

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 FDA issued a Safety Alert regarding [SNRI drugs including Milnacipran](#) serious drug-drug interactions.
- FDA approved [Intranasal Ketorolac](#) (Sprix) [for <5 days treatment](#) of moderate to moderately-severe pain —
- The FDA added a warning of [suicide risk to the labels of tramadol](#), especially for high risk patients.
- The FDA will require new labeling for [proton pump inhibitors warning of the risk for pathological fractures](#).
- [Scott Reuben, MD, was sentenced](#) to six months in prison and fines for health care and research fraud.

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.

- Wolfe F, Clauw DJ, Fitzcharles M-A, et al. (2010) The American College of Rheumatology preliminary diagnostic [criteria for fibromyalgia](#) and measurement of symptom severity. *Arthritis Care & Research*, 62 (5):600-610. Proposes a new approach to diagnosing fibromyalgia to improve clinical practice and research.
- 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. Moderate to substantial reductions (>30-50%) in pain intensity are needed to yield significant functional improvements.
- Hauser W, Petzke F, Sommer C. (2010). [Comparative efficacy and harms](#) of duloxetine, milnacipran, and pregabalin in fibromyalgia syndrome. *J of Pain*, 11 (6):505-521. Different adjuvant medications have different risks and benefits. Matching symptoms to drug helps tailor to individual needs and comfort/function goals.
- Arnstein P. (2010) [Balancing analgesic efficacy with safety](#) concerns in the older patient. *Pain Management Nursing*, 11 (2 Suppl):S11-22. One of three articles in the supplement dedicated to pain in the older adults.
- Goebel JR, Sherbourne CD, Asch SM, et al. (2010). Addressing concerns about pain management and addiction risks. *Pain Management Nursing*, 11 (2):92-98. Not all nurses are comfortable addressing patients' [fears about addiction risks](#). More experienced nurses with higher self-efficacy tend to better address these fears
- Wheeler E, Hardie T, Klemm P, et al. (2010). [Level of pain and waiting time](#) in the Emergency Department. *Pain Management Nursing*, 11 (2):108-114. CDC data revealed that ¾ of patients presented with pain and 27% with moderate or severe pain received no analgesics. Delay to analgesics averages an hour, more for subgroups
- Massey T, Derry S, Moore RA, et al. (2010). [Topical NSAIDs for acute pain](#) in adults. *Cochrane Database of Systematic Reviews* 2010, 6 (No. CD007402). Selective short term use of topical NSAIDs is effective and safe.
- Makris UE, Kohler MJ, Fraenkel L. (2010). [Adverse effects of topical nonsteroidal antiinflammatory](#) drugs in older adults with osteoarthritis: a systematic literature review. *J Rheumatol*, 37(6):1236-43. Safer than oral, topical NSAIDs, have local (40%) and systemic (18%) effects; including GI bleed and warfarin potentiation.
- Dahm KT, Brurberg KG, Jamtvedt G, et al. (2010) Advice to [rest in bed versus advice to stay active](#) for acute low-back pain and sciatica. *Cochrane Database Sys Rev.*, 6 (No. CD007612) Normal activity is better than bed rest for the first 6 weeks of acute low-back pain yielding small, transient gains in comfort and function.
- Fosbol EL, Kober I, Torp-Pedersen, et al. (2010). Cardiovascular safety of nonsteroidal antiinflammatory drugs among healthy individuals. *Expert Opin Drug Saf* [ePub ahead of print] Evidence is mounting that even among healthy adults there's an [increased risk of MI, stroke and related deaths for all NSAIDs except naproxen](#).

MGH Cares About Pain Relief

Massachusetts General Hospital

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Journal Watch (continued)

- Forget P, Vandenhende J, Berliere M, et al. (2010). Do intraoperative analgesics influence breast cancer recurrence after mastectomy? A retrospective analysis. *Anesth Analg*, 110 :1630-5. Intraoperative administration of [ketorolac decreases the risk of breast cancer relapse](#) compared with other analgesics.
- Gehling M, Arndt C, Eberhart LH, et al. (2010) Postoperative analgesia with parecoxib, acetaminophen, and the combination of both: a randomized, double-blind, placebo-controlled trial in patients undergoing thyroid surgery. *Br J Anaesth*, 104:761-7. [Non-opioids effectively reduce opioid requirements](#) with an additive effect.
- Sullivan MD, Gaster B, Russo J, et al. (2010). Randomized trial of [web-based training about opioid](#) therapy for chronic pain. *Clin J Pain*, 26:512-7. Interactive web-based training focused on shared decision-making and communication skills improved knowledge and self management of opioids than the standard approaches.
- Bradley LA, Wohlreich MM, Wang F, et al. (2010). [Pain response profile of patients with fibromyalgia treated with duloxetine](#). *Clin J Pain*, 26 :498-504. Higher doses work quicker, but are no better than 60mg at 3 months.
- Green E, Zwaal C, Beals C, et al. (2010). [Cancer-related pain management](#): a report of evidence-based recommendations to guide practice. *Clin J Pain*, 26 :449-62. Eight quality guidelines agree on the best practices on how to assess, tailor drug and non-drug treatments, document; educate, and measure cancer-pain outcomes.
- James IG, O'Brien CM, McDonald CJ. (2010). A randomized, double-blind, double-dummy comparison of the efficacy and tolerability of low-dose [transdermal buprenorphine](#) (seven-day patches) with buprenorphine sublingual tablets in patients with osteoarthritis pain. *J Pain Symptom Manage* [epub ahead of print] The 7-day, buprenorphine patches are as effective as sublingual Buprenorphine and better tolerated.
- Montgomery GH, Schnur JB, et al. (2010). [Presurgery psychological factors predict pain, nausea & fatigue](#) one week after breast cancer surgery. *J Pain Sympt Man*, 39 (6):1043-52. Reduce pre-op distress for postop comfort

CAM

- People who practice [mindfulness meditation](#) are less worried about or bothered by pain than other people.
- [Acupuncture for temporomandibular disorders](#) reduces pain, while improving mouth opening and chewing.
- [Ginger reduces muscle pain](#) caused by overexertion whether take in the raw or cooked form.

Pain Resources on the Web

- [PainEDU](#) has a revised set of clinician tools such as drug-drug interaction, herbal therapies, side effect profiles
- [painACTION.com](#) is a self-management program for patients and clinicians , developed with NIH funding

Pain-Related Education Opportunities

- Wed-Sat Sept 22-25, [American Society for Pain Management Nursing](#) annual conference & 20th birthday MN
- Tue-Fri Sept 21-24, [American Academy of Pain Management](#) annual conference & Pain Week in Las Vegas

MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.* Mailing: DKallis@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](#)

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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