

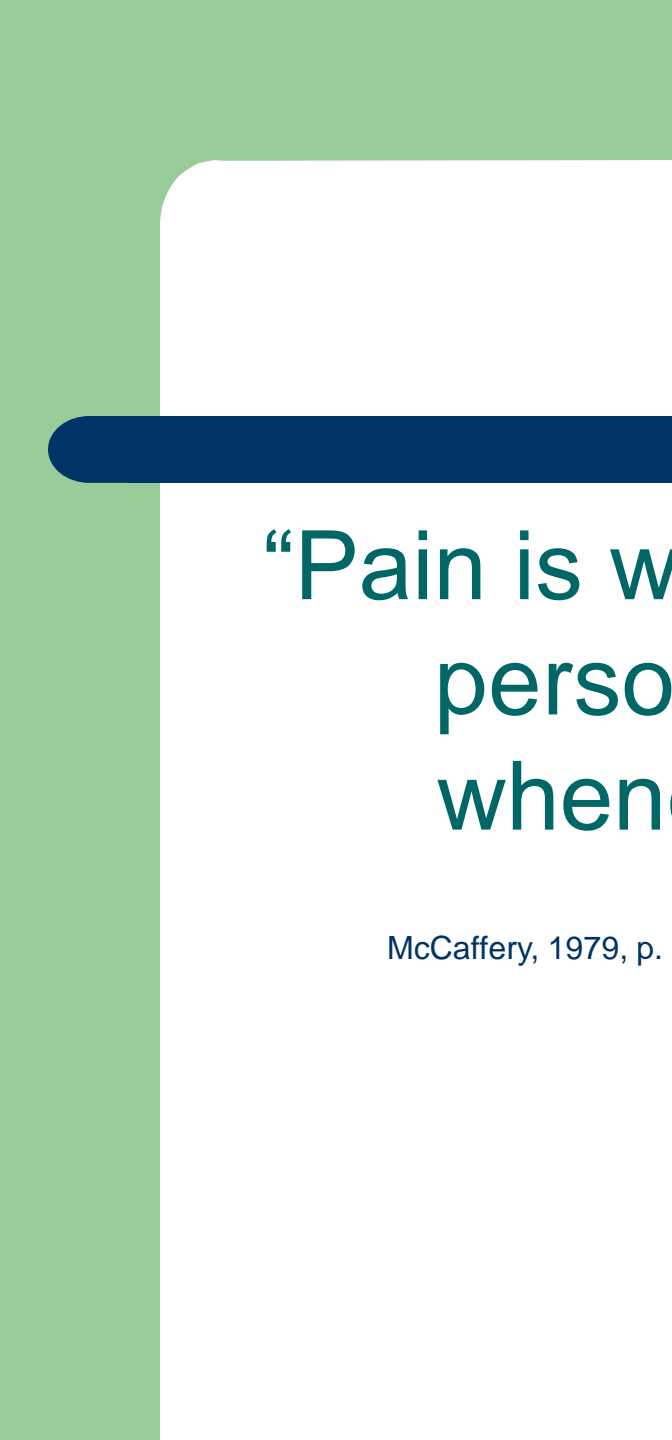
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Barriers to effective
pain relief



Freedom from pain is a basic
human right

-WHO

A decorative graphic on the left side of the slide, consisting of a light green vertical bar and a dark blue horizontal bar that curves at its ends.

“Pain is whatever the experiencing person says it is and exists whenever he says it does.”

McCaffery, 1979, p. 8

Exactly what is it about the word pain that you don't understand?



Adapted from Wadden by McCaffery, 1996

-WADDEN-

Pain is subjective!

- There is no test for pain
- The patient's statement is the single most reliable indicator of pain

SLE Important Points

- The better SLE controlled, better pain is relieved
- Diet: no garlic or alfalfa sprouts; increase omega-3 fatty acids to help decrease inflammation
- Treatment goals: prevent flares, appropriate treatment, decrease organ damage

Physiological Consequences of Unrelieved Pain

- Increased BP, HR
- Increased consumption of MI oxygen
- Increased metabolic rate
- Decreased gastric motility
- Stress response
- Sleeplessness
- Altered pul function
- Delayed healing
- Reduced mobility
- Reduced cognitive function
- Increased risk for chronic pain

Psychological Consequences of Unrelieved Pain

- Anxiety, depression
- Impaired sleep
- Decreased socialization
- Decline in ADLs
- Economic effects
- Decreased quality of life

Risk Factors for Under treatment of Cancer Pain

- Minorities: 3x increased risk
- Poor pain assessment
- Noncancer pain
- “Good” performance status
- Age > 70 years
- Female Patient

Gender Issues

- Women are twice as likely to take prescription pain medication for chronic pain than men (68% vs 32%)
- One study found women are more likely to be given sedatives for pain, while men are more likely to be given analgesics

Women work all the time, but don't need a sign



Use Correct Terminology

- Avoid words such as:
 - Narcotic
 - Drugs
 - Painkillers
- Use words such as:
 - Opioids
 - Medicine
 - Pain Relievers
 - Analgesics

Challenges in 2018

- Balance
 - Analgesia vs safety
 - Availability vs preventing diversion

Two Major Public Health Problems

- Escalating problem of inadequately treated chronic pain
- Misuse, abuse, and diversion of prescription opioids

The Opioid Crisis

- Over 20,000 people died from prescription overdose in 2015
- More deaths from opioid overdoses than by motor vehicle accidents
- 2 million people had a substance abuse disorder involving prescription opioids
- Not enough affordable treatment facilities

Safety

- Add Safe storage and safe disposal to written discharge instructions
 - Lock meds up, safe, no medicine cabinets or purse
 - Take back programs (pharmacies, police departments)
 - Mix med in wet coffee grounds or kitty litter until dissolved, then dispose in garbage
 - Do not flush down toilet

Principles of Pain Control

- Give medications orally
- Give medications regularly
- Give medications in adequate dose
- Give medications in combination (multi-modal analgesia)

SLE Medications

- NSAIDs
- Antimalarial (Plaquenil)
- Steroids (Prednisone)
- Immunosuppressants (Imuran, Cytoxin, Methotrexate)
- Biologics (Rituxan)

Medications for Pain

- Non-Opioid Analgesics (old name non-narcotics)
 - Acetaminophen (Tylenol)
 - Aspirin
 - NSAIDs (Aleve, Motrin, Naproxen, etc)

Acetaminophen (Tylenol)

- Thought to work in the central nervous system
- Can be given orally, rectally, and IV
- Number one cause of acute liver failure
- Number one reason people are waiting for liver transplants
- Lower doses recommended for dehydrated, malnourished, elderly, or those who consume alcohol

Acetaminophen (Tylenol)

- Paracetamol, APAP, Acetaminophen, Cet?
- Only 31% study respondents knew acetaminophen was Tylenol
- No long term studies on what is a safe dose
- FDA still says 4000mg/day; American Liver Foundation 3000mg/day
- Read your Tylenol and other over-the-counter medication bottles!

NSAIDs

- Non-steroidal anti inflammatory drugs
- All can cause stomach bleeding
- Can cause kidney failure
- Use lowest dose for shortest period of time

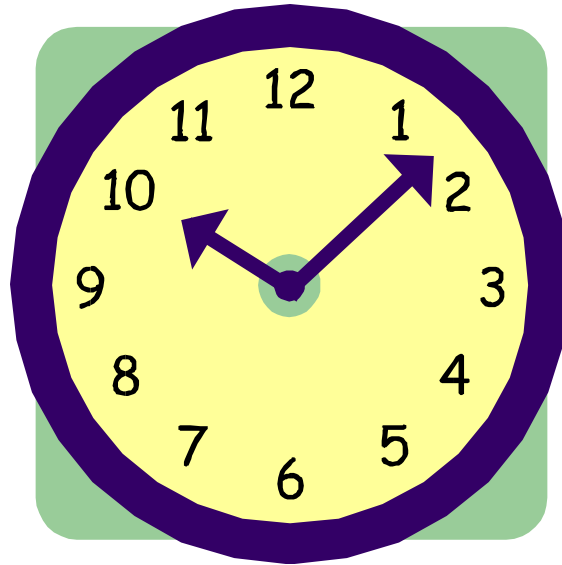
Opioids (Narcotics)

- Morphine, Fentanyl, Dilaudid very potent
- (keep locked or hidden)
- Oxycodone (Percocet, Oxycontin)
- Hydrocodone (Norco, Vicodin, Lortab, etc.)
- Codeine (no longer recommended)
- All opioids (narcotics) cause constipation!

Adjuvant Medications

- Neurontin or Lyrica
- Cymbalta
- Savella
- Older antidepressants
- Topical pain patches (Lidoderm prescription)
- Topical NSAIDs (Voltaren gel prescription)

WHAT IS THE BEST SCHEDULE?



AROUND THE CLOCK

Non-Pharmacological Management of Pain

- Physical modalities
 - Heat/cold
 - Massage
 - Exercise/physical therapy
- Cognitive/behavioral strategies
 - Relaxation/Focused breathing
 - Aromatherapy
 - Distraction/Imagery
 - Music/Pet/Art therapy
 - Meditation

Relaxation/Imagery

- Concentrate on deep breathing
- Decreases tension
- Focal point
- Practice skill
- Quiet setting

Everyone needs a pain advocate

- Develop trust between doctor, nurse, family
- Don't stand for the words "I am sorry but there is nothing more we can do"
- Follow agreement from health care provider
- Prescription Monitoring Program
- Don't doctor shop

Pain Resources

- www.paincommunity.org
- American Chronic Pain Association (ACPA)
 - <http://www.theacpa.org>
- Arthritis Foundation
 - <http://www.arthritis.org>
- ACPA “Using NSAIDs Safely and Effectively”
 - <http://www.theacpa.org/NSAIDs-safety>
 - Understanding Pain
<http://www.youtube.com/watch?V=4b80B757DKC>
 - Taking Opioids
<http://www.youtube.com/watch?V=7Na2m7lx-hu>

Resources Con't

- Reflex Sympathetic Dystrophy
 - <http://rsds.org>
- The Fibro Center
 - www.fibrocenter.com
- The Fibromyalgia Network
 - www.fmnetnews.com
- www.PainSAFE.org
- www.lockyourmeds.org

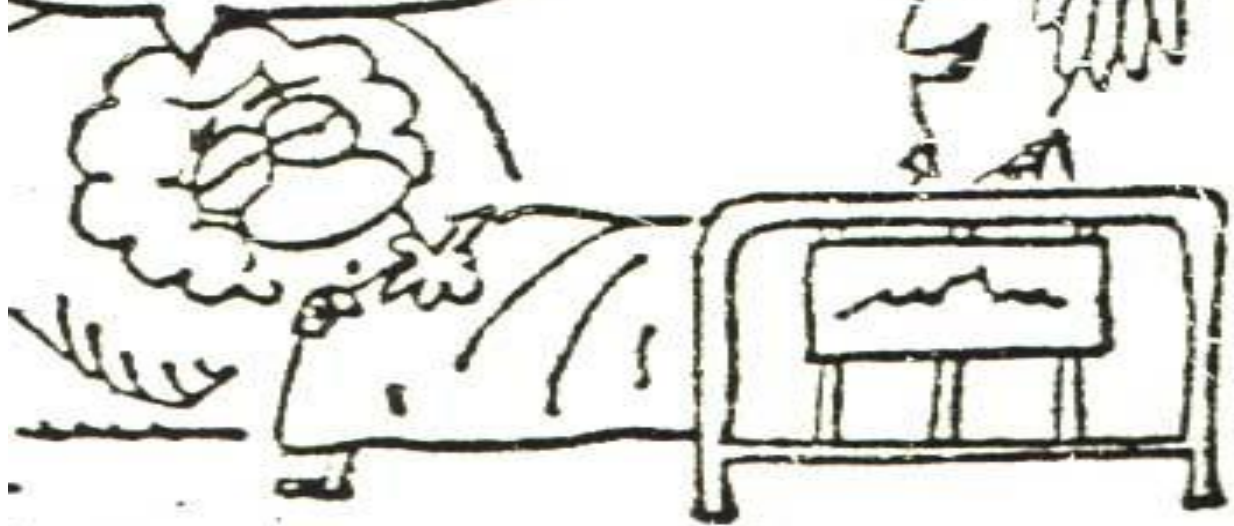
Inadequate Treatment Of Pain

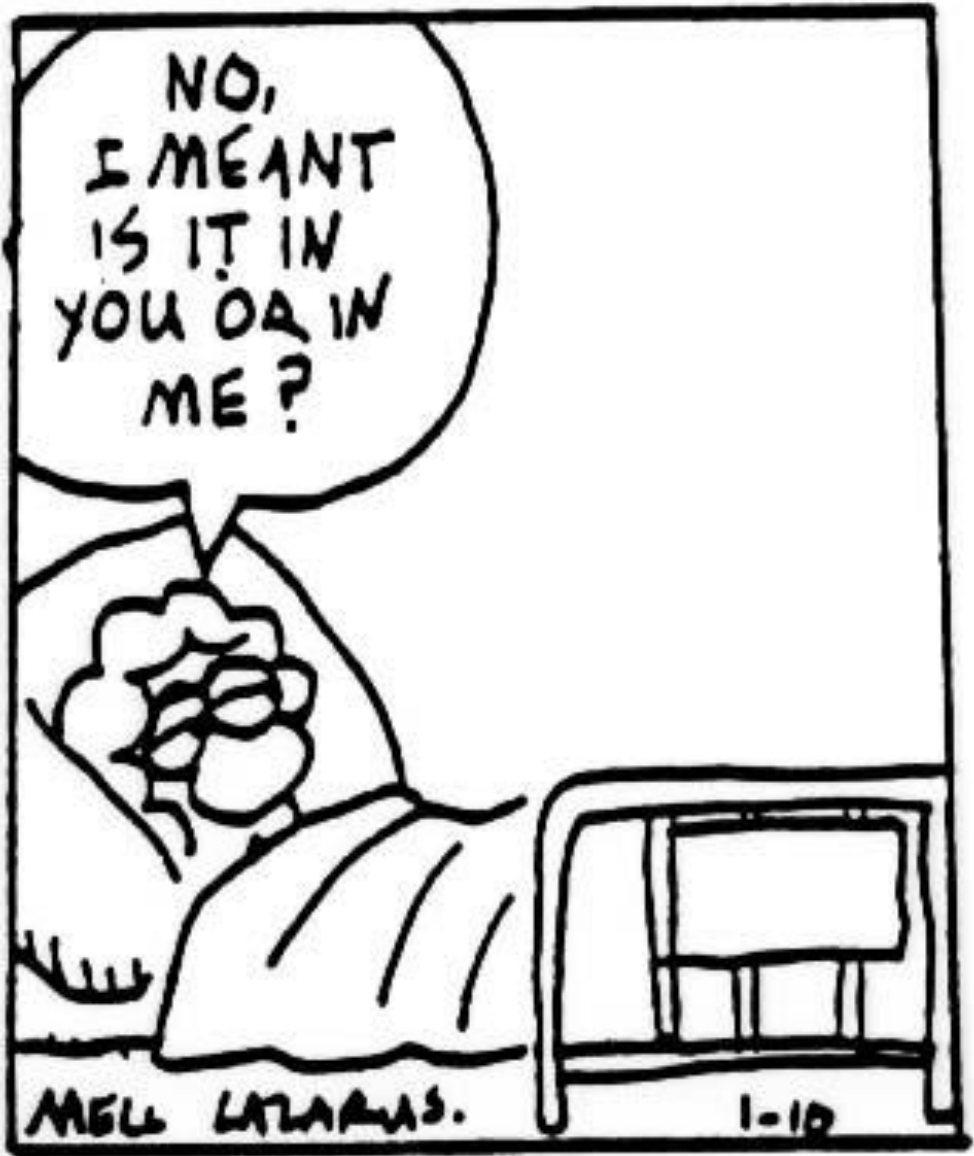
- Decreases the quality of life
- May adversely affect the course of the disease
- Increases health care costs



OH, REALLY?
EXACTLY
WHERE IS
MY
GALL
BLADDER?

IN THE
ABDOMEN,
NEAR THE...





NO,
I MEANT
IS IT IN
YOU OR IN
ME?

MEL LAZARUS.

1-10



**Thank You
for your attention.**

Questions???