

PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

Provided by MGH Cares About Pain Relief, a program of MGH Patient Care Services

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In the News

- Endo launches a [full line of crush-resistant Opana ER](#) (oxymorphone HCl extended-release) with 5, 7.5, 10, 15, 20, 30 and 40mg tablets.
- [Endo Sues the FDA](#) over the [STOPP Act](#) designed to transition all abusable opioids to abuse deterrent and/or tamper resistant formulas.
- A [recall of certain Hydrocodone tablets](#) made by Qualitest between 2/20/12 – 11/19/12 as the 10mg/500mg tablets may be oversized.
- The FDA will discuss [reclassifying all hydrocodone products](#) from Schedule III to the stricter Schedule II category on January 24-25.
- Should the FDA support [generic abuse-prone opioid formulations](#) or pull them as unsafe compared to costlier abuse deterrent versions?
- FDA will hold [public hearings on opioid use for chronic pain](#) Feb. 7-8, 2013 that could change labeling and considerably impact practice.

Journal Watch

All items are accessible via MGH computers/library. MGHers can obtain other articles from through the [Treadwell home page](#)

- Gaskin DJ, Richard P. (2012). Economic Cost of Pain in the United States. *J Pain*, 13 (8):715-24. Using a conservative estimate, the [price-tag of pain in America at \\$560-635/year](#) costs more than heart disease (\$309 billion) and cancer (\$243 billion) combined, more than accidents (\$205 billion) & diabetes (\$127 billion), digestive system diseases (\$112 billion), and respiratory system diseases (\$112 billion).
- Derry S, Moore RA, Rabbie R. (2012). [Topical NSAIDs for chronic musculoskeletal pain](#) in adults. *Cochrane Database of Systematic Reviews*, 9 CD007400. doi: 10.1002/14651858 Topical NSAIDs provide good relief from knee & hand arthritis pain & few GI side effects.
- Aubrun F, Mazoit JX, Riou B. (2012). [Postoperative intravenous morphine titration](#). *Br J Anaesth*, 108:193-201. Review of safe/effective postoperative IV morphine titration principles. Nice review covers young and old patients, in ER, PACU and general care settings
- Naugle KM, Fillingim RB, Riley JL 3rd. (2012). A meta-analytic review of the hypoalgesic effects of exercise. *J Pain*, 13(12):1139-50. [More intense, longer exercise lowers pain threshold](#) in healthy adults, but those with chronic pain need moderate intensity short exercises
- Cohen S. (2012). Extended pain relief trial utilizing infiltration of Exparel®, a long-acting multivesicular liposome formulation of bupivacaine: a Phase IV health economic trial in adult patients undergoing open colectomy. *J Pain Res*, 2012 (5):567 – 572 , Long-acting [local anesthetic cuts hospital stay, costs and opioid consumption](#) (2.9 days, \$3,084 and 58mg morphine equivalent) after a colectomy
- Simons LE, Kaczynski KJ, Conroy C, et al. (2012). [Fear of pain in the context of intensive pain rehabilitation](#) among children and adolescents with neuropathic pain: associations with treatment response. *J Pain*, 13 (12):1151-61. Fear of pain should be assessed in children on admission, as it predicts poor treatment outcomes. Lower fear is linked to better functioning at discharge & 2 month visit.

Journal Watch (continued) [MGHers can obtain articles through the [Treadwell home page](#)]

- Sheridan D, Foo I, O'Shea H, et al. (2012). Long-term follow-up of pain and emotional characteristics of women after surgery for breast cancer. *J Pain Symptom Manage*, 44(4):608-14. [Pain after breast cancer](#) may last for years and is linked to preoperative pain, and chemotherapeutic agent used, but not psychological factors like anxiety or depression. Constant pain was linked to more anxiety though.
- Behrend C, Prasarn M, Coyne E, et al. (2012). [Smoking cessation related to improved patient-reported pain](#) scores following spinal care *J Bone Joint Surg Am*, 94(23):2161-2166. Those who never smoked had less pain & disability. Quitting aided therapeutic response.
- Manchikanti L, Singh V, Cash KA, et al., (2012). Assessment of effectiveness of percutaneous adhesiolysis and caudal epidural injections in managing post lumbar surgery syndrome: 2-year follow-up of a randomized, controlled trial. *J Pain Res*, 5 :597 – 608 Most patients with [failed back surgery](#) had 50% less pain & better functioning with percutaneous adhesiolysis vs. caudal epidural injections at 2 years.
- Houle TT, Butschek RA, Turner DP, et al. (2012) [Stress and sleep duration predict headache severity](#) in chronic headache sufferers. *Pain*, 153 (12):2432-40. Yesterday and today's levels of stress and duration of sleep for the past 2 days best predicts headache occurrence and severity of headache pain. The risk for severe headaches increases proportionally with both high stress & little sleep.
- Middelkoop MV, Rubinstein SM, Ostelo R, et al. (2012). [No additional value of fusion techniques](#) on anterior discectomy for neck pain: A systematic review. *Pain*, 153(11):2167-73. Risk benefits should carefully be weighed before adding fusion to an anterior discectomy.

Pain Resources on the Web

- What does a [pain management nurse](#) do to help patients, families & communities to improve the understanding & management of pain?
- [Difficult conversations about pain medicines](#) may stem from the need for a more complete understanding/treatment of patient's needs.

CAM (Complementary and Alternative Medicine)

- A systematic review of the research shows consistent that [Yoga safely reduces chronic musculoskeletal pain & improves functioning](#)
- Take 2 minutes to imagine going to the beach, the mountains or a vibrant garden using [guided imagery](#) to lessen your stress and pain

Pain-Related Education Opportunities

- Wed-Thu Jan 23-24 ["The Challenge of Pain"](#) University of Washington in Seattle Washington
- Tue Jan 22nd 3:45 – 9pm [Chronic Pain: Coordinating Risk Assessment with the Management of Complex Pain Conditions](#) Waltham MA

MGH Pain Calendar

- Fri. January 11th *Need-to-know Basics of Pain Management*: Mass General Founders 325 at 8-9am email [for info](#) or just drop in
- Fri January 18th 8am – 4pm, *Mastering Control of Pain in a Selected Population* O'Keeffe Auditorium email [for info](#)
- Wed Jan 23rd 7am - 11am, *Tools and Techniques for Effective Pain Management* Founders 325 email [for info](#)
- *Chronic Pain Rounds occur weekly on Mondays at 12:00N* Mail: email [Tina Toland](#) for details
- *Palliative Care Grand Rounds occur weekly on Wednesdays at 8:00am*. email: [Margaret Spinale](#)

MGH Pain Resources

The Patient Education Television: Dial 4-5212 from patient's phone then order: #279 for *Chronic Pain*; #280 for *Cancer Pain*; #281 for *Communicating Pain*; #282 for *Prescription and Non-prescription Pain Medications*; @3283 for *Postoperative Pain Excellence Every Day* Pain Portal Page: http://www.mghpcs.org/eed_portal/EED_pain.asp

The MGH Center for Translational Pain Research: <http://www.massgeneral.org/painresearch>

MGH Pain Medicine: http://www2.massgeneral.org/anesthesia/index.aspx?page=clinical_services_pain&subpage=pain

MGH Palliative Care: <http://www.massgeneral.org/palliativecare/>

MGH Formulary (includes patient teaching handouts in 16 languages): <http://www.crlonline.com/crlsql/servlet/crlonline>

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

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 PainRelief@partners.org