

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

- Misuse of Vicodin among High School students is down ~ 25%, with accessibility of prescription drugs for [non-medical use lowered](#).
- Washington laws intended to curb methadone deaths results in [clinics refusing to treat pain patients](#) and needless suffering
- Exparel, [a long-acting injectable local anesthetic](#) (Bupivacaine) that can now provide 3 days of relief after a surgery.
- New [Pediatric Acetaminophen](#) concentrations are meant to reduce potential medication errors, but heed warning during the transition to use up or get rid of old 100mg/mL dosing used as infant drops. Following current instructions using old formulas could be dangerous.
- There is a nation-wide [shortage of injectable hydromorphone and ketorolac](#) due to increase in demand, and manufacturing delays.
- DEA is investigating the "CVS - Florida [High Prescribers](#)" [list deny patients pain medicine](#) based on their prescriber.

Journal Watch

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

- Katz J, Clarke H, Seltzer Z. (2011). Review article: [Preventive analgesia](#): quo vadimus? *Anesth Analg*, 113 2:1242-53. Good review of evidence that preventing pain and treating it before it gets bad can limit nerve sensitization that intensifies pain, making it harder to treat.
- Younger JW, Chu LF, D'Arcy NT, et al. (2011). Prescription opioid [analgesics rapidly change the human brain](#). *Pain*, 152:1803-10. Opioid exposure rapidly causes structural and functional changes in reward- and affect-processing areas of the brain. Significant volumetric changes (neuron loss) was found in 13 brain regions; more with higher doses; and enduring changes noted after the opioid was stopped.
- Slatkin NE, Lynn R, Su C, et al. (2011). Characterization of [abdominal pain during methylnaltrexone](#) treatment of opioid-induced constipation in advanced illness: a post hoc analysis of two clinical trials. *J Pain Symptom Manage*, 42 :754-60. Successful BM within 4 hours of methylnaltrexone for 80% of patients but had uncomfortable cramps that lessens over time 23% on 1st dose & 13% on 2nd dose.
- Senkowski D, Kautz J, Hauck M, et al. (2011). Emotional Facial Expressions Modulate Pain-Induced Beta and Gamma Oscillations in Sensorimotor Cortex. *J Neurosci*, 31 (41):14542-50. Face [expressions of others](#) during pain can affect perception of & response to pain.
- Mezei L, Murinson BB, et al. (2011) Pain education in North American medical schools. *J Pain*, 12 (12):1199-208. Little content on pain, is taught in [Medical Schools falling short of curriculum content areas related to pain](#) as established by IASP, but most have some content.

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

- Herr K, Coyne PJ, McCaffery M, et al. [Pain assessment in the patient unable to self-report](#): A position statement with clinical practice recommendations. *Pain Management Nursing*, 12 (4): 230-250. Seminal article revisited with a systematic review of rapidly emerging research. Guides pain assessment of difficult to assess populations covering neonates to the end of life, critically ill, dementia and more.
- Oldenmenger WH, Sillevs Smitt PA, van Montfort CA, (2011). [A combined pain consultation and pain education program](#) decreases average and current pain and decreases interference in daily life by pain in oncology outpatients: a randomized controlled trial. *Pain*. 152 (11):2632-9. Education & consultation programs worked better when combined to reduce pain, improve function & treatment adherence.
- Moskovitz BL, Benson CJ, Patel AA, et al.(2011). Analgesic [treatment for moderate-to-severe acute pain](#) in the United States: Patients' perspectives in the Physicians Partnering Against Pain Survey. *J Opioid Manag*, 7(4):277-286. A survey of 56,851 patients & MDs showed nearly half were undertreated (25% no analgesic) due to provider not prescribing; concerns over side effects or addiction & cost.
- Arnstein P, Broglio K, Wuhrman E, et al. (2011) Use of [Placebos in Pain](#) Management. *Pain Management Nursing*, 12 (4): 225-229. Update of a position statement indicating that the clinical use of placebos outside the context of an IRB approved study is unethical.
- Mills AM, Frances S. Shofer FS, Boullis AK, et al. (2011). [Racial disparity in analgesic treatment](#) for ED patients with abdominal or back pain. *Am J Emerg Med*, 29, 752–756. Nonwhites are less likely to receive any pain treatment & wait longer for treatment when provided.

Pain Resources on the Web

- A touch of [holiday stress affecting pain](#)? Encourage patients to take the test and get sound recommendations
- [Understanding pain](#) quick animated segment that is well done, perhaps a bit oversimplified, but in Australian "Plain Language"

CAM (Complementary and Alternative Medicine)

- Learn steps to [manage pain through better body mechanics and fitness](#).
- [Reading, praying or meditating](#) are just some of the ways people with pain explore their spirituality as a source of strength and comfort.

Pain-Related Education Opportunities

- Sat-Wed Jan 21-25, 2012 Cleveland Clinic's Annual [Pain Management Symposium](#) Las Vegas, NV

MGH Pain Calendar

- *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](#)
- Need-to-know Basics of Pain Management: Friday January 13th Founders 325 at 8-9am email [for info](#)
- Beyond the Basics of Assessing and Managing Pain Thursday January 26^h Founders 325 at 7-11am email [for info](#)

MGH Pain Resources

Pain Relief web site: <http://www.mghpcs.org/painrelief>

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>

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

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>

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