

Pain Relief Connection

Issue #9 September 15, 2007

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In the News

- The FDA approved Lyrica (Pregabalin) to treat fibromyalgia in June 2007. The [approval](#) was based on 2 studies involving 1,800 patients with fibromyalgia and more studies are underway. Although Pregabalin has been approved for other types of neuropathic pain, this is the first drug with a specific indication for fibromyalgia, which affects 0.5% -5% of populations Canada and abroad. At this time Lyrica is not covered under Manitoba Pharmacare program not any third party payer.

Journal Watch

- Pun BT, Dunn J. The sedation of critically ill adults: Part 1: Assessment. *American Journal of Nursing*: 2007 July; 107(7):40-48
- Flemming, MF et al. Substance use disorders in a primary care sample receiving daily opioid therapy. *Journal of Pain*, 9(6): This article provides details the less than 4% of 800+ primary care (multi-site) patients abuse opioids and outlines the signs/symptoms displayed. The authors suggest that the benefit of daily opioids may outweigh the 4% risk of opioid addiction.
- Arnstein P. Learning to “Live With” Chronic Pain: Lessons From Mrs. Tandy http://www.medscape.com/viewarticle/557719_1 *Topics in Advances Practice Nursing eJournal* 2007; 7(1) Posted 06/26/2007 The author uses a case study format to describe pharmacologic and non-drug approaches to a patient who has painful diabetic neuropathy.
- Two new articles reinforce the conjecture that combination therapy (or ‘rational polypharmacy’) for neuropathic pain with an opioid and an adjuvant medication is superior to monotherapy.
 1. Wallace JM [Update on pharmacotherapy guidelines for treatment of neuropathic pain](#) *Current Pain & Headache Reports* 2007 Jun;11(3):208-14
 2. Keskinbora K, et al Management and AN Opioid Combination Versus Opioid Alone for the Management of Neuropathic Cancer Pain: A Randomized Open Trial *Journal of Pain & Symptom Management* 2007 Jun27;

References used for the Pain Relief Connection Newsletter include among others, the following:

Care Beyond Cure A Pharmacotherapeutic Guide to Palliative Care 2000
McCaffery M., Pasero C., *Pain Clinical Manual* 2nd Edition 1999 Mosby
Professional's Handbook of Drug Therapy for Pain Springhouse 2001
Ballantyne Jane C., *The Massachusetts General Hospital Handbook of Pain Management* 3rd Edition
Principles of Analgesic Use in the Treatment of Acute Pain and Cancer Pain 5th Edition American Pain Society 2005
Pereira, J., Bruera e., *Alberta Palliative Care Resource Guide* Alberta Cancer Board 2001 2nd Edition
Roman D. Jovey, MD editor *Managing Pain the Canadian Healthcare Professional's Reference* 2002

End-of-Life Physician Education Resource Center www.eperc.mcw.edu

If you have a question that you would like answered or a case study that you would like to see profiled here, please send the information to Bev More, Pain Management Resource Nurse, CS1-200 BRHC or email to: moreb@brandonrha.mb.ca

Feedback about this newsletter is welcome. Please send comments to moreb@brandonrha.mb.ca

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**Preventing
pain
is easier than
treating pain**

Pain ... The 5th Vital Sign