



General Approach to Pain Management

ASK:

Always ask patient about the presence of pain and accept the patient's report of pain.

ASSESS:

- Perform a comprehensive pain assessment:
 - Onset, duration, and location
 - Quality (sharp, dull, diffuse, throbbing, etc.)
 - Intensity (1–10 scale, for example)
 - Aggravating and alleviating factors
 - Effect on function and quality of life
 - Patient's goal for pain control
 - Response to prior tx if condition is chronic
 - History and physical examination

TREAT:

- With older adults, start dose low, go slow, but get it
- Avoid IM route; the PO route is preferred
- Treat persistent pain with regularly scheduled meds
- Two drugs of the same class (eg, NSAIDs) should not generally be given concurrently; however long- and short-acting opioids may be prescribed together
- Avoid dependence (per American Pain Society and WHO) and opioid abuse (CDC) and 4 efficacy

MONITOR:

- Assess and reassess pain frequently
- Most opioid agonists have no analgesic ceiling dose; titrate to relief and assess for adverse effects
- Assess, anticipate, and manage opioid adverse effects aggressively
- Discuss goals and plans with patient and family
- Addiction rarely occurs unless there is a hx of abuse
- Watch for red flags of addiction:
 - Compulsive use
 - Lack of control
 - Use despite harm

Breakthrough Pain Management General

- Use long-acting opioid around the clock for baseline management of persistent pain
- Use short-acting opioids PRN (rescue) for breakthrough pain
- Consider using the same drug for both baseline and rescue doses whenever possible (eg long-acting morphine + short-acting morphine)

Rescue Dosing

- The rescue dose is 50%–150% of the 24-h total daily dosage
- Oral rescue doses should be available every 1–2 h; parenteral doses every 15–30 minutes

Adjustments

- If the patient is consistently taking ≥ 3 rescue doses daily, consider increasing the baseline round-the-clock dosage
- Recalculate rescue dose whenever the baseline dosage is changed

Example

- Calculate rescue dose for patient on baseline coverage of MS Contin 200 mg q 12 h:
- Calculate total daily dosage: 200 mg $\times$ 2 = 400 mg morphine/d
 - Establish rescue dose: 50%–150% of 400 mg = 40–60 mg short-acting morphine
 - Oral rescue dose therefore is: morphine 40–60 mg PO q 1–2 h
 - Parenteral rescue dose (based on continuous infusion): Calculate based on 25%–50% of hourly dose

Pain Types

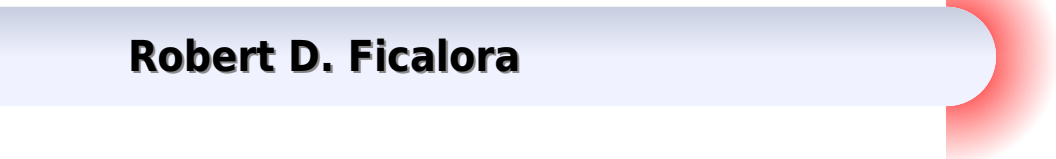
Type	Examples	Quality
Somatic pain	Fracture, burn, bone metastasis	Constant, sometimes throbbing or aching, tender, and localized to the site of origin
Visceral pain	Small stone passage, small bowel obstruction, appendicitis, cancer	Poorly localized, may be referred to distant cutaneous site (eg, diaphragmatic irritation referred to ipsilateral shoulder, often associated with nausea or dyspnea)
Neuropathic pain	Nerve compression, cancer invasion of neural structures, diabetic neuropathy, postherpetic neuropathy, trigeminal neuralgia	Prolonged, severe, burning, shooting, squeezing, hypersensitivity to pain, paresthesia, dysesthesia, dysesthesia; tends to be resistant to opioids and difficult to treat

Interventional Pain Management Techniques

Technique	Indications
Trunk epidural catheter injection (EIDH) Fast track	Inflammation associated with conditions such as spinal stenosis, disc herniation or degenerative disc disease Diagnostic (not used to isolate and confirm the specific source of back pain (facet joints))
Subcutaneous catheter fast track (SCCH)	Primarily used to diagnose the specific source of some root pain and, secondarily, for therapeutic purposes such as treatment for a far lateral disc herniation
Neurolytic blocks (chemical, radiofrequency ablation)	Good for localized pain not requiring multiple segmental blocks; successful EIDHs should be done prior to neurolysis

Pain Management Pocketcard Set

Robert D. Ficalora



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