

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>



Volume 9, No. 2

February 2010

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In the News

- The FDA has re-issued a warning against using older [antiepileptics in pregnant](#) patients to cut birth defects.
- Post-marketing tests suggest a [risk of hepatic toxicity](#) with topical diclofenac (Voltaren Gel) for pain.
- John Stossel has recent segments asking if the [FDA is hurting people with pain](#) by “protecting them to death.”

Journal Watch All items are accessible via MGH computers/library; MGHers can obtain articles from journals to which Treadwell Library does not subscribe through the [Treadwell home page](#), go to 'Order Articles' under the 'Quick Picks' banner on the left.

- Noble M, Treadwell JR, Tregear SJ, et al. (2010) [Long-term opioid management for chronic noncancer pain](#). Cochrane Database of Systematic Reviews. 2010;1(#CD006605) Studies of nearly 5000 patients demonstrated that opioids help some, but not all patients with chronic pain achieve long-term pain relief. In those lacking a history of substance addiction or abuse, less than 1% developed addiction, abuse, or other serious side effects; while 20% on oral agents (5-10% using other routes) discontinued therapy due to side effects / ineffectiveness.
- Buvanendran A, Kroin JS, Della Valle CJ, et al. (2010). [Perioperative Oral Pregabalin Reduces Chronic Pain After Total Knee Arthroplasty: A Prospective, Randomized, Controlled Trial](#). *Anesth Analg*, 110 :199-207 A preoperative dose then 2 weeks of Pregabalin prevented neuropathic pain 6 months after knee arthroplasty, with less opioids and better movement in a month. However, there was more sedation and confusion the first days.
- Burke SM, Shorten GD. (2010). Perioperative pregabalin improves pain and functional outcomes three months after lumbar discectomy. *Anesth Analg*. [epub ahead of print]. [Perioperative pregabalin for lumbar discectomy](#) is associated with less pain intensity and improved functional outcomes 3 months after lumbar discectomy.
- Buhle J, Wager TD. (2010) [Performance-dependent inhibition of pain](#) by an executive working memory task. Pain [epub ahead of print]. Distraction pain, but higher pain cuts performance accuracy, speed and memory.
- Ong CK, Seymour RA, Lirk P, Merry AF, et al. Combining Paracetamol ([Acetaminophen](#)) with [Nonsteroidal Anti-inflammatory Drugs](#): A Qualitative Systematic Review of Analgesic Efficacy for Acute Postoperative Pain. *Anesth Analg*. [Epub ahead of print]. Two-thirds of studies analyzed suggest that combining Paracetamol and an NSAID may offer superior analgesia compared with either drug alone. Pain description is unaffected.
- Mayyas F, Fayers P, Kaasa S, et al. (2010). A Systematic Review of [Oxymorphone](#) in the Management of Chronic Pain. *J Pain Symptom Manage*, 39 :296-308. Among 1489 patients with different types of chronic pain, oxymorphone is as effective as oxycodone at equipotent doses and better than placebo for noncancer pain.
- Dworkin RH, Turk DC, McDermott MP, et al. (2010) Interpreting the [clinical importance of group differences in chronic pain clinical trials](#): IMMPACT recommendations. *Pain*, 146 (3):238-44. Patients think a 10 - 20% pain reduction is minimally acceptable threshold and >50% reduction in pain is a treatment success. Also important are: Physical (fatigue, sleep) mental (concentration, mood), and social(quality of life) functioning.
- Gustin SM, Wrigley PJ, Henderson LA, et al. (2010). Brain circuitry underlying pain in response to imagined movement in people with spinal cord injury. *Pain*, 148(3):438-445. SCI patients report pain when attempting to move a paralyzed part. [Functional brain imaging located processed that increase neuropathic pain intensity](#).

MGH Cares About Pain Relief

Massachusetts General Hospital

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- Buccafusco JJ, Terry AV Jr, Vazdarjanova A, et al. (2010) Treatments for neuropathic pain differentially affect delayed matching accuracy by macaques: Effects of [amitriptyline and gabapentin](#). *Pain*, 148 (3):446-53. When used for neuropathic pain, gabapentin modestly improved working memory, while TCAs diminished memory.
- Allen KD, Coffman CJ, Golightly YM, et al. [epub ahead of print] Comparison of pain measures among patients with osteoarthritis. *Journal of Pain*. Patients with OA [accurately recalled their average pain](#) over a 1-day period, compared to those who did real-time any patient characteristics examined
- Goebel A, Baranowski A, Maurer K, Ghiai A, et al. (2010). Intravenous immunoglobulin treatment of the [complex regional pain syndrome](#): a randomized trial. *Ann Intern Med*, 152 :152-8. Immunoglobulin may help patients with CRPS unresponsive to other therapies. Pain relieving effects are modest but warrant investigation
- Carlson CL. (2009). [Use of Three Evidence-Based Postoperative Pain Assessment Practices by Registered Nurses](#), *Pain Management Nursing*, 10 (4): 174-187. Those who utilize best practices are more likely to: actively solve clinical problems, read current professional journals, and utilize available content experts.
- Verbunt JA, Smeets RJ, Wittink HM. [epub ahead of print] [Cause or effect? Deconditioning](#) and chronic low back pain (CLBP). *Pain*. Sedentary lifestyles put patients at risk; and recommendations to rest after back injuries are often misguided. Further research is needed, while those with CLBP are urged to remain active.

CAM

- [Acupuncture](#) is likely to provide benefits for many women with painful periods, fibroids, migraines and IBS.

Pain Resources on the Web

- Use of [Methadone for Chronic Pain](#), and interview clarifies the use for pain as different from use for addiction.
- [Fibromyalgia AWARE](#) magazine, is dedicated to help the fibromyalgia community and is free.
- [Gil Fanciullo MD](#) gives background on APS/AAPM [Guidelines for using long-term opioids](#) released last year.
- The American Pain Foundation has information and resources for the 75% of those with cancer who experience [breakthrough pain](#). This type of pain negatively impacts quality of life, finances and coping.
- Excellent new guide on "[What a Prescriber Should Know Before Writing the First Prescription](#)."

Pain-Related Education Opportunities

- Wed-Sat Mar 3-6 [Hospice and Palliative Nurses Association \(HPNA\) Annual Assembly](#) Boston MA
- Fri-Sa Mar 19-20 Emerging Practices in Pain & Chemical Dependency: [Update on Opioid Therapy](#); NY, NY
- Sat April 10th Healing with less hurting, [Pediatric Pain update](#) Mesa AZ
- Thu-Sat May 6-8th American Pain Society, 29th [Annual Scientific Meeting](#) Baltimore, MD

MGH Pain Calendar

- *Chronic Pain Rounds are held Mondays at 12:00N in the Ether Dome.* Mailing: toland@partners.org
- *Palliative Care Grand Rounds held Wednesdays at 8:00am in the Ether Dome.* Mail: nalawless@partners.org
- Fri April 16th and May 14th [Pain Relief Champion 11th Annual Course](#) at Massachusetts General Hospital

MGH Pain Resources:

PainRelief web site: <http://www.massgeneral.org/painrelief/>

Previous issues of *Pain Relief Connection*: http://www.massgeneral.org/painrelief/Newsletter/mghpain_connection.htm

Previous Pain Topics articles: http://www.massgeneral.org/painrelief/Pain%20Topics/mghpain_paintopics_index.htm

MGH Pain Resources Page: http://www.massgeneral.org/painrelief/MGH_Pain_Resources.htm

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

MGH PCS educational offerings http://www.massgeneral.org/PCS/The_Institute_for_Patient_Care/EDU/offerings.asp

Treadwell Library (Magic): <http://magic.mgh.harvard.edu/>

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

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

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