

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. 5

May 2010

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In the News

- FDA Launched a new initiative to [Reduce Infusion Pump Risks](#) based on reports of over 56,000 adverse events and more than 500 deaths associated with the use of infusion pumps despite 87 pump recalls.
- Dozens of over-the-counter drugs made by McNeil for infants and children, including [Tylenol, Motrin, Zyrtec, & Benadryl products have been recalled](#) due to higher than listed drug concentrations and impurities. This follows a recall of [Arthritis Strength Tylenol](#) earlier this year for similar reasons.
- New [Palliative Sedation](#) guidelines delineate proper use at end of life when intolerable pain persists.
- The DEA will allow [electronic prescribing of controlled substance](#) effective June 1, 2010 with strings attached.

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.

- Fine P, Herr K, Titler M, The [cancer pain practice index](#): A measure of evidence-based practice adherence for cancer pain management in older adults in hospice care. *J Pain Symptom Manage*. 2010 May;39(5):791-802. Describes a tool developed to evaluate nurse and physician adherence to pain management guidelines.
- Blinderman CD. (2010). [Opioids, iatrogenic harm and disclosure](#) of medical error. *J Pain Symptom Manage*, 39 :309-13. A case review explores possible iatrogenic harm and asks "Is it a medical error at the end-of-life?"
- Clay F, Newstead SV, Watson WL, et al (2010). Bio-psychosocial [determinants of persistent pain](#) six months after non-life-threatening acute orthopedic trauma. *J Pain*, 11 (5) :420-430. High initial pain, blaming others for the injury & psychological distress are independent predictors persistent pain, its intensity & related disability.
- Claxton RN, Blackhall L, Weisbord SD, et al. (2010). [Undertreatment of symptoms](#) in patients on maintenance hemodialysis. *Jo of Pain & Symptom Manage*, 39 :211-8. Only 45% of patients with bone/joint pain reported receiving an analgesic medication. PCP's are more likely to treat distress with analgesics than specialists.
- Nieminen TH, Hagelberg NM, Saari TI, et al. (2010) [Grapefruit juice enhances the exposure to oral oxycodone](#). *Basic Clin Pharmacol Toxicol*. [epub ahead of print] Grapefruit juice does not enhance analgesic effect (despite increased in blood levels) but may increase side effects of oxycodone due to altered liver function.
- Twycross A. & Dowden SJ. (2009). Status of [pediatric nurses' knowledge about pain](#). *Pediatric Pain Letter*, 11 (3): 17-21. accessed @ www.childpain.org/ppl. Nursing education, experience and professional activities (e.g. participation with organizations or committees) contribute to knowledge about pediatric pain management.
- Anand KJ, Willson DF, Berger J, et al. [Tolerance and withdrawal from prolonged opioid use](#) in critically ill children. *Pediatrics*, 2010;125(5):e1208-e1225 Opioid tolerance is more profound in younger children, during critical illness, and when short-acting opioids are used for longer periods. Treatment options are reviewed.
- Weng YM, Chang YC, Lin YJ. (2010). [Triage pain scales cannot predict analgesia](#) provision to pediatric patients with long-bone fracture. *Am J Emerg Med*, 28 :412-7. Delays and ineffective analgesia are common.
- Reza FM, Zahra F, Esmaeel F, et al. (2010). Preemptive analgesic effect of ketamine in patients undergoing elective cesarean section. *Clin J Pain*, 26 :223-226. [Ketamine is not effective before a cesarean section](#).

MGH Cares About Pain Relief

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Journal Watch (continued)

- Huijnen IP, Verbunt JA, Peters ML, et al. (2010). Do [depression and pain intensity](#) interfere with physical activity in daily life in patients with Chronic Low Back Pain? *Pain* [ePub ahead of print]. The extent of depression with CLBP better predicts functioning (both objective & subjective measures) more than pain level.
- Eisenach JC, Curry R, Rauck R, et al. (2010) Role of [Spinal Cyclooxygenase](#) in Human Postoperative and Chronic Pain. *Anesthesiology*, 112(5):1225-1233. Based on the lack of effect from intrathecal ketorolac, it was concluded that spinal cyclooxygenase activity does not contribute to chronic or postoperative pain.
- Tang NK, Goodchild CE, Hester J, et al. (2010). [Mental defeat](#) is linked to interference, distress and disability in chronic pain. *Pain*, 149 (3):547-54 2010. Pain patients who feel mentally defeated reported a greater degree of pain, its interference with daily life, distress and disability. This concept joins with other potentially destructive psychosocial factors like anxiety, depression, helplessness and catastrophizing linked to disability.
- Moore RA, Straube S, Paine J, et al. (2010). [Fibromyalgia: Moderate and substantial pain intensity reduction](#) predicts improvement in other outcomes and substantial quality of life gain. *Pain*, 149 (2):360-364. Often people with fibromyalgia continue with ineffective therapies. Pain reduction is a simple and effective predictor of which patients should continue treatment, and which should discontinue and try an alternative therapy

CAM

- The [pain relieving properties of ginger](#) supplementation (raw or heated) cuts exercise-induced pain by 25%.
- Interpersonal and therapeutic skills may be more [important in acupuncture](#) than training of the acupuncturist.
- [Slow breathing reduced ratings of pain intensity and unpleasantness](#), particularly for moderate vs. mild pain.

Pain Resources on the Web

- [GeriatricPain.org](#) has many evidence-based tools that help nurses to better manage pain in older adults.
- The [American Chronic Pain Association](#) has a revised, easier to navigate website for people living with pain.

Pain-Related Education Opportunities

- Wed-Thu June 16-17th the [Art & Science of Palliative Nursing](#) held at Northeastern University, Boston, MA
- Tue-Sat June 22-26th [Principles and Practice of Pain Medicine](#) CME course of Harvard Boston, MA
- Thu-Sun June 24-27th Annual (52nd) 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
- *Palliative Care Grand Rounds held Wednesdays at 8:00am in the Ether Dome.* Mail: nalawless@partners.org

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

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

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

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