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# Pain Management Pocketcard Set

## Pain Management pocketcard Set

### General Approach to Pain Management

**ASSESS:**  
Review with 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 (burning, dull, diffuse, throbbing, etc.)  
- Intensity (0-10 scale, for example)  
- Aggravating and alleviating factors  
- Effect on function and quality of life  
- Patient's goal for pain control  
- Response to prior (if available) is chronic history and physical examination

**MANAGE:**  
- With older adults, start slow, low, go slow, but go! **Need 90 mins, the PD route is preferred**  
- Treat persistent pain with regular scheduled meds  
- Two drugs of the same class (eg, NSAIDs) should not generally be given concurrently, however long-act and short-acting opioids may be prescribed together  
- Avoid respiratory (see American Pain Society and NMP) and propofol (see *Levofolium and J. Efforts*)

**MONITOR:**  
- Assess and manage pain frequently  
- Most opioid agonists have no analgesic ceiling dose; ensure to titrate and assess for adverse effects  
- Assess, anticipate, and manage opioid adverse effects appropriately  
- Discuss goals and plans with patient and family  
- Additional safety issues arise when there is a lot of abuse  
Watch for red flags of addiction:  
1) Compulsive use  
2) Loss of control  
3) Not getting better

### Breakthrough Pain Management

**General:**

- Use long-acting opioids 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 10%-15% of the 24-h total daily dosage
- Oral rescue doses should be available every 1-2 h; parenteral doses every 15-30 minutes

**Adjustment:**

- If the patient is consistently taking 2-4 rescue doses daily, consider increasing the baseline round-the-clock dosage
- Reevaluate rescue dose whenever the baseline dosage is changed

**Calculation:**  
Calculate rescue dose for patient on baseline coverage of MS Contin 200 mg q 12 h:

- Calculate total daily dosage: 200 mg x 2 = 400 mg morphine/24h
- Establish rescue dose: 10%-15% 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 20%-50% of hourly dose

| Pain Types       | Examples  | Quality  |
|------------------|---|--|
| <b>Acute</b>     |   |  |
| Somatic pain     | Trauma, burns, bone metastases  | Constant, sometimes throbbing or aching, localized, and localized to the site of origin  |
| Visceral pain    | Renal stone passage, small bowel obstruction, appendicitis, cancer  | Deeply localized, may be referred to distant cutaneous site (eg, diaphragmatic irritation referred to ipsilateral shoulder), often associated with nausea or dysphoria |
| Neuropathic pain | Nerve compression, cancer invasion of neural structures, diabetes, neuromas, postherpetic, neurolytic, trigeminal neuralgia | Prickling, aching, burning, lancinating, spreading, hyperalgesia to pain, possible hyperalgesia, dysphoria; tends to be resistant to opioids and difficult to treat    |

### Nonpharmacological Pain Management Techniques

| Technique   | Indications  |
|---|--|
| Counter-stretch manual (eg, TENS)                 | Inflammation associated with conditions such as spinal stenosis, disc herniation or degenerative disc disease  |
| Spinal block                                      | Diagnostic tool used to locate and confirm the specific source of back pain (short-term)   |
| Subcutaneous nerve root block (SNRB)              | Primarily used to diagnose the specific source of nerve root pain and, secondarily, for therapeutic purposes such as treatment for a far lateral disc herniation |
| Neurolytic blocks (thermal, neurolytic, chemical) | Good for localized pain not requiring multiple regional blocks; successful SNRBs should be done prior to neurolytic  |

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## Synopsis

This pocketcard Set contains the crucial information on pain management: guidelines on the assessment and management of pain; breakthrough pain management and rescue dosing; opioid equianalgesic dosing table & management of opioid-related events. For physicians, physician assistants, nurses, students and all other healthcare professionals.

## Book Information

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## Customer Reviews

This card packet had great information on it. It was written to be used by a doctor or pain management clinician. I, however, found it very helpful to take to my pain management clinic so that I could talk about different treatment options we hadn't tried yet and were listed on the cards. Very helpful!

This Pocket Card is okay but it seems to be a bit out dated and incorrect. I wish I would of researched the author of it first. Not a bad tool for a beginner.

Very handy; only one negative - opioid equanalgesic chart should be more accessible.

Printing on cards too small and difficult to read.

Print too small to be useful.

Received several days ago. Information is good, but it is very difficult to read and to find information on the card.

Very important information, but the font and print are much too small to read. I have to use a magnifying glass to read the information.

Very satisfied!!

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