FDA News, Warnings & Recalls

Federal Panel Wants Tougher Restrictions on Opioids
July 23, 2010 [Source: MedPage Today]
"The FDA advisory committee voted 25 to 10 to reject the agency's proposal to require opioid manufacturers to put a risk evaluation and mitigation strategy (REMS) plan into effect because its elements weren't stringent enough."

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Practice Management & Coding Updates

CODING & REIMBURSEMENT UPDATES

Recovery Audit Contractors (RAC) Identify High-Risk Vulnerabilities
Emily Hill, PA
CMS has released the first in a series of articles that will communicate information about high dollar improper payment findings. The goal of the articles is to reduce future errors identified through RAC audits. RAC contractors are now operating in all four regions of the country. Read more...

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Pain Research in the News

Help Is on the Phone: Reducing Pain and Depression of Cancer
July 14, 2010 [Source: Science Centric]

The Indiana Cancer Pain and Depression (INCPAD) study conducted by researchers at the Regenstrief Institute and Indiana University School of Medicine showed that pain and depression associated with cancer can be significantly reduced through a centralized telephone-based care management that is paired with an automated symptom monitor. This data allows the nurse manager to work at a higher level to improve the quality of life in these patients and was particularly helpful to patients in underserved rural areas. Full story...

View abstract in the Journal of the American Medical Association...

Pain, Dry Mouth Play Role in Sleep Quality of Head and Neck Cancer Patients
July 12, 2010 [Source: University of Michigan Health System]
Researchers at the University of Michigan Comprehensive Cancer Center found that head and neck cancer patients who reported poor sleep quality one year after diagnosis had more symptoms of chronic pain and complaints of dry mouth related to radiation treatments. The study stresses the importance of determining the cause of the sleep disorder, as well as considering the side effects of any other medications that may contribute to dry mouth. Full story...

View related abstract at NIH...

Painkillers Not Linked With Heart Disease in Elderly Patients and May Protect Against Death, Study Finds
July 11, 2010 [Source: ScienceDaily]
A recent study in the British Journal of Clinical Pharmacology examined a nationwide hospital admission and pharmacy database of 320,000 Australian veterans and found that the use of NSAIDs had an overall neutral effect on the risk of heart disease in a large elderly population with multiple co-existing medical conditions. Full story...

View original article...

Marijuana Derivative Could Be Useful for Pain Treatment
July 10, 2010 [Source: ScienceDaily]
Researchers at The University of Texas M.D. Anderson Cancer Center are studying a synthetic cannabinoid (cannabis-related) compound, MDA19, that has the potential for alleviating neuropathic pain without producing adverse effects in the central nervous system. Full story...

View related article in Neuropsychopharmacology...
View related article at NIH...

Understanding Back Pain May Improve Management, Study Suggests
July 7, 2010 [Source: Medline Plus]
Researchers at Curtin University of Technology in Perth, Australia, studied 56 adults with low back pain and 61 with no history of back pain and found that one important factor influencing treatment outcomes is health literacy. The study showed that health literacy, along with attitudes and beliefs, influence how a chronic low back pain patient manages their pain. Full story...

PainACTION.com Proves to be Useful Tool for People with Chronic Back Pain
July 7, 2010 [Source: PR Newswire]
An article in the July 2010 issue of Pain Medicine features a recent study that examined the usefulness of Inflexxion’s interactive self-management website, painACTION.com, by people with chronic back pain. The painACTION website is a non-promotional website that provides unbiased information on self-managing pain and was developed with grant support from NIH. Full story...

Glucosamine No Help with Low Back Pain: Study
July 6, 2010 [Source: EurekAlert]
A study by researchers in Norway conducted a randomized controlled trial of patients with chronic low back pain and degenerative lumbar osteoarthritis who took oral glucosamine (1,500 mg daily) for six months and showed no...


**Educational Booklet and DVD**
Copies of the new educational booklet and DVD, *Finding Relief: Pain Management for Older Adults* are available to members free of charge, with the addition of a modest shipping fee. To request copies of this resource email: info@painmed.org.

**UPDATES**

**The AAPP Power Point Presentation on the Federal Regulations for Prescribing has been updated as of 6/01/2010.**
View this new presentation.

**Revised AAPM Ethics Charter**
Includes statement on conflicts of interest.

**Partial Listing of Recent Publications**

**A Simple Massage Is Proven To Relieve Psychological And Physiological State Of Patients With Chronic Tension Headache**

*July 6, 2010 [Source: University of Spain]*
Researchers in Spain have found that a 30-minute massage on cervical trigger points improves autonomic nervous system regulation in patients with tension headaches. Within 24 hours after receiving the massage, patients report a perceived relief from symptoms, as well as exhibiting a better psychological and physiological state. Full story...

**Surprising Find May Yield New Avenue of Treatment for Painful Herniated Discs**

*June 29, 2010 [Source Duke University Health System]*
Physicians at Duke University Medical Center report that the immune cell known to cause chronic inflammation in autoimmune disorders, cytokine molecule interleukin-17, may play a significant role in causing disc disease. Researchers hope that by identifying this specific subpopulation of lymphocytes, it might help halt or possibly reverse the disease process. Full story...

**Pre-emptive Pain Regimen Decreased Opioid Usage in Patients Undergoing Robotic Prostatectomy**

*June 25, 2010 [Source: Jefferson University Hospital]*
This was the first study examining the effectiveness of a pre-emptive pain management protocol using pregabalin in urologic surgery in patients undergoing robotic-assisted laproscopic radical prostatectomy. The researchers found that patients who received the pre-emptive pain management protocol received 49.1 mg of a “total morphine equivalent dose” compared to 75.3 mg in patients who received the standard regime. Full story...

**UK Approves Allergan Inc. (AGN)'s Botox For Chronic Migraine**

*July 9, 2010 [Source: ClinicaSpace]*
Allergen's BOTOX(R) (botulinum toxin type A) was licensed in the United Kingdom for prophylaxis of headaches in adults who have chronic migraine. A Phase III clinical trial, PREEMPT, evaluated the safety profile and efficacy of BOTOX(R) as a prophylactic headache treatment in chronic migraine patients. Full story...

**Purdue Pharma L.P. Receives FDA Approval for Butrans™ (buprenorphine) Transdermal System CIII**

*July 6, 2010 [Source: BioSpace.com]*
The FDA recently approved Purdue Pharma's Butrans (buprenorphine) Transdermal System CIII for the management of moderate to severe chronic pain in patients requiring a continuous, around-the-clock opioid analgesic for an extended period of time, delivering continuous release of the medication for seven days. Full story...

**Sangamo BioSciences, Inc. (SGMO) Presents Positive Phase 2 ZFP Therapeutic Data From SB-509 Programs in Diabetic**
Neuropathy at American Diabetes Association 2010
June 29, 2010 [Source: ClinicaSpace]
Phase 2 clinical trials of Sangamo’s SB-509-601 and SB-509-701-B showed clinically beneficial improvements in subjects with moderate and severe diabetic neuropathy as compared to placebo, providing histological evidence of SB-509’s dual effect on both blood vessel and nerve growth. Full story...

Boston Scientific Announces FDA Approval And Launch Of Lead Splitters For The Precision Plus™ Spinal Cord Stimulator System
June 25, 2010 [Source: Medical News Today]
Boston Scientific’s new spinal cord stimulation (SCS) lead splitters for use with its Precision Plus™ Spinal Cord Stimulation System provides the first rechargeable SCS device for management of chronic pain of the trunk, back and/or limbs, with the W4 and D4 splitters allowing multi-site placement of up to four leads. Full story...

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Controlled Substances: News & Views

Prescription Monitoring Programs: Do They Work?
July 7, 2010 [Source: Medscape]
Medscape asked AAPM member, Aaron Gilson MS, MSSW, PhD, of the Paul P. Carbone Comprehensive Cancer Center at the University of Wisconsin School of Medicine and Public Health, how a physician can tell if a patient is doctor shopping for prescription drugs. Full story...(log-in required) Visit the Pain & Policy Studies Group...

Study Shows 111 Percent Increase in Emergency Department Visits Involving Nonmedical Use of Prescription Opioid Pain Relievers in Five-Year Period
June 18, 2010 [Source: Morbidity and Mortality Weekly Report (MMWR)]
According to a study by the Substance Abuse and Mental Health Services Administration (SAMSHA), between 2004 and 2008, visits to the hospital emergency departments involving nonmedical use of prescription narcotic pain relievers more than doubled. Oxycodone, hydrocodone, and methadone products were the most frequently involved prescription opioid pain relievers. Full story... View Morbidity and Mortality Weekly Report...

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Ethics

Grassley Calls on NIH to Stiffen Ghostwriting Rules
July 8, 2010 [Source: MedPage Today]
The NIH issued a statement indicating that the agency has already proposed a new rule that would address some of the concerns set forth in a report issued by the Senate Finance Committee on medical and scientific journal ghostwriting. Full story...

Reuben Sentenced in Fraud Case
June 25, 2010 [Source: Anesthesiology News]
Pleading guilty to violating federal health care law, Scott Reuben MD was sentenced to six months in prison for health care fraud. Full story...

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AAPM on Social Networking Sites

Join the AAPM Linked-In Group and become a "fan" of AAPM on Facebook.

AAPM Members in the News

Botox Eliminates Pain Of TOS Without Surgery
July 22, 2010 [Source: WUSA9.com]

AAPM member Paul Christo MD, MBA was interviewed on a local Washington DC television station regarding the use of botulinum toxin to treat thoracic outlet syndrome (TOS). View television interview...

When Patients Complain of Pain, Treatment Depends on Many Factors
July 5, 2010 [Source: Los Angeles Times]

AAPM President, Eduardo Fraifeld MD, comments in a Los Angeles Times article about evaluating the level of a patient’s pain. Full story...

When Pain Becomes Chronic
July 5, 2010 [Source: Los Angeles Times]

AAPM Treasurer, Lynn Webster MD, is featured in a Los Angeles Times article on the chronic pain process and treatment options. Full story...

Walter Reed Army/National Naval Medical Centers: Pioneering Pain Management on the Battlefield
July 2010 [Source: Pain Medicine News]

AAPM members, Chester C. Buckenmaier MD, COL, MC, USA and Steven P. Cohen MD, COL, discuss the U.S. military’s Walter Reed Army Medical/Center/National Naval Medical Center (WRAMC/NNMC) Pain Service. Full story...

Botox Offers a Shot of Pain Relief
June 30, 2010 [Source: The Baltimore Sun]

Dr. Paul Christo was interviewed in the Baltimore Sun discussing the use of botulinum toxin in a patient suffering with neck and shoulder pain. Full story...

A (Not So Painful) Conversation About Chronic Pain
June 29, 2010 [Source: WYPR, Maryland Morning]

Dr. Paul Christo was also a guest on a recent NPR interview discussing chronic pain. Listen to interview...

Share your recent accomplishments, honors, published works, media interviews, or career changes by emailing sthompson@painmed.org.

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AAPM Members, Honors & Distinctions

VA Physician Recognized for Outstanding Work in Pain Management
AAPM member **Robert Kerns PhD** received the prestigious John and Emma Bonica Public Service Award at the American Pain Society’s 29th Annual Scientific Meeting for his contributions to the field of pain management. [Full story...](#)

**Grant News**

**Millennium Laboratories CEO Donates $2 Million Gift to Support University of Washington’s Division of Pain Medicine**

*July 12, 2010 [Source: PR Newswire]*

The University of Washington will use a grant from Millennium Laboratories to launch the Center for Pain Research on Impact, Measurement and Effectiveness (C-PRIME), a patient centered outcomes research institute. Millennium’s founder, James Slattery, said the grant was motivated by his admiration for the work of AAPM Co-Chair of Research, **Alex Cahana MD**. [Full story...](#)

**AAPM News**

**AAPM’s New Website is Live!**

AAPM’s new website debuts its social networking area, the AAPM Members’ Community. This new member benefit offers a meeting place for members to share information and collaborate on projects among this distinguished community of physicians, researchers, and allied health professionals. The Members’ Community allows members to participate in a professional network that includes user profiles, discussion forums, committee rooms, user groups, and a membership directory—all in a safe and secured environment only accessible to AAPM members.

The new website also includes a larger, ever-growing, library of pain medicine resources, which includes Clinical Guidelines, Clinical Resources, archives of the **AAPM e-Newsletter** and **Pain Medicine Network Newsletter**, and a collection of Annual Meeting presentations. This section is also home to Research in the News, a collection of articles, studies, clinical trials and abstracts related to pain medicine. Visit AAPM’s new website at: [www.painmed.org](http://www.painmed.org)

**Pain Medicine’s Impact Factor Sees Increase in 2009**

The 2009 Journal Citation Report containing the 2009 Impact Factors was recently released and *Pain Medicine’s* new Impact Factor is 2.393, an increase of 0.268 from the 2008 Impact Factor of 2.125. The new Impact Factor raises the Journal’s ranking in the subject category “Medicine, General and Internal” from 34th of 107 journals in 2008 to 29th of 132 journals in 2009. Thomson ISI measures the impact factor, which is the average number of citations to articles published in science and social science journals.

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**Annual Meeting**
Scientific Poster Abstracts Submissions
Submission of Scientific Poster Abstracts for the 2011 Annual Meeting went live on **July 1, 2010.**
*For more information...*

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Pain Abstracts in the News

**Therapeutic Interactive Voice Response (TIVR) to Reduce Analgesic Medication Use for Chronic Pain Management**
*July 12, 2010 [Source: The Journal of Pain]*
Abstract: This paper examines whether a telephone-based, automated maintenance enhancement program can help to reduce opioid and nonsteroidal anti-inflammatory drugs (NSAID) analgesic use in patients with chronic pain.
*Read more...*

**Treatment of the Adverse Effects from Acupuncture and Their Economic Impact: A Prospective Study in 73,406 Patients with Low Back or Neck Pain**
*July 7, 2010 [Source: European Journal of Pain]*
Abstract: The aim was to investigate the frequency of adverse effects due to acupuncture treatment, the need for treatment and the costs in patients with chronic low back or neck pain.
*Read more...*

**An updated overview of clinical guidelines for the management of non-specific low back pain in primary care**
*July 4, 2010 [Source: European Spine Journal]*
Abstract: The aim of this study was to present and compare the content of (inter)national clinical guidelines for the management of low back pain. To rationalise the management of low back pain, evidence-based clinical guidelines have been issued in many countries.
*Read more...*

**Evidence-Based Review of the Pharmacoeconomics Related to the Management of Chronic Nonmalignant Pain**
*June 2010 [Source: Informa Healthcare]*
ABSTRACT: Chronic pain is one of the most common reasons for patients to seek medical care. Chronic pain results in substantial economic losses and remains one of the most costly conditions in modern western society. In 1991, costs were estimated to be approximately $65 billion annually, comparable to the cost of treating diabetes.
*Read more...*

**Musculoskeletal pain – presentations to general practice**
*June 4, 2010 [Source: Australian Family Physician]*
BACKGROUND In order to understand more about pain presentations in primary care, the authors undertook a descriptive study on musculoskeletal pain presentations to a general practice with a special interest in musculoskeletal medicine. The aim was to describe and categorise musculoskeletal pain presentations into pain subtypes.
*Read more...*

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PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov
Evaluation of Efficacy of the Perioperative Administration of Venlafaxine or Gabapentin on Acute and Chronic Postmastectomy Pain
Amr YM, Yousef AA.
Anesthesia, ICU and Pain Relief Department, Faculty of Medicine, Tanta University, Tanta, Egypt.
Abstract: OBJECTIVES: Postmastectomy pain syndrome is a neuropathic pain syndrome that is known to develop after breast surgery. Preemptive analgesia has been shown to be efficacious in reducing postoperative pain, and may be effective in reducing the incidence of certain types of neuropathic pain. We investigated the analgesic efficacy of Venlafaxine and gabapentin on acute and chronic pain associated with cancer breast surgery.
PMID: 20473044 [PubMed - in process]
Read more...

Dose Patterns in Commercially Insured Subjects Chronically Exposed to Opioids: a Large Cohort Study in the United States
Cepeda MS, Etropolski M, Weinstein R, Fife D, Boston R, Matcho A.
ABSTRACT: BACKGROUND: Little data exist on how opioid doses vary with the length of exposure among chronic opioid users. METHODS: To characterize the change in the dosage of opioids over time, a retrospective cohort study using the PharMetrics database for the years 1999 through 2008 was conducted. Individuals exposed to opioids in 2000 who had 2 opioid dispensings at least 6 months apart and were opioid naive (did not receive any opioid 6 month before their exposure in 2000) were included.
PMID: 20565876 [PubMed - as supplied by publisher]
Read more...

Opioid Utilization and Health-Care Costs among Patients with Diabetic Peripheral Neuropathic Pain Treated with Duloxetine vs. Other Therapies
Pain Pract. 2010 Jul 5. [Epub ahead of print]
Wu N, Chen SY, Hallett LA, Boulanger L, Fraser KA, Patel CK, Zhao Y.
Abstract Objective: This retrospective cohort study assessed subsequent opioid utilization and health-care costs among patients with diabetic peripheral neuropathic pain (DPNP) who initiated duloxetine vs. other standard of care (SOC) treatments.
PMID: 20602718 [PubMed - as supplied by publisher]
Read more...

Molecular Depletion of Descending Serotonin Unmasks its Novel Facilitatory Role in the Development of Persistent Pain
Wei F, Dubner R, Zou S, Ren K, Bai G, Wei D, Guo W.
Department of Neural and Pain Sciences, Dental School, and Program in Neuroscience, University of Maryland, Baltimore, Maryland 21201, USA.
Abstract: Recent studies indicate that persistent pain after tissue or nerve injury is accompanied by an enhanced net descending facilitatory drive that contributes to an amplification and spread of pain. Although 5-HT-containing neurons in the rostral ventromedial medulla (RVM) provide the major descending serotonergic projection to the spinal cord, it is not clear whether the neurotransmitter 5-HT itself released from RVM-spinal neurons contributes to descending pain modulation.
PMID: 20573908 [PubMed - in process]
Read more...
Aberrant Drug-Related Behavior Observed During Clinical Studies Involving Patients Taking Chronic Opioid Therapy for Persistent Pain and Fentanyl Buccal Tablet for Breakthrough Pain

J Pain Symptom Manage. 2010 Jun 24. [Epub ahead of print]
Passik SD, Messina J, Golsorkhi A, Xie F.
Memorial Sloan-Kettering Cancer Center (S.D.P.), New York, New York; and Cephalon, Inc. (J.M., A.G., F.X.), Frazer, Pennsylvania, USA.
Abstract: CONTEXT: Information on aberrant drug-related behaviors in the clinical study setting is limited. OBJECTIVES: This retrospective analysis was designed to identify the types and frequency of aberrant drug-related behaviors (including misuse and abuse) and associated patient characteristics in opioid-tolerant patients with chronic pain.
PMID: 20580202 [PubMed - as supplied by publisher]
Read more...

NIH Clinical Studies & Trials

The following studies and trials are posted at ClinicalTrials.gov

Doxepin Hydrochloride in Treating Oral Mucositis Pain in Patients With Head and Neck Cancer Undergoing Radiation Therapy With or Without Chemotherapy
This study is not yet open for participant recruitment.
First Received: July 1, 2010 Last Updated: July 3, 2010
Sponsor: North Central Cancer Treatment Group
Study Chair: Robert C. Miller, MD, Mayo Clinic
Collaborator: National Cancer Institute (NCI)
Information provided by: National Cancer Institute (NCI)
ClinicalTrials.gov Identifier: NCT01156142
Stated Purpose: This randomized phase III trial is studying doxepin hydrochloride to see how well it works compared to placebo in treating oral mucositis pain in patients with head and neck cancer undergoing radiation therapy with or without chemotherapy.
Read more...

TAP Block for Open Radical Prostatectomy
This study is not yet open for participant recruitment.
First Received: June 30, 2010 Last Updated: July 6, 2010
Sponsor: McGill University Health Center
Contact: Franco Carli, Professor, Thanyamon Kaewnopparat, Fellow
Information provided by: McGill University Health Center
ClinicalTrials.gov Identifier: NCT01157546
Stated Purpose: This is a prospective, double blind, randomized study is proposed in patients undergoing open radical prostatectomy: its objective is to establish whether continuous bilateral TAP blocks would provide adequate perioperative analgesia, decrease opioid consumption, reduce the incidence of opioid-related side effects, and facilitate surgical recovery (in terms of PACU and hospital discharge).
Read more...

Efficacy and Safety of Cyclobenzaprine Hydrochloride Extended Release for the Treatment of Chronic Migraine
This study is not yet open for participant recruitment.
First Received: June 25, 2010 No Changes Posted
Sponsor: University of Medicine and Dentistry New Jersey
Collaborator: Cephalon
Principal Investigator: Loretta Mueller, DO, University of Medicine and Dentistry New Jersey
Information provided by: University of Medicine and Dentistry New Jersey
ClinicalTrials.gov Identifier: NCT01151787
Stated Purpose: The primary objective of the study is to evaluate the effectiveness and safety of cyclobenzaprine hydrochloride extended release (Amrix 15mg/day) for the prophylaxis of chronic migraine compared to a placebo medication. A second objective is to find out whether there is an improvement in quality of sleep and self-reported depression in patients taking Amrix 15mg daily. The hypothesis is that the number of migraine days per month of patients treated with Amrix 15mg daily will be significantly lower than those patients treated with placebo.
Read more...

Lidocaine 5% Medicated Plaster in Chronic Postoperative Pain
This study is not yet open for participant recruitment.
First Received: July 1, 2010
Sponsor: Grünenthal GmbH
Principal Investigator: Jean Bruxelle, Hopital Cochin, Pavillon Tarnier, Paris
Information provided by: Grünenthal GmbH
ClinicalTrials.gov Identifier: NCT01155986
Stated Purpose: The purpose of this trial is to investigate the efficacy and safety of lidocaine 5% medicated plaster in localized chronic post-operative neuropathic pain in comparison to placebo plaster.
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