

# 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*

- FDA summit concluded [we can't predict](#) which chronic pain patients will be helped, hurt, or receive no benefit from chronic opioid therapy.
- The International Association for the Study of Pain has released its [Interprofessional Education Curriculum](#) for health professional training
- National [drug take back day is Sept 29<sup>th</sup>](#). Rid your & patients' medicine cabinet of unwanted or expired drugs for safe & proper disposal.
- FDA has information for the public and patient advocates on safe use of analgesics, including [Acetaminophen](#) and [NSAIDs](#) and [Opioids](#)

## *Journal Watch*

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

- Pizzi LT, Toner R, Foley K, et al. (2012). Relationship between potential opioid-related adverse effects and hospital length of stay in patients receiving opioids after orthopedic surgery. *Pharmacotherapy*, 32(6):502-14. After orthopedic surgery opioid-related [constipation or confusion added more than a day to length of stay](#) . Nausea and vomiting are more common but impact length of stay less.
- Haroutiunian S, Donaldson G, Yu J, et al. (2012). Development and validation of shortened, restructured Treatment Outcomes in Pain Survey instrument (the S-TOPS) for assessment of individual pain patients' health-related quality of life. *Pain*, 153 (8): 1593-601. A new valid scale that measures aspects of [quality of life for pain patients](#), including pain intensity, functioning & patient's rating of improvement.
- Rustøen T, Valeberg BT, Kolstad E, et al. (2012) The Pro-Self<sup>®</sup> pain control program improves patients knowledge of cancer pain management. *J Pain Symptom Manage*, 44(3):321-30. A [nurse coached intervention helps bone cancer pain](#) patients' outlook & function.
- Logan DE, Conroy C, Sieberg CB, et al. (2012). Changes in [willingness to self-manage pain among children](#) and adolescents and their parents enrolled in an intensive interdisciplinary pediatric pain treatment program. *Pain*, 153 (9):1863-70. Helping children and parents self-manage pain is linked to a reduction in pain and the fear of it; functional improvement ,and the use of more adaptive coping skills.
- Soto E, Stewart DR, Mannes AJ, et al.. (2012). Oral ketamine in the palliative care setting: a review of the literature and case report of a patient with neurofibromatosis type 1 and glomus tumor-associated complex regional pain syndrome. *Am J Hosp Palliat Care*, 29 (4):308-17. Excellent [review and dosing guidance for oral ketamine](#), increasingly used as a pain management tool, especially for outpatients.
- Echevarria G, Elgueta F, Fierro C, et al. (2011). Nitrous oxide (N2O) reduces postoperative opioid-induced hyperalgesia after remifentanyl-propofol anaesthesia in humans. *Br J Anaesth*, 107(6):959-65. Pain thresholds are not lowered as much 12-18 hours after surgery. Remifentanyl may lower thresholds and patients receiving [intraoperative Nitrous Oxide](#), may protect against this effect.

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

- Pinto PR, McIntyre T, Almeida A, et al. (2012). The mediating role of pain catastrophizing in the [relationship between presurgical anxiety and acute postsurgical pain](#) after hysterectomy. *Pain*, 153(1):218-26. Women with high preoperative pain were 2.5 times more likely to have high postoperative pain at 2 days after surgery. Age, anxiety, unhelpful thoughts & comorbid conditionals also predicted more pain.
- Clarke H, Bonin RP, Orser BA, et al. (2012). The prevention of chronic postsurgical pain using gabapentin and pregabalin: A combined systematic review and meta-analysis. *Anesth Analg*, 15(2):428-42. [Preemptive gabapentin or pregabalin cuts risk of prolonged pain](#).
- Caraceni A, Hanks G, Kaasa S, et al. (2012) Use of opioid analgesics in the treatment of cancer pain: evidence-based recommendations from the EAPC. *Lancet Oncology*. 13(2):e58-68. A limited research base with publication bias makes GRADE evidence based guidelines challenging. Biggest changes recommended are [Step II should remove codeine & tramadol](#) in favor of low-dose oxycodone or morphine.
- Macfarlane GJ, Beasley M, Jones EA, et al. (2012). The [prevalence and management of low back pain across adulthood](#): results from a population-based cross-sectional study (the MUSICIAN study). *Pain*, 153(1):27-32. Older adults have double the prevalence of disabling low back pain than those under age 40. Having previously failed exercise-based therapy, elders are often treated with medicine alone.

## *Pain Resources on the Web*

- Excellent online program by Dr. Roger Chou entitled, "[Clinical Guidelines for Opioid Use in Chronic Noncancer Pain](#)".
- A free log in gets you the latest National Comprehensive Cancer Network (NCCN) [2012 guidelines on cancer pain management](#)
- [GeriatricPain.org](#) is a website filled with useful tools and information on pain in the older adult, with a focus on those in nursing homes.

## *CAM (Complementary and Alternative Medicine)*

- In the largest study of its kind, the nutritional supplement [L-carnitine failed to reduce pain](#), depression or fatigue in cancer patients.
- [Warming infants during immunizations](#) may be better than sucrose tasting (e.g. Sweet Ease) or pacifier sucking.
- [Modest benefits of acupuncture](#) are not related to placebo effect or attitude. When exposed to (ice or capsaicin) induced pain.

## *Pain-Related Education Opportunities*

- Sat September 29th The Art and Science of Pediatric Pain and Management conference at Boston Children's Hospital [see brochure](#)
- Tue-Sun Nov 15-18, 2012 [American Society of Regional Anesthesia](#) meeting focuses on invasive & non-invasive therapy Miami, Florida

## *MGH Pain Calendar*

- Fri. October 5<sup>th</sup> *Need-to-know Basics of Pain Management: Founders 325* at 8-9am email [for info](#) repeated November 9<sup>th</sup>
- Mon Oct 29<sup>th</sup> Gaining Control of Complex Pain. O'Keeffe Auditorium 8am – 4pm email [for info](#)
- Mon November 19<sup>th</sup> 11am – 3pm, *Beyond the Basics of 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](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](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>

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To be added to or removed from the Pain Relief Connection mailing list, send an email to [PainRelief@partners.org](mailto:PainRelief@partners.org)