
- [Health Care bill included provisions of Pain Care Policy Act of 2009](#) - except for Public Awareness Campaign.
- CDC released, [Unintentional Drug Poisoning in the United States](#), citing opioids in 1/2 of poisonings or suicides

**Journal Watch** All items are accessible via MGH computers/library; MGHers can obtain articles from journals to which Treadwell Library does not subscribe through the [Treadwell home page](#), go to 'Order Articles' under the 'Quick Picks' banner on the left.

- Borneman T, Koczywas M, Sun VC, et al. (2010) [Reducing patient barriers](#) to pain and fatigue management. *J Pain Symptom Manage*, 39:486-501. Educating patients about best practices improved pain and fatigue levels.
- Jamison RN, Ross EL, Michna E, et al. (2010) [Substance misuse treatment](#) for high-risk chronic pain patients on opioid therapy: A randomized trial. *Pain [epub ahead of print]*. Chronic pain patients at high risk for aberrant drug behaviors benefit from a brief behavioral intervention to prevent prescription opioid misuse.
- Carstensen M, Moller AM. (2010). [Adding Ketamine](#) to morphine for IV patient-controlled analgesia for acute postoperative pain: a qualitative review of randomized trials. *Br J Anaesth*, 104(4):401-6. Thoracic surgery pts had less pain, opioid use and O<sub>2</sub> desaturation. Benefit did not extend to orthopedic surgeries in this small study
- Hoffman DL, Sadosky A, Duker EM, et al. (2010) How do changes in pain severity levels correspond to [changes in health status and function in patients with painful diabetic peripheral neuropathy?](#) *Pain [epub ahead of print]*. Lowering a pain classification by 1 category (severe to moderate to mild) improved function & health
- Nelson KL, Yaster M, Kost-Byerly S, et al. (2010). A national survey of american pediatric anesthesiologists: patient-controlled analgesia and other intravenous [opioid therapies in pediatric acute pain](#) management. *Anesth Analg*, 110:754-60. Pediatric PCA & other IV opioids are widely available, but need better safety systems.
- Lamb SE, Hansen Z, Lall R, et al. (2010). Group [cognitive behavioural treatment for low-back](#) pain in primary care: a randomised controlled trial and cost-effectiveness analysis. *Lancet*, 2010. Over 1 year, this intervention had a sustained effect for those with difficult subacute & chronic low-back pain; at a low cost to providers.
- Bailey B, Daoust R, Doyon-Trottier E, et al. (2010) Validation and properties of the [verbal numeric scale in children](#) with acute pain. *Pain [epub ahead of print]*. Numeric & descriptor scales are equivalent, but not VAS.
- Argoff CE.(2010). Clinical implications of [opioid pharmacogenetics](#). *Clin J Pain*, 26 10:S16-20. To optimize analgesia pharmacogenetic approaches help select drugs with best efficacy & fewest side effects for individuals
- Ali M, Winter DC, Hanly AM, et al. (2010). Prospective, randomized, controlled trial of [thoracic epidural](#) or patient-controlled opiate analgesia on perioperative quality of life. *Br J Anaesth*, 104 :292-7. Epidural analgesia with local anaesthetic and opioid improves QOL and better relief than IV-PCA after thoraco-abdominal surgery
- Fitzgibbon DR, Rathmell JP, Michna E, et al. (2010). [Malpractice Claims Associated with Medication Management for Chronic Pain](#). *Anesthesiology*. 2010. Claims including 50 deaths may be preventable by identifying patients at risk for problems and using vigilant, prudent professional practices to prevent misuse

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Massachusetts General Hospital

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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)

- Dworkin RH, Turk DC, Peirce-Sandner S, et al. (2010) Research design considerations for confirmatory [chronic pain clinical trials: IMMPACT recommendations](#). *Pain [epub ahead of print.]* The IMMPACT group convenes to standardize chronic pain trials to develop an interpretable evidence-base to guide practice.
- Hosoi M, Molton IR, Jensen MP, et al. Relationships among [alexithymia and pain intensity](#), pain interference, and vitality in persons with neuromuscular disease: Considering the effect of negative affectivity. *Pain [epub ahead of print.]* Patients unable to identify or label emotions, are likely to have more pain, distress & fatigue.
- McWilliams LA, Holmberg D. (2010). [Adult attachment and pain catastrophizing](#) for self and significant other. *Pain [epub ahead of print.]* Multiple psychosocial social factors (insecurity, attachment anxiety, helplessness) contribute to pain catastrophizing which in turn is known to affect important pain/disability outcomes.

## CAM

- A study of 1800 patients offered [inpatient integrative medicine](#) (holistic nursing, eastern medicine, massage, &/or music therapy) reported an immediate benefit with an average of 55% (2 point) reduction in pain scores.
- A [handheld magnetic device](#) effectively stopped a migraine attack within 2 hours for nearly 40% of patients.
- [Music after surgery](#) can be used as a therapeutic intervention to lower pain and may lower opioid requirement.
- [Distraction helps reduce](#) pain for children during uncomfortable procedural pain but simple reassurance doesn't

## Pain Resources on the Web

- Balanced report on a prescription [drug abuse prevention strategy](#) that doesn't hurt people with pain
- Get a guideline on your states [controlled substance regulations](#) online.
- Information for patients is available on the [prevention and treatment of opioid-induced constipation](#).
- American Gastroenterological Association posted information to help physicians and patients better understand, discuss and manage non-steroidal anti-inflammatory drug ([NSAID](#)) risks (e.g. cut bleeding ulcer rates with PPI)
- The ISMP has important information on [which pain patches can and can not be cut safely](#)(eg don't cut fentanyl)

## Pain-Related Education Opportunities

- Sat April 10<sup>th</sup> Healing with less hurting, [Pediatric Pain update](#) Mesa AZ
- Thu-Sat May 6-8<sup>th</sup> American Pain Society, 29<sup>th</sup> [Annual Scientific Meeting](#) Baltimore, MD

## New on the bookshelf

- Fishman SM, JC Ballantyne JC, Rathmell JP (eds) (2010) [Bonica's Management of Pain](#) (4<sup>th</sup> Ed) LWW. Considered the world's leading textbook and clinical reference in the world of pain management.
- Arnstein P. (2010) [Clinical Coach for Effective Pain Management](#). FA Davis. Delineates the nurse's role in acute and chronic pain management to safely and effectively treat pain in a comprehensive fashion.

## MGH Pain Calendar

- **Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.** Mailing: [ttoland@partners.org](mailto:ttoland@partners.org)
- **Palliative Care Grand Rounds held Wednesdays at 8:00am in the Ether Dome.** Mail: [nalawless@partners.org](mailto:nalawless@partners.org)
- Fri April 16<sup>th</sup> and May 14<sup>th</sup> [Pain Relief Champion 11<sup>th</sup> Annual Course](#) at Massachusetts General Hospital

### MGH Pain Resources:

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

Previous issues of *Pain Relief Connection*: [http://www.massgeneral.org/painrelief/Newsletter/mghpain\\_connection.htm](http://www.massgeneral.org/painrelief/Newsletter/mghpain_connection.htm)

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

MGH PCS educational offerings [http://www.massgeneral.org/PCS/The\\_Institute\\_for\\_Patient\\_Care/EDU/offerings.asp](http://www.massgeneral.org/PCS/The_Institute_for_Patient_Care/EDU/offerings.asp)

Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>

MGH Pain Medicine: [http://www.massgeneral.org/anesthesia/index.aspx?page=clinical\\_services\\_pain&subpage=pain](http://www.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain)

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)

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