# PAIN SESSION

## OBJECTIVES

* Define pain
* Explore how it is classified
* Refresh the physiology of nociception and pain
* Review the pharmacological treatment of pain
* Explore the notion of multimodal analgesia
* Use RAT approach to manage pain

## PREREADING

Great presentation called Essential Pain Management by Wayne Morris and Roger Goucke

<http://www.developinganaesthesia.org/essential-pain-management.html>

## QUESTIONS

(hint: see above website and your foundation term pain lecture notes)

*1) What is pain?**(IASP defn and simple defn)*

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*2) Why should we treat pain? (Patient, family, society)*

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*3) How does chronic pain differ from acute pain?*

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*4) What 2 the other ways of classifying pain?*

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***Answers to 3 and 4 are the 3 main questions that help us to broadly classify pain***

*5) What is nociceptive pain?*

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*4) What is neuropathic pain?*

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*5. Draw a diagram showing the pain pathway*

*6. What are the non-drug methods of treating pain, giving examples?*

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*7. How do you recognize pain?*

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*8. When assessing pain, what 3 aspects of pain are graded?*

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*9. What are the 10 questions used to assess pain? (hint: severity, radiation….)*

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*10a. What is the WHO Analgesic ladder and b. Define multimodal analgesia?*

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*11. Complete this table*

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|  | Dose Route Interval (reg/prn) | Contraindications | Important side effects |
| Paracetamol  Class\_\_\_\_\_\_ |  |  |  |
| Ibuprofen  Class\_\_\_\_\_\_ |  |  |  |
| Endone  Class\_\_\_\_\_\_ |  |  |  |
| Oxycontin  Class\_\_\_\_\_\_ |  |  |  |
| Morphine  Class\_\_\_\_\_\_ |  |  |  |
| Tramadol  Class\_\_\_\_\_\_ |  |  |  |

*12. List the common sides effects and lethal side effects of opioids? How can these risks be mitigated and treated (give medication names and doses)*

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| Side Effect | Minimise risk of side effect | Treat side effect |
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*13. When does a patient require a PCA?*

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*14. When does a patient require an Acute Pain Service Referral?*

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*15. What specialized techniques can be employed by anaesthetists to treat severe pain?*

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*16. What is the sedation score?*

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| 2 |  |
| 3 |  |
| S | This may no longer be used at Western Health |

*17. For one patient from the pain round complete* ***recognize/assess/treat*** *management plan.*

Recognize (how do you know they are in pain?)

Assess (Duration, cause, mechanism, severity – rest/movement/FAS)

Treat (non drug AND drug-what would you write on drug chart)