

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

- REMS have been approved by the FDA for [Actiq and Fentora](#), including prescriber enrolment & Rx agreement
- The FDA dropped its need for a REMS for [Pennsaid](#) (topical diclofenac) beyond using its medication guide.
- The Joint Commission proposes a [standard requiring prevention of pediatric procedural pain](#) . [Comment here](#)
- Massachusetts is seeking comments on its [injured workers policy](#) that follows Washington State's model of limiting access, stigmatizing, increasing costs & the burden to seek treatment or retain effective pain therapy.

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.

- Schmidt M, Christiansen CF, Mehnert F, et al. (2011). Non-steroidal anti-inflammatory drug use and risk of atrial fibrillation or flutter: population based case-control study. *BMJ*. 2011;343:d3450 [NSAIDs increase the risk of atrial fibrillation](#) or flutter by 30-50%, with stronger risks noted for new users of non-opioid analgesics.
- Busch H, Bodin L, Bergstrom G, et al. (2011). [Patterns of sickness absence](#) a decade after pain-related multi-disciplinary rehabilitation. *Pain*, 152 (8):1727-33 Intensive multimodal treatment for chronic back/neck pain cut work absence by 3.5 days per month a decade after treatment. Better than CBT, PT or standard therapy.
- Sandeman DJ, Bennett M, Dilley AV, et al. (2011). Ultrasound-guided transversus abdominis plane (TAP) blocks for [laparoscopic appendectomy in children](#): a prospective randomized trial. *Br J Anaes*, 106(6):882-6. Blocks increased the procedure length & complication rates, without reducing pain or opioids after PACU.
- Pergolizzi J, Alon E, Baron R. et al. (2011). Tapentadol in the management of chronic low back pain: a novel approach to a complex condition? *J. Pain Research*, 4 : 203-210. [Review of safety and efficacy data for tapentadol vs. oxycodone](#) suggests this relatively new drug has some advantages. Data from multiple trials.
- Monsivais DB. (2011). Promoting [culturally competent chronic pain management](#) using the clinically relevant continuum model *Nurs Clin N Am*. 46 (2011) 163–169. The culture of biomedicine, coupled with suboptimal provider education about chronic pain management, often merge to create a hostile environment for effective chronic pain care. A model is presented to assist professionals to deliver culturally appropriate patient care.
- Husebo BS, Ballard C, Sandvik R, et al. (2011). Efficacy of treating pain to reduce behavioural disturbances in [residents of nursing homes with dementia](#): cluster randomised clinical trial. *BMJ*, 343 doi: 10.1136/bmj.d4065. An 8 week, stepped protocol with acetaminophen (3G/day max), oral morphine (20mg/day max), transdermal buprenorphine (10mcg/Hr max) & pregabalin (300mg/day max) effectively reduced agitation, aggression & pain.
- Pesonen A, Suojaranta-Ylinen R, Hammaren E, et al. (2011). Pregabalin has an opioid-sparing effect in elderly patients after cardiac surgery: a randomized placebo-controlled trial. *Br J Anaesth*, 106(6):873-81. Perioperative [pregabalin cut postoperative opioid](#) consumption, confusion, and pain; with less pain at 3 months.
- Rothwell MP, Pearson D, Hunter JD, et al. (2011). Oral oxycodone offers equivalent analgesia to intravenous patient-controlled analgesia after total hip replacement: a randomized, single-centre, non-blinded, non-inferiority study. *Br J Anaesth*, 106 :865-72. Multimodal analgesia offsets the need for [PCA after hip surgery](#).

MGH Cares About Pain Relief

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To be added to or removed from the *Pain Relief Connection* mailing list, send an email to pmarnstein@partners.org

Journal Watch (continued)

- Pollock AB, Tegeler ML, Morgan V. et al. (2011). [Morphine to methadone conversion](#): an interpretation of published data. *Am J Hosp Palliat Care*. 28(2):135-40. The Ayonride ratios be used if the patient is taking ≤ 1000 mg oral morphine equivalent per day. If $\geq 1,000$ mg /day needed, use the Morley & Makin method.
- Hadjistavropoulos T, Janzen Claude JA, Hadjistavropoulos H, et al. (2011). Stakeholder opinions on a transformational model of [pain management in long-term care](#). *J. Gerontol Nurs*, 37 (7):40-51. Pain in older adults with dementia is undertreated and existing guidelines are not being implemented because they fail to take into account policy and resource realities. Stakeholder input was used to create a viable LTC-friendly guideline.
- Langevin P, Peloso PM, Lowcock J, et al. (2011); [Botulinum toxin](#) for subacute/chronic neck pain. *Cochrane Database Syst Rev*. 6;7:CD008626. Botox doesn't always help cut pain & improve function in this population.
- Seminowicz DA, Wideman TH, Naso L, et al. (2011). Effective treatment of chronic low back pain in humans reverses abnormal brain anatomy and function. *J Neurosci*, 31(20):7540-7550. [Treatment changes the brain](#) with thickening of the primary motor cortex and right anterior insula resulting from better function & less pain.
- Dworkin RH, Turk DC, Basch E, et al. (2011). Considerations for extrapolating evidence of acute and chronic pain analgesic efficacy *Pain*, 152 (8): 1705–08. [Regulators determination of appropriate analgesic use](#) based on categories (acute/chronic; mild/moderate/severe) fails to value clinical judgment needed to guide treatment.
- Bender JL, Radhakrishnan A, Diorio C, et al. (2011). Can pain be [managed through the Internet](#)? A systematic review of randomized controlled trials. *Pain*, 152 (8): 1740-1750. A variety of research studies show pain reduction, functional improvement, and cognitive, but not emotional benefits of internet based therapies.
- Laird BJ, Scott AC, Colvin LA, et al. (2011). Pain, depression, and fatigue as a symptom cluster in advanced cancer. *J Pain Symptom Manage*, 42(1):1-11 Cancer [patients with cachexia often have the symptom cluster](#) of pain, depression, and fatigue concurrently. It isn't explained by inflammation, but is linked to poorer function.

CAM (Complementary and Alternative Medicine)

- [Two types of massage](#) help equally for treatment of chronic back pain, with benefits lasting at least 6 months.
- The National Institutes of health reviewed the use of [manipulation therapy for low back pain](#) for consumers.
- There is growing evidence that [prolotherapy](#), combined with other treatments may help chronic somatic pain.

Pain Resources on the Web

- A review of [parenting strategies for teens with headaches](#) to prevent rebounds is provided by PainACTION
- LIFE Before Death Short Films - Week 10 of 50! See the [Conspiracy of Silence film](#) and share with others.

Pain-Related Education Opportunities

- Thurs evenings (5:30 – 7:00) in [September Pain Awareness Month lecture series](#) at MGH free registration
- Wed-Sat Sept 7-10 [American Society for Pain Management Nursing](#) Annual Conference in Tucson, Arizona
- Wed. Sept 21st Mass Pain Initiative info@masspaininitiative.org Judy Paice featured in day-long event
- Tue – Fri Sept 20-23, 2011 AAPM conference focus on [integrative therapies for pain management](#) Las Vegas

MGH Pain Calendar

- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: ttoland@partners.org for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am.* Mail: nalawless@partners.org
- Advanced concepts in pain assessment and management 8:00am – 4:00pm. Mon. September 26th email [for info](#)

MGH Cares About Pain Relief website redesign

- Please bear with us while we rebuild and update the website. [Suggestions](#) about content / redesign are welcome.

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