

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 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

- The FDA took action to limit the strength of [acetaminophen in prescription drug](#) products to 325mg per tablet.
- The [FDA approved sublingual Fentanyl](#) (Abstral) for the treatment of breakthrough pain in cancer patients.
- The [Institute of Medicine is assembling a blue ribbon committee examining pain](#) as a prominent public health problem, including the state of the science, professional training, patient care and [future need for improvements](#)

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.

- Leong L, Ninnis J, Slatkin N, et al. (2010). Evaluating the [Impact of Pain Management Education on Physician Practice Patterns—A Continuing Medical Education Outcomes Study](#), *J Canc Educ.* 25 :224–228. An intensive Pain Management Education effectively changes the practice patterns of motivated physicians.
- Joelsson M, Olsson LE, Jakobsson E. (2010) Patients' experience of pain and [pain relief following hip replacement surgery](#). *Journal of Clinical Nursing.* 19(19-20):2832-8. In depth interviews indicate that early pain control & professional services reduce the fear that prevents them from getting out of bed & rehabilitating.
- Chen IC, Liu ML, Twu FC, et al., (2010) Use of medication by [nursing home residents nearing end](#) of life: a preliminary report. *J Nurs Res.* 18(3):199-205. At the end of life, there is a need to recheck treatment priorities.
- Wylde V, Hewlett S, Learmonth ID, et al. [Persistent pain after joint replacement](#): Prevalence, sensory qualities & postoperative determinants. *Pain [ePub ahead of print]*. Persistent pain is more common after knee than hip surgery. Most have aching pain that is less intense/frequent than pain before surgery. Neuropathy is uncommon
- Payne R, Anderson E, Arnold R, et al. (2010) A rose by any other name: [Pain contracts/agreements](#). *Amer J Bioethics*, 10(11):5-12. Lacking data about the benefits, pain agreements are frequently used but may stigmatize, impede access to needed care & inadvertently harm; raising concerns about their universal use.
- Passik SD, Messina J, Golsorkhi A, et al. (2011). [Aberrant drug-related behavior observed](#) during clinical studies involving patients taking chronic opioid therapy for persistent pain and Fentanyl buccal tablet for breakthrough pain. *J Pain Symptom Manag*, 41(1):116-125. Among 1,160 patients on Fentanyl, few had problematic behaviors develop relating to opioid use when they were properly screened and monitored.
- Trelle S, Reichenbach S, Wandel S, et al. (2011). [Cardiovascular safety of non-steroidal anti-inflammatory drugs](#): network meta-analysis. *BMJ*, 342:c7086 Reviewing databases of more than 115,000 patient years. The overall death rate was (0.2%) low, but compared with placebo ibuprofen had the highest (3-fold) risk of stroke and diclofenac had a 4-fold increased risk of death from MI. Overall, Naproxen had best cardiovascular safety.
- Dewitte M, Lankveld JV, Crombez G. (2011). [Understanding sexual pain](#): A cognitive-motivational account *Pain*, 152 (2) 251–253. This review informs clinicians of the importance of integrating cognitive-motivational factors into assessment and treatment of patients with of dyspareunia, to address sexual & intimacy relations.
- Wideman TH, & Sullivan MJL. (2011). Differential [predictors of the long-term levels of pain intensity, work disability, healthcare use, and medication use](#) in a sample of workers' compensation claimants *Pain*, 153 (2): 239-464 . Pain catastrophizing is a differential predictor of long-term pain intensity, while fear of movement is linked to long-term work disability. Pain self-efficacy was a unique predictor of long-term medication use.

MGH Cares About Pain Relief

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Journal Watch (continued)

- Palermo TM, Wilson AC, Lewandowski AS, et al. (2011) Behavioral and psychosocial factors associated with [insomnia in adolescents with chronic pain](#) *Pain*, 152(1):89-94. More than half of children with chronic pain have insomnia. Level of pain intensity may not be as important as bedtime racing thoughts, worry, and anxiety.
- Raichle KA, Romano JM, Jensen MP (2011). [Partner responses to patient pain and well behaviors](#) and their relationship to patient pain behavior, functioning, and depression. *Pain*, 152(1):82-8. Well behaviors lower pain behaviors. Partners who discourage these behaviors (solicitous response) may contribute to dysfunction.
- Vase L, Nikolajsen L, Christensen B. et al. (2011). Cognitive-emotional sensitization contributes to wind-up-like pain in [phantom limb pain](#) patients. *Pain*, 152(1):157-62. Independent of anxiety or depression, nerve-sensitivity responds to catastrophizing, which accounted for 35% of the variance in phantom limb pain.

CAM (Complementary and Alternative Medicine)

- [Narrative empathy](#) helps clinicians gain a mutually beneficial understanding and provide culturally competent care by reviewing the patient and family's life events related to pain, suffering and values.
- [Repeated daily application of TENS results in a decrease in its hypoalgesic effect](#) by the 5th day for some pains
- [Mindfulness-based](#) pain programs seem to provide more benefit in quality of life than pain with fibromyalgia
- Mindfulness-based coping programs and [acceptance/commitment therapy](#) are not better than cognitive behavioral therapy but all are options to help people with chronic pain reduce pain & depression.
- [Meditation reduces sensitivity to pain](#), preventing it from being processed in brain's memory & emotion centers
- Nearly half of patients with chronic pain use CAM treatments. Many are ineffective or unproven, but may speak to the [need to do something when patients do not receive conventional treatments](#) with proven efficacy.

Pain Resources on the Web

- [Cancer pain](#) CME/CE series from neurobiology, to proven clinical strategies, challenges and future directions

Pain-Related Education Opportunities

- Wed-Sat February 16-19 American Academy of [Hospice & Palliative Medicine/Nursing](#) Annual mtg Vancouver
- Thu-Sun March 24-27 [American Academy of Pain Medicine](#) Annual Meeting Washington DC
- Sun-Thu April 3-7 [American Society of PeriAnesthesia Nurses](#) National Conference Seattle, WA

Per reader request: Recent Clinical Practice Guidelines available on line

- American Pain Society (2009) [Clinical guidelines for the use of chronic opioid therapy](#) chronic noncancer pain
- American Pain Society (2009) [Prediction and Identification of Aberrant Drug-Related Behaviors](#)
- American Geriatrics Society (2009) The [pharmacological management of persistent pain in older persons](#).
- VA / Department of Defense (2010) [Clinical guideline for the management of opioid therapy for chronic pain](#)

MGH Pain Calendar`

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