

UTCSP eNews
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UTCSP HELPS LAUNCH NEW BOOK BY MARNI JACKSON

On Wednesday, June 12, award-winning journalist and best-selling author, Marni Jackson, launched her latest book entitled *Pain: The Fifth Vital Sign* at Massey College. Among the many attendees were Brian Johnson, David Gilmour and June Callwood, along with UTCSP members Judy Watt-Watson, Angela Mailis and Mike Salter.

Pain: The Fifth Vital Sign maps the largely unexplored territory of pain through the stories of people who live with it – from fibromyalgia to phantom limb pain – as well as the words of pioneers of pain research and the professional experiences of doctors, scientists and nurses. Among the University of Toronto pain researchers who were interviewed by Jackson for her book were Drs. Angela Mailis, Joel Katz, Karen Davis, and Jonathan Dostrovsky. To find out more about this book and to read an excerpt visit <http://www.marnijackson.com/books/index.html>

PAIN IN THE MEDIA:

Hush Little Baby: Dr. Celeste Johnston Investigates Pain in Infants

(Reprinted from McGill University Media Release)

Why do babies cry? Are they hungry, cranky, tired, or could it be that they're in pain? It's a tough call – not only for parents, but even for practiced pediatricians and nurses. Dr. Celeste Johnston, Professor and Associate Director for Research at the McGill School of Nursing, is working on telling the difference between everyday cries and cries of pain. She is also trying to figure out what to do about making babies' pain go away.

"My research is centered on trying to find ways of alleviating infant pain safely" says Dr. Johnston. Her major focus is on pain in preterm infants. Premature babies may feel more pain than other infants because their coping mechanism is still at immature stage. Dr. Johnston's little patients are not fully developed and often remain in the Intensive Care Unit for extended periods of time. "If you think about it, [preterm infants] are meant to be in the protective environment of the womb at that age and they're in this loud, noisy, really hostile environment." These developmentally immature babies often become hypersensitive to pain. Sticking a baby's heel to draw blood can be a very painful procedure for that child.

Dr. Johnston and her team are looking at various ways of diminishing pain in preterm babies. They found, for example, that skin-to-skin contact between premature babies and their mothers can reduce the discomfort caused by painful procedures. This "kangaroo care," seems to promote a sense of security in the babies. "Preterm infants are comfortable in this position... and by promoting a quiet state and physiological stability, we're hoping that the impact of a painful event, such as a heel stick, will be dampened."

Music, in the form of lullabies sung by the mothers, may also help soothe babies' pain, Dr. Johnston points out. "Mothers have been using what we call ordinary, everyday comforting mechanisms for millennia, and we're just now trying to take those mechanisms that mothers use intuitively with babies and move them into the intensive care setting." We may even learn something from animals about controlling pain in babies, says Dr. Johnston. She's studying mother rats to see how they comfort their pups when they experience pain.

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Dr. Johnston has also been looking at the effects of giving infants sugar during invasive Intensive Care Unit procedures (like the heel stick). The sugar may cause the release of pain suppressing endorphins. "Sweet-tasting substances seem to have an analgesic effect in newborns and premature infants, and we think that happens through the release of endorphins." Surprisingly, this effect is dose dependent. Dr. Johnston and her team have found that giving more doses of sugar over a whole week in very premature infants may have some negative impact on development when the baby is at term age. Obviously more research is needed in this area.

Along with her research on preterm infants, Dr. Johnston also coaches pediatric nurses in ways of dealing with infant pain. "It's very difficult to tell if an infant is in pain and the degree of discomfort the child may be experiencing," she says. Certain signs, however, can give clues about what infants are feeling. Facial activity and cry analysis may help physicians and nurses determine the extent to which a baby is suffering.

On top of all her research, Dr. Johnston still finds time to head up an extensive pain awareness campaign as Director of the Canadian Pain Society. This initiative involves sending out information packets about pain treatment options to physicians, nurses and patients in a number of clinics and hospitals. "Essentially the message is that you have a right to have your pain treated and the staff caring for you have an obligation to treat your pain."

So after all this, do we know what parents should do when their babies start to cry? Not exactly. But Dr. Johnston points out that a lot of the things that parents do intuitively actually do work. "I think rocking, swaddling, giving pacifiers, playing soothing music or singing songs all help. What you're trying to do is move the attention from the pain or the discomfort to something else." "There's no magic," she adds, "tender loving care may buffer the effects of pain. Parents, doctors and nurses should not dismiss that."

UPCOMING MEETINGS/SYMPOSIUMS/LECTURES/CONFERENCES:

10TH World Congress on Pain

Sponsored by the International Association for the Study of Pain
San Diego, California

August 17-22, 2002

For further information, contact:

IASP

909 NE 43rd Street, Suite 306

Seattle, WA 98105

Tel: 206-547-6409

Fax: 206-547-1703

e-mail: IASP@locke.hs.washington.edu

web: <http://www.iasp-pain.org/02congopen.html>

Optimizing the Management of Chronic Pain

Official Associated Symposium of the 10th World Congress on Pain

Sponsored by Janssen Pharmaceutica

San Diego, California

August 18, 2002

For further information, contact:

Guy De Witte

Janssen Pharmaceutica

Turnhoutseweg 30

B-2340 Beerse, Belgium

Tel: 32-14-60-74-11

Fax: 32-14-60-38-17

e-mail: GDWITTE@janbe.jnj.com

Use of Botulinum Toxin for Chronic Pain

Sponsored by Allegran

San Diego, California

August 18, 2002

For further information, contact:

Kathleen Young

Colwood Healthworld USA

Tel: 212-625-4342

Fax: 212-966-7755

e-mail: Kathleen.young@bateshw.com

Diagnostic Challenges in Neuropathic Pain

Sponsored by Pfizer

San Diego, California

August 18, 2002

For further information, contact:

Beth McGhee
Embryon Inc.
50 Division Street
Somerville, New Jersey
08876 USA
Tel: 908-575-1020 X 215
Fax: 908-575-7336
e-mail: mcghee@embryoninc.com

Transdermal Buprenorphine (TDS) A New Therapeutic Option in Chronic Pain Control

Official Associated Symposium of the 10th World Congress on Pain

Sponsored by Grunenthal GmbH

San Diego, California

August 19, 2002

For further information, contact:

Dr. Lemens Schulz

Grunenthal GmbH

P.O. Box 50 04 44

52088 Aachen, Germany

Tel: 49-241-569-2135

Fax: 49-241-569-2986

e-mail: Klemens.Schultz@grunenthal.de

Emerging Trends in Opioid Therapy

Official Associated Symposium of the 10th World Congress on Pain

Sponsored by Janssen Pharmaceutica

San Diego, California

August 19, 2002

For further information, contact:

Guy De-Witte

Janssen Pharmaceutica

Turnhoutseweg 30

B-2340 Beerse, Belgium

Tel: 32-14-50-74-11

Fax: 32-14-60-38-17

e-mail: GDWITTE@janbe.jnj.com

Bridging the Gap in Pain Management: The Role of Cox-2 Specific Non-Narcotic Analgesics

Official Associated Symposium of the 10th World Congress on Pain

Sponsored by PharmaciaPfizer

San Diego, California

August 19, 2002

For further information, contact:

Natalie Demers

PPS International Communications

181 Gharbor Drive

Stamford, Connecticut 06902

Tel: 203-541-2634

Fax: 203-541-2606

e-mail: ndemers@ppsiusa.com

Pain and Depression: Navigating the Intersection of Body and Mind

Official Associated Symposium of the 10th World congress on Pain

Sponsored by Eli Lilly and Company

San Diego, California

August 20, 2002

For further information, contact:

Pamela Smoot

Deborah Wood & Associates

701 Congressional Boulevard, #270

Carmel, Indiana 46032

Tel: 317-208-3606

Fax: 317-580-1167

e-mail: Pamela_smoot@dwainc.com

Sleep Mood and Functionality: Key Outcomes for Optimal Pain Management

Sponsored by Pfizer

San Diego, California

August 20, 2002

For further information, contact:

Susan Tyler

Medical Action Communications

20 Commerce Drive

Cranford, New Jersey

07016 USA

Tel: 908-956-0535

Fax: 908-709-8095

e-mail: susan.tyler@mac-usa.com

New Innovations in the Treatment of Pain

Sponsored by Purdue/Mundipharma/Napp and Associated Companies

San Diego, California

August 20, 2002

For further information, contact:

Marsha Stanton

Purdue Pharma O.P.

One Stamford Forum

4th Floor

Stamford, Connecticut 06901-3431

Tel: 203-588-8093

Fax: 203-588-6213

e-mail: marsha.Stanton@pharma.com

Poverty, Culture and Pain “Pain Management in Counties with Limited Resources”

Official Associated Satellite Symposium of the 10th World Congress on Pain

Sponsored by Grunenthal GmbH

San Diego, California

August 21, 2002

For further information, contact:

Dr. Stefan Esser

Grunenthal GmbH

P.O. Box 50 04 44

52088 Aachen, Germany

Tel: 49-241-569-3567

Fax: 49-241-569-3473

e-mail: Stefan.Esser@grunenthal.de

POSITIONS AVAILABLE:

Medical Director of Pain Management. (New South Wales (NSW), Australia)

The Northern Rivers Area Health Service (NRAHS) is located in the North-East of NSW.

The total health service population is approximately 254,000. The NRAHS is committed

to developing tertiary services in the management of acute, chronic and cancer pain. The

NRAHS Multidisciplinary Pain Clinic (MPC) will be located at Lismore Base Hospital

(LBH), an acute referral hospital of 200 beds, 70 Specialist Visiting Medical Officers, 38

Visiting General Practitioners, 13 Staff Specialists and 13 accredited Registrars.

The Medical Director position (0.5FTE) will have a leadership role in the service

provided by the newly appointed MPC. If desired, a conjoint VMO appointment with the

LBH Department of Anaesthesia is available and/or a conjoint appointment with the

University of Sydney/Pain Management & Research Centre (Royal North Shore Hospital,

Sydney) is foreshadowed.

Enquiries: Dr Chris Lowry, Department of Anaesthesia (02) 66221285 email

aquadoc@bigfoot.com

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For further information or comments about UTCSP eNews, please contact:

Nancy Mitchell

University of Toronto Centre for the Study of Pain

University of Toronto

Faculty of Dentistry

124 Edward Street

Toronto, Ontario M5G 1G6

Tel: (416) 979-4762

Fax: (416) 979-4936

e-mail: nancy.mitchell@utoronto.ca