

PAIN RELIEF CONNECTION THE PAIN INFORMATION NEWSLETTER

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

Inside 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

- Hospira [Hydromorphone Carpuject: Recall](#) as 2.5mL sizes may contain more than the intended fill volume. [Similar morphine recall](#) posted
- [Payers in Massachusetts & Maine limit duration of opioids for pain](#). Those with serious pain and their providers will likely face hardships.
- Slides from the [FDA-Hosted Scientific Assessment of \(opioid\) Analgesic Treatment](#) of Chronic Pain are now posted on line.
- The crackdown limiting access to opioids and finding alternative treatments may be backfiring in terms of [suicides](#) and [suffering](#).
- ABC News has a website they developed to help people get facts on pain in their new [ABC News OnCall+ Pain Management Center](#).
- [Pregabalin is FDA approved for spinal cord injury pain](#) that occurs in 40% of patients despite a lack of normal sensation and movement.

Journal Watch

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

- McQuay HJ, Derry S, Eccleston C, et al. (2012). Evidence for analgesic effect in acute pain - 50years on. *Pain*, 153 1364–1367 The [evidence of analgesic efficacy over the past 50 years](#) is underwhelming given a strict definitions of “evidence.” Single dose combination of acetaminophen and ibuprofen had the most predictable effect. Acetaminophen alone fails to relieve pain in ½ patients with single dose
- Mendoza TR, Koyyalagunta D, Burton AW, et al. (2012). Changes in pain and other symptoms in patients with [painful multiple myeloma-related vertebral fracture](#) treated with kyphoplasty or vertebroplasty. *Journal of Pain*, 13(6):564-70. Patients with painful vertebral compression fractures associated with multiple myeloma have pain reduced by nearly 2 points on a 0-10 scale after spinal augmentation.
- Connelly M, Anthony KK, Schanberg LE. (2012). [Parent perceptions of child vulnerability](#) are associated with functioning and health care use in children with chronic pain. *J Pain Symptom Manage*. 43(5):953-60. Parental worries about their child’s vulnerability (but not their overall emotional distress) explain a little of the variance in child functioning and healthcare utilization. Parent-focused interventions may address these insights by focusing on prevention of illness and injury to improve the healthcare outcomes of children with persistent pain.
- Laguna J, Goldstein R, Allen J, et al. (2012). [Inpatient palliative care](#) and patient pain: pre- and post-outcomes. *J Pain Symptom Manage*, 43(6):1051-9. Older adults with life-threatening, complex, chronic conditions received comprehensive assessment, pain and symptom relief, care by an inpatient Palliative Care Unit. Better pain relief in the hospital was not sustainable after discharge.
- Johansen A, Romundstad L, Nielsen CS, et al. (2012). Persistent [post-surgical pain in a general population](#): Prevalence & predictors in The Tromsø Study. *Pain*, 153:1390–6. Largest epidemiological study to date confirms 40% of patient report surgical pain 1-3yrs postop.

MGH Cares About Pain Relief
 Massachusetts General Hospital
PainRelief@partners.org • <http://www.mghpcs.org/painrelief>

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

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

- Jungquist CR, Flannery M, Perlis ML, et al. (2012). Relationship of Chronic Pain and [Opioid Use with Respiratory Disturbance](#) during Sleep Pain Management Nursing, 13 (2): 70-79. Dose-response opioid effect on sleep apnea is noted with unclear clinical implications.
- Fouladbakhsh JM, Vallerand AH, Jenuwine ES. (2012) [Self-treatment of pain among adolescents](#) in an urban community. Pain Management Nursing, 13 (2):80-93. Pain is prevalent in teens with gender-related differences in intensity and self-treatment methods.
- Derry CJ, Derry S, Moore RA. (2012). [Caffeine as an analgesic adjuvant](#) for acute pain in adults. Cochrane Database Syst Rev. 2012 Mar 14;3:CD009281. Alone, caffeine is ineffective, but combined with analgesics 100mg provides small but important pain relief for many
- Vinall J, Miller SP, Chau V, et al. (2012). Neonatal pain in relation to postnatal growth in infants born very preterm. Pain 153(7):1374-81. Repetitive [procedural pain in preterm infants limits head and body growth](#). The timing & frequency of painful procedures were important.

Pain Resources on the Web

- Cute [Acetaminophen "know your dose"](#) campaign to educate the public (and professionals) about therapeutic duplication and age-risks.
- The current ACPA newsletter describes the insights, steps and resources available to [help adults and children with chronic pain](#)
- Part of a series of online modules for prescribers "Considerations in the Assessment and [Treatment of Pain and Risk for Opioid Misuse](#)"
- [Revised international curricula](#) now available for different professional groups to help teach about pain undergraduate & graduate levels.
- Is [driving safer](#) before or after you take pain medications when you have arthritis? Consider key driving safety tips when you have pain.

CAM (Complementary and Alternative Medicine)

- [Warming babies before an immunization](#) for 5 minutes had cut cry and grimace as well or better than sucrose taste or pacifier sucking.

Pain-Related Education Opportunities

- Fri-Sat June 22-23 The Oncology Nursing Society hosts a session to help you [Better Manage Cancer-Related Pain](#) in New Brunswick, NJ
- Sat – Mon Sept 8-10 Acute Pain Management symposia www.cme.hms.harvard.edu/courses/acutepain Boston MA. [email for info](#).
- Wed – Fri Oct. 24-26 [Analgesic Clinical Trial](#) Translations, Innovations, Opportunities & Networks meets with FDA in Maryland.

MGH Pain Calendar

- Fri. July 13th *Need-to-know Basics of Pain Management: Founders 325* at 8-9am email [for info](#) repeated Aug 10th and Aug 31st 8-9am
- Wed. Aug 1st *Beyond the Basics of Pain Management* 7:00 – 11:00 am Founders 325 email [for info](#) repeated Nov 19th 11am – 3pm
- *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
Massachusetts General Hospital
PainRelief@partners.org • <http://www.mghpcs.org/painrelief>

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