

# 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>



Volume 9, No. 4

April 2010

### In this issue:

In the News	Page 1	Pain Resources on the Web	Page 2
Journal Watch	Page 1-2	Pain Education Opportunities	Page 2
CAM	Page 2	MGH Pain Calendar & Resources	Page 2

### In the News

- A Massachusetts study found that [despite universal coverage, patients suffer with](#) pain. Women, elderly and the poor struggle more to get their pain taken seriously & treated to improve daytime activities & sleep at night.
- Prevention Magazine and the Today Show reported on [7 Big Mistakes People Make Regarding Chronic Pain](#)
- FDA approved a once-daily ([extended release](#)) [formula of hydromorphone](#) Exalgo for mod-severe chronic pain.
- A [generic “lozenge on a stick” form of transmucosal fentanyl citrate](#) (equivalent to Actiq) is now available.
- FDA approved [a new formulation of OxyContin](#) that can't be easily altered to lower the drug's abuse potential.
- Check out the DEA ruling, effective 6/1/10 on [Electronic Prescriptions for Controlled Substances](#) with limits.
- Patient was awarded \$1 million because her physician [failed to assess, document and act](#) on her report of pain.
- The FDA announced a new [infusion pump safety initiative](#) including analgesic delivery devices to reduce harm

**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.

- Thompson LA, Knapp CA, Feeg V, et al. (2010). [Pediatricians' management practices for chronic pain](#). *J Palliative Med*, 13 (2):171-178. Only a third of pediatricians felt that managing their patient's chronic pain was their responsibility. Many are comfortable with prescribing acetaminophen, but not opioids for persistent pain.
- Arnstein P. (2010) Is my patient drug-seeking or in need of pain relief? *Nursing 2010*, 40 (5) :60-61. Describes key assessments to help professionals [distinguish drug-seeking from relief seeking behavior](#)
- Deyo RA, Mirza SK, Martin BI, et al. (2010). Trends, major medical complications, and charges associated with surgery for lumbar spinal stenosis in older adults. *JAMA*, 303 (13):1259-1265. Despite fewer surgeries, costs have increased as [more extensive fusions for spinal stenosis have a 3-fold risk of complications](#).
- Torrance N, Elliott A, Lee AJ, et al. (2010) Severe chronic pain is associated with increased 10 year mortality. A cohort record linkage study. *Eur J Pain*, 14(4):380-386. [Severe chronic pain increases the risk of death](#) by 49% from any cause and a 68% greater risk of cardiovascular-disease-related deaths than people without pain
- Aftab AR, Donnellan F, Zeb F (2010) [NSAID-induced colopathy](#). A case series. *J. Gastrointest Liver Dis*. 19 (1):89-91. The contribution of NSAID pain relievers to dyspepsia and upper GI bleeds is well know, but increasingly there are reports of treatable lower GI bleeds and Colopathy resulting from their use.
- Chorney JM, McGrath P, Finley GA. (2010) [Pain as the neglected adverse event](#). *CMAJ*, 182 (7): 732. Treating excessive pain as an adverse event is described as a strategy to promote best practices, remove obstacles to adequate management, and eliminate the common unnecessary cruelty so many patients endure.
- Chou R, Shekelle P. (2010) Will this patient [develop persistent disabling low back pain?](#) *JAMA*, 303(13):1295-1302. Researchers evaluated research already done by others to find predictors of patients who develop disabling low back pain. Of 197 studies reviewed only 20 met study criteria and none met all of the quality criteria. The best available evidence supports the need to pay more attention to psychosocial factors early on.

---

MGH Cares About Pain Relief

Massachusetts General Hospital

[PainRelief@Partners.org](mailto:PainRelief@Partners.org) • <http://www.MassGeneral.org/PainRelief>

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)

- Kirthi V, Derry S, Moore RA, et al. Aspirin with or without an [antiemetic for acute migraine headaches](#) in adults. Cochrane Database of Systematic Reviews. 2010;4(CD008041). High dose aspirin helps some people with migraine headaches, but the benefits must be weighed against potential harm if used too often. When combined with metoclopramide, 1000 mg of aspirin may provide safe, well-tolerated, cost-effective results.
- Wong EM, Chan SW, Chair SY. (2010) [Effectiveness of an educational intervention on levels of pain](#), anxiety and self-efficacy for patients with musculoskeletal trauma. *J Adv Nurs*, 66 (5):1120-1131. Structured education significantly lowers pain and anxiety for hospitalized patients while enhancing self-efficacy during hospitalization (before surgery to day 7), as compared to the control group. The experimental group had more requests for analgesics at day 2 only. There were no statistically significant effects on length of stay. At the 3-month evaluation, a statistically significant effect on anxiety level was found in favor of the experimental group
- Jamison RN, Butler SF, Busman SH, et al. (2010). [Gender differences in risk factors](#) for aberrant prescription opioid use. *J of Pain*, 11 (4): 312-320. Women tend to use opioids to reduce stress and improve sleep more than men, who are more likely than women to have an underlying substance abuse or addiction disorder. For all patients, closer monitoring of behaviors, urine screens, pill counts and adherence can reduce risk of drug abuse.

## CAM

- [Counting money can relieve pain](#) ... is it distraction or the power of cold hard cash?
- [Pulsed electromagnetic field \(PEMF\) therapy](#) has FDA-approved uses for pain and other ailments. See Review.
- Adult and [pediatric pain simulator](#) “games” are a valuable way to role model and teach the evaluation of pain.

## Pain Resources on the Web

- [Breakthrough Pain](#) in patients with chronic non-cancer pain on chronic opioid therapy: controversy & care.
- Recommendations for [safe disposal of unused medications](#), includes flushing selected drugs (includes opioids)
- [Talk-show on pain](#) including Ruth Westheimer on thinking and feelings related to pain and other topics.

## Pain-Related Education Opportunities

- Thu-Sat May 6-8<sup>th</sup> American Pain Society, 29<sup>th</sup> [Annual Scientific Meeting](#) Baltimore, MD
- Tue-Sat June 22-26<sup>th</sup> [Principles and Practice of Pain Medicine](#) CME course of Harvard Boston, MA
- Thu-Sun June 24-27<sup>th</sup> Annual (52<sup>nd</sup>) Scientific Meeting of [American Headache Society](#) LA, CA

## 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 May 14<sup>th</sup> [Pain Relief Champion 11<sup>th</sup> Annual Course](#) at Massachusetts General Hospital Day 2

### 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](#)

MGH PCS educational offerings

[http://www2.massgeneral.org/pcs/The\\_Institute\\_for\\_Patient\\_Care/EDU/Educational\\_Offering\\_Events\\_Calendar.pdf](http://www2.massgeneral.org/pcs/The_Institute_for_Patient_Care/EDU/Educational_Offering_Events_Calendar.pdf)

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](http://oi.mgh.harvard.edu/pcoi/frontpage_frames.asp)

*MGH Cares About Pain Relief*

Massachusetts General Hospital

[PainRelief@Partners.org](mailto:PainRelief@Partners.org) • <http://www.MassGeneral.org/PainRelief>

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

---

*MGH Cares About Pain Relief*

Massachusetts General Hospital

[PainRelief@Partners.org](mailto:PainRelief@Partners.org) • <http://www.MassGeneral.org/PainRelief>

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