

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

- The DEA's Second National Drug Take-Back event [retrieved 188 tons of unused prescription drugs](#) on 4/30/11. Medications were retrieved for safe & proper disposal at 5,361 take-back sites available in all 50 states.
- May is [Fibromyalgia Awareness](#) Month & the APF assembled a great bundle of useful information.
- [Watch for June 2011 IOM report on Pain](#) to the National Institutes of Health, providing an objective analysis of the current state of pain research, clinical practice and professional education; to guide future research & policy
- The [NIH is increasing funding for pain-related research](#), including that studying the transition to chronic pain.
- The National Institutes of Health launches [a new web resource on Complementary and Alternative Medicine](#)

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.

- Franck LS, Ridout D, Howard R, et al. (2011). [A comparison of pain measures in newborn infants](#) after cardiac surgery. *Pain*, [ePub ahead of print]. During the first 48 hours after heart surgery, neonates were compared on 4 (CHIPPS; CRIES, COMFORT & PIPP) pain scales. The COMFORT scale best correlated with analgesia.
- De Andres J, Villanueva V, Palmisani S, et al. (2011). The safety of magnetic resonance imaging in patients with programmable implanted intrathecal drug delivery systems: A 3-year prospective study. *Anesth & Analg*, 112:1124–129. Tesla 1.5-type [MRI did not displace IT device or affect infusion rate of Medtronic pumps](#).
- Budnitz DS, Lovegrove MC, Crosby AE. (2011) Emergency department visits for [overdoses of acetaminophen](#)-containing products. *Am J Prev Med*, 40(6):585-592. The average number of non-abuse-related overdoses of acetaminophen-containing products was close to 80,000 emergency department visits per year in 2006 & 2007. Self-harm was the top (70%) reason, with #2 symptom relief; & #3 accidental ingestions by children tallied.
- ACCF/AHA (2011) Guidelines for the Management of [Patients With Unstable Angina](#)/Non–ST-Elevation Myocardial Infarction *Circulation*, 2011;123:e426-e579. The 156 page report, urges avoiding NSAID use (except aspirin) both immediately after an acute cardiac event and for long-term use because of the increased risks of mortality, reinfarction, hypertension, heart failure, and myocardial rupture associated with their use.
- McNicol ED, Tzortzopoulou A, Cepeda MS, et al. (2011). Single-dose intravenous paracetamol or propacetamol for prevention or treatment of postoperative pain: a systematic review and meta-analysis. *Br J Anaesth*, 106(6):764-75.. [IV acetaminophen](#) cut pain in half for a third of post-op patients and is opioid sparing.
- Noppers IM, Niesters M, Aarts LP, et al. (2011). Drug-induced liver injury following a repeated course of [ketamine treatment for chronic pain in CRPS](#) type 1 patients: A report of 3 cases. *Pain*. ePub ahead of print. Prolonged or repetitive ketamine infusions can require monitoring of liver functioning as hepatotoxicity occurs.
- Von Baeyer CL, Uman LS, Chambers CT, et al. Can we screen young children for their ability to provide accurate self-reports of pain? *Pain*. [ePub ahead of print] [Children 3-7 years old develop the ability to report pain](#). The best way to determine which tool to use is to try different scales when the child is experiencing pain.

MGH Cares About Pain Relief

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Journal Watch (continued)

- Karanikolas M, Aretha D, Tsolakis I, et al. (2011). Optimized perioperative analgesia reduces chronic phantom limb pain intensity, prevalence & frequency: A prospective, randomized, clinical trial. *Anesthesiology*, 114 (5):1144-1154. [Less phantom pain with optimal use of PCA & epidural](#), for 96 hours starting 2 days preop.
- King JP, Davis TC, Bailey SC, et al. (2011). Developing [consumer-centered, nonprescription drug labeling](#): A study in acetaminophen. *Am J Prev Med*, 40 (6):593-598. Given low-literacy levels and poor understanding of the ingredients in name-brand products, icons indicating risk of liver damage is preferred over warning labels.
- Deer TR, Smith HS, Burton AW, et al. (2011). Comprehensive consensus based guidelines on intrathecal drug delivery systems in the treatment of pain caused by cancer pain. *Pain Physician*, 14 (3):E283-E312. Given that much of what we know about [intrathecal infusion systems with life-limiting disease](#) is based on clinical expertise, observational studies and case reports; these helpful consensus-based guidelines were developed.
- Meierhenrich R, Hock D, Kuhn S, et al. (2011). [Analgesia and pulmonary function after lung surgery](#): is a single intercostal nerve block plus patient-controlled intravenous morphine as effective as patient-controlled epidural anaesthesia? A randomized non-inferiority clinical trial. *Br J Anaesth*, 106(4):580-9. Thoracic epidural anaesthesia patients had less pain & better lung function than those with nerve-block & PCA after lung surgery.
- De-la-Llave-Rincón AI, Fernández-de-Las-Peñas C, Laguarda-Val S, et al. (2011). Women with carpal tunnel syndrome show restricted cervical range of motion. *J Orthop Sports Phys Ther*, 41(5):305-310. Limited [range of neck motion linked to pain severity of carpal tunnel](#), supports that problems beyond the wrist be considered.

Big Headlines? ... Question the Interpretation!

HEADLINE: PRESCRIPTION DRUG ABUSE LINKED TO THE INTERNET (UPI)

THE SCIENCE: A medical resident & PhD economist, [wanting to highlight the dangers of internet opioid sales](#).

They examined data pools of different samples, applied complex statistics to support that when high speed internet subscriptions for a specific State increased by 10%; there was also a 1% increase in people who admit themselves for prescription drug abuse treatment. The headlines indicated a link exists without the author's caveat that their methods could not show causation & may be coincidental. "History" as an external threat to validity and internal validity threatened by the limits of data sources suggest more plausible explanations. The headline ignores research directly studying this issue, showing a limited internet^{1,2} role; and the bigger low-technology "access" problem^{3 p30}.

CAM (Complementary and Alternative Medicine)

- The [efficacy of TENS](#) for pain is related to signal intensity, frequency of impulses, stimulation site & pain type.
- An international "[integrative medicine](#)" conference attempted to reach consensus on the treatment of chronic low back pain using an interactive, case-based methodology. Although they disagreed on specific treatments, consensus was achieved on the importance of therapeutic relationships & individualized patient-focused care.

Pain-Related Education Opportunities

- Thu-Fri June 2-3rd The [Art & Science of Palliative Nursing](#) will be held in the Boston Mass. Great faculty!
- Tue June 21 [Pediatric Pain Conference](#) 2011: Practice & Institutional Change at Children's Hospital Boston's
- Wed-Sat Sept 7-10 [American Society for Pain Management Nursing](#) Annual Conference in Tucson, Arizona

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
- Wed June 22 8:00am – noon. [Pain Management Level 2](#); a focus on Pain assessment and Pain pharmacology.
- Wed July 13 5:00pm – noon. [Sensible prescribing of opioids](#). meets Mass Regulations for APRN opioid training.

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