

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

- The NIH Interagency Pain Research Coordinating Committee met to discuss the [current and future state of pain research & education](#).
- [Once a day pregabalin for fibromyalgia](#) reduced pain by >50% in nearly a third of patients who were then followed for several months.
- Canadian Health Minister approves [generic OxyContin](#) saying "The law does not permit approval to be withheld on the basis of misuse"
- [A 12% decline in prescription drug abuse](#) from 2010 to 2011 suggests the many strategies being used to curtail drug abuse are working.
- Years after a car accident and 16 surgeries Robin has to drive further in the "[Pharmacy Crawl](#)" to find one that will fill pain prescriptions.
- What the FDA is doing to offset [drug shortages](#) created by the Ameridose recall and proactive steps being taken to minimize its impact.
- Melanie Simpson is recognized as National Magnet Nurse of the Year for her work as a [nurse promoting patient's comfort & functioning](#).

Journal Watch

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

- Pagé MG, Stinson J, Campbell F, et al. (2012). [Pain-related psychological correlates of pediatric acute post-surgical pain](#). *Journal Pain Research*, 2012 (5): 547 – 558. After major surgery girls (8–18y/o) found pain more unpleasant & disabling, but equally intense as boys.
- Simone CB 2nd, Vapiwala N, Hampshire MK, et al. (2012). Cancer patient attitudes toward analgesic usage and pain intervention. *Clin J Pain*. 28(2):157-62. Over 2/3 of cancer patients had [pain related to cancer or its therapy](#) with 25% of those with pain not taking analgesics because 85% of their provider had concerns about prescribing. Fear of addiction & cost also were barriers with 94% seeking alternatives.
- Minozzi S, Amato L, Davoli M. (2012) [Development of dependence](#) following treatment with opioid analgesics for pain relief: a systematic review. *Addiction*. [Epub ahead of print] Studies show opioids for chronic pain do not create a significant risk for psychological dependence.
- Frich LMH, Sorensen J, Jacobsen S, et al. (2012). [Outcomes of follow-up visits to chronic nonmalignant pain](#) patients. *Pain Management Nurs*, 13 (4): 223-235. Several home visits by clinical nurse specialists following multidisciplinary treatment helped cut pain & opioid use.
- Kuritzky L, Samraj GP. (2012). Nonsteroidal anti-inflammatory drugs in the [treatment of low back pain](#). *J Pain Research*, 5 :579–590. NSAIDs can provide benefits of pain relief and functional improvements, which must be balanced with concerns for side effects & toxicity.
- Glover TL, Goodin BR, Horgas AL, et al. (2012). Vitamin D, race, and experimental pain sensitivity in older adults with knee osteoarthritis. *Arthritis & Rheumatism*, [epub ahead of print]. [African Americans have more vitamin D deficiency, more arthritis pain & pain sensitivity](#).

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

- Theunissen M, Peters ML, Bruce J, et al. (2012). Preoperative anxiety and catastrophizing: A systematic review and meta-analysis of the association with chronic postsurgical pain. *Clin J Pain*, 28(9):819-41. [Strongly pessimistic views may double the risk of chronic pain](#) after surgery; especially after musculoskeletal surgery. These thought patterns are as important to address as anxiety to for post-op pain.
- Margarit C, Juliá J, López R, et al. (2012). Breakthrough cancer pain – still a challenge. *Journal of Pain Research*, 5 559–566. [Breakthrough pain is still very prevalent despite effective treatments](#). Assessment and patient teaching deficiencies may be to blame..
- Waller A, Girgis A, Johnson C, et al. (2012). Improving outcomes for people with progressive cancer: interrupted time series trial of a needs assessment intervention. *J Pain Symptom Manage*. 43(3):569-81. [Unidentified discomforts revealed](#) using simple questions.
- Bozimowski, G, (2012). [Patient perceptions of pain management therapy](#): A comparison of real-time assessment of patient education and satisfaction and registered nurse perceptions. *Pain Manage Nurs*, 13(4): 186-192. Satisfaction is linked to the adequacy of patient teaching about pain, and the therapy used. Nurses can accurately report the degree of patient satisfaction and acceptability of treatment.
- Hanna MN, González-Fernández M, Barrett AD, et al. Does patient perception of pain control affect patient satisfaction across surgical units in a tertiary teaching hospital? *Am J Med Qua.*, 27(5):411-6. [Getting an "A" for effort to control pain](#) yields higher HCAHPS scores

Pain Resources on the Web

- The Institute for Safe Medication Practices has some [new patient education materials](#) on Fentanyl, Oxycodone and Hydrocodone.
- Help chronic pain patients [be prepared to communicate effectively](#) with their health care providers to develop the needed collaboration.
- What is your "drug seeker's real problem? [Is it drug abuse, misuse, dependence, tolerance, diversion, pseudoaddiction or addiction?](#)

CAM (Complementary and Alternative Medicine)

- Traditional Chinese medicine using [acupuncture & herbs helped chronic facial pain](#) patients after self-care training didn't help enough.
- A 9 week Iyengar [yoga program provided more neck pain relief](#) and better functioning than wait-listed patients given a self-care manual.

Pain-Related Education Opportunities

- Sat Dec 8th 7:15 AM - 6:15 PM [Eastern Pain Association Annual Scientific Meeting](#) New York, NY. Outstanding topics and speakers
- 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. December 7th *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