

# 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 International Association for the Study of pain announces 2011-2012 is [Global Year Against Headaches](#).
- With 1,300 FTE's monitoring 1.3 million registrants, the [DEA's diversion control measures are criticized](#).
- The [drug shortage of Fentanyl](#) citrate for injection may continue into next year due to manufacturing delays
- [Can migraine headaches disqualify a candidate](#) from pursuing the Presidency of the United States?

**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.

- De Ruddere L, Goubert L, Prkachin KM, et al. (2011). When you [dislike patients](#), pain is taken less seriously. *Pain*, 152 :2342-2347. Clinicians take the pain of patients they do not like less seriously than for likeable ones.
- Gallace A, Torta DM, Moseley GL, et al. (2011). The [analgesic effect of crossing the arms](#). *Pain*, 152:1418-23. Crossing the arms over the midline impairs processing of noxious hand stimuli & induces a state of analgesia.
- Kircher S, Zacny J, Apfelbaum SM, et al. (2011) Understanding and treating opioid addiction in a patient with cancer pain. *J of Pain*, 12 (10):1025-31. Case review of a 25 year old heroin addict diagnosed with leukemia. Succinct review of addiction neurobiology and strategies to [safely treated addicts with multimodal therapy](#).
- Vincent A, Whipple MO, Luedtke CA, et al. (2011). Pain and other symptom severity in women with fibromyalgia and a previous hysterectomy. *J of Pain Research*, 4 :325–329. Pain and other (e.g. fatigue) bothersome [symptoms are worse in women with a history of hysterectomy](#) with or without oophorectomy.
- SpinkMJ, Menz HB, Fotoohabadi MR, et al. (2011). Effectiveness of a multifaceted podiatry intervention to prevent falls in community dwelling older people with disabling foot pain: randomised controlled trial. *BMJ*, 342:d3411. Proper footwear, exercises, education & podiatry [reduced falls by 36% for those with foot pain](#).
- Kim D, Brown J. (2011). Efficacy and safety of [lumbar epidural dexamethasone](#) versus methylprednisolone in the treatment of lumbar radiculopathy: a comparison of soluble versus particulate steroids. *Clin J Pain*, 27 (6) :518-22. Dexamethasone was not as effective or long-lasting as methylprednisolone, but had fewer patients with increases in post procedural pain. Differences were not statistically significant due to a small sample size.
- Van Tilburg MAL, Spence NJ, Whitehead WE, et al. (2011). Chronic pain in adolescents is associated with suicidal thoughts and behaviors. *J of Pain*, 12(10):1032-1039. [Adolescents with chronic pain](#) have up to twice the risk of suicide as their counterparts without pain. Like adults, pain & depression heightened risk of suicide.
- Green CR, Hart-Johnson T, Loeffler DR. (2011). [Cancer-related chronic pain](#): examining quality of life in diverse cancer survivors. *Cancer*, 117(9):1994-2003. Among a diverse group of cancer survivors, 20% have chronic pain that reduces quality of life. Women are more frequently affected and blacks have worse pain.
- Kindermans, HPJ, Roelofs J, Goosens MEJB, et al. (2011). [Activity patterns in chronic pain](#): underlying dimensions and associations with disability and depressed mood. *J of Pain*, 12 (10):1049-58. Activity/pain avoidance, pacing and excessive (vs pain/task contingent) persistence were associated with poorer outcomes.
- Phifer J, Skelton K, Weiss T, et al. (2011). Pain symptomatology and [pain medication use in civilian PTSD](#) *Pain* 152 : 2233–2240. PTSD symptoms are linked to pain ratings and may share pathophysiologic pathways.

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## Journal Watch (continued)

- De Graaf J, van Lingen RA, Simons SH, et al. (2011). Long-term effects of routine morphine infusion in mechanically ventilated neonates on children's functioning: five-year follow-up of a randomized controlled trial. *Pain*, 152:1391-7. At age 5, those who received [neonatal morphine](#) had 6 point lower IQ scores than recipients of placebo. Visual motor integration, behavior, chronic pain, and quality of life was not affected.
- Skurtweit S, Furu K, Borchgrevink P, et al. (2011). To what extent does a cohort of new users of weak opioids [develop persistent or probable problematic opioid use?](#) *Pain*, 152 :1555-61. Among nearly 250,000 Norwegians prescribed a weak opioid in 2005, no more than 0.3% continued to need opioids 3 years later and 0.08% were also getting opioids from more than 3 doctors and were co-medicated with benzodiazepines.,
- Jensen TS, Baron R, Maija Haanpää M, et al. (2011). A new definition of neuropathic pain *Pain*, 152 : 2204–2205. [IASP Taxonomy group defends](#) the decision to change the [definition of neuropathic pain](#) in a way that no longer classifies certain conditions (e.g. fibromyalgia, CRPS, type 1, vulvodynia, interstitial cystitis, etc) as neuropathic pain; because a distinct somatosensory system lesion has not yet been found.
- Katz N, Borenstein DG, Birbara C, et al. (2011). [Efficacy and safety of tanezumab](#) in the treatment of chronic low back pain. *Pain*, 152 : 2248–2258. Tanezumab, a humanized anti-nerve growth factor antibody, provided effective pain relief in adults with chronic low back pain compared with naproxen or placebo. Side effects were experienced by more than half the participants including: headache, muscle, bone, joint & nerve pain.
- Wang F, Ruberg SJ, Gaynor PJ, et al. (2011). Early improvement in pain predicts pain response at endpoint in patients with fibromyalgia. *J of Pain*, 12 (10): 1088-94. Measurable improvement during the first 2 weeks of treatment with was highly predictive of [which fibromyalgia patients would do best with Duloxetine](#) at 3 months
- Beale M, Cella M, de C. Williams AC, et al. (2011). [Comparing patients' and clinician-researchers' outcome choice for psychological treatment of chronic pain.](#) *Pain*, 152 :2283-2286. Enjoyment of life and fatigue were valued by most patients but few researchers. Both groups think physical activity & emotional wellbeing is vital.
- Ellis J, Martelli B, Lamontagne C, et al. (2011). Improved practices for safe administration of intravenous bolus morphine in a pediatric setting. *Pain Manag Nurs*, 12 (3):146-153. Vigilant monitoring is needed to detect often signs of [respiratory depression in children after IV morphine bolus](#) that can be easily missed.
- Holsti L, Oberlander TF, Brant R. (2011). [Does breastfeeding reduce acute procedural pain](#) in preterm infants in the neonatal intensive care unit? A randomized clinical trial *Pain*, 152 :2575-2581. To reduce pain during blood draws, breastfeeding was no different (and breastfeeding skill was unaffected) than non-nutritive sucking. More study is needed as more proficient breast-feeders had lower pain scores & obtaining blood took less time.

## Pain Resources on the Web

- [Determining the right hourly morphine rate](#) for a palliative care patient, brief Medscape video and article.
- Nice explanation and animation reflect on the current notions that distinguish [chronic pain as a disease](#).
- American Pain Foundation has patient [education materials for a variety of painful conditions](#), acute & chronic.
- Resources for healthcare professionals are now available on extended release [Tapentadol for chronic pain](#)

## CAM (Complementary and Alternative Medicine)

- [Yoga cuts pain](#), other symptoms, medication use and improves function for those with chronic low back pain.
- Learn to [do yoga from your chair](#) with this PainACTION self-directed learning activity.
- Many methods exist that can [prevent or relieve procedural pain and fear in children](#) who need Physical Therapy

## Pain-Related Education Opportunities

- Wed Dec 14<sup>th</sup> **New date** ISMP will present 1:30 – 3:00 ISMP webinar on [Hydromorphone Safety Initiatives](#)

## MGH Pain Calendar

- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: [ttoland@partners.org](mailto:ttoland@partners.org) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am.* Mail: [nalawless@partners.org](mailto:nalawless@partners.org)
- Intermediate concepts in pain assessment and management 8:00am – noon Tue. November 15<sup>th</sup> email [for info](#)

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