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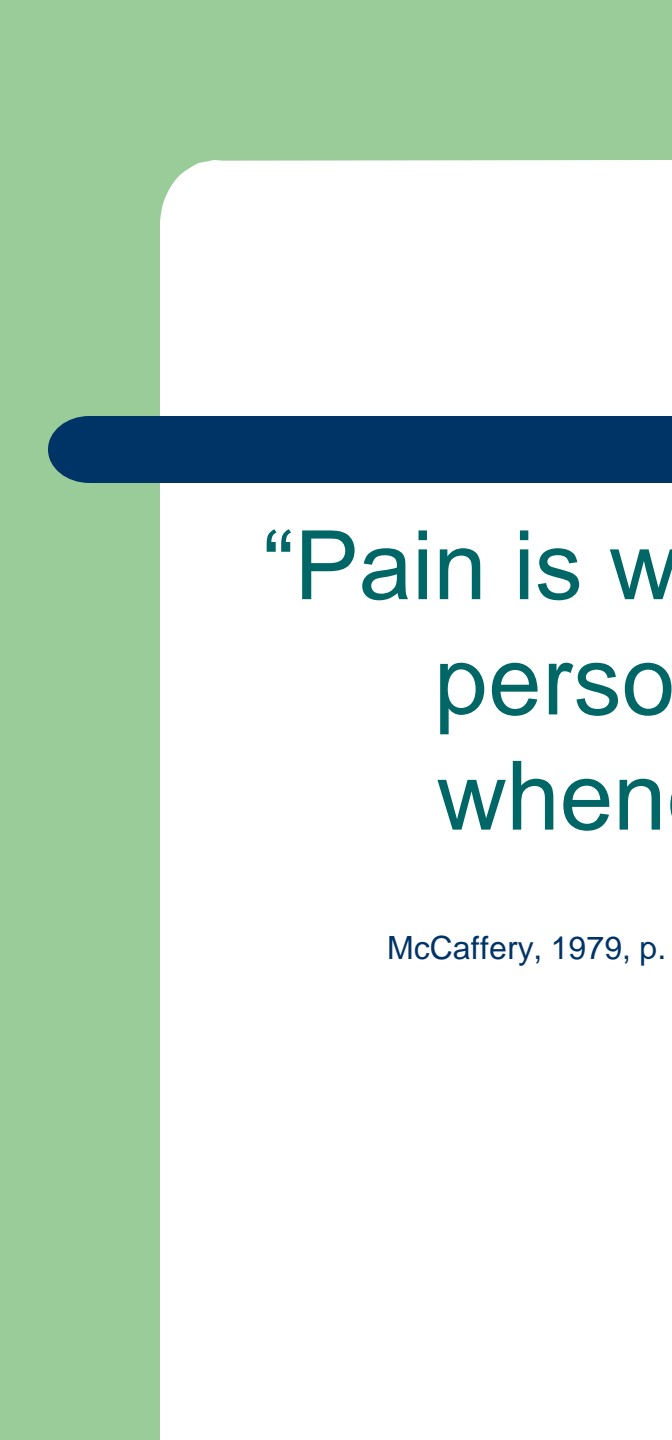
Barriers to effective
pain relief





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

Types of Pain

- Pain classifications
 - Intensity (mild, moderate, severe)
 - Duration (acute, chronic or persistent)
 - Pathophysiology (nociceptive or neuropathic)

Acute Pain

- Recent onset
- Short duration
- Cause usually known
- Diminishes as healing occurs
- Autonomic response may be present

Chronic Pain

- Duration longer than usual course of pain
- Serves no purpose (no known benefit)
- Cause may not be known
- No autonomic response
- Persists beyond healing
- May have acute exacerbations

Chronic Pain

- More than half of all Americans suffer from chronic pain
- 76 million Americans suffer from chronic pain
- For one-fifth of all Americans, the effect of chronic pain has led to a major lifestyle change in employment, residence, or personal freedom and mobility

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



Adapted from Wadden by McCaffery, 1996

-WADDEN-

Psychological Consequences of Unrelieved Pain

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

Challenges in Pain: 2014

- 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

Sources of Diversion

- Thefts from pharmacies
- People share medications
- Thefts from medicine cabinets
- Internet
- Smuggling
- Prescriptions from “pill doctors”

Nonmedical use of prescription pain relievers

- Doubled between 1997 and 2002
- In 2008, 6.2 million persons took pain relievers for nonmedical purposes at some point
- DAWN data 111% increase in ED visits involving nonmedical use of prescription opioids
- More deaths due to abuse of oxycodone and hydrocodone than heroin or cocaine

Statistics

- Every day, 2500 teenagers use a prescription drug to get high for the first time
- 70% of people 12 and older who abuse prescription drugs get them from family and friends
- www.nfp.org; www.lockyourmeds.org
- www.PainSAFE.org

Your Role:

- Add safe storage to written discharge instructions
- No medicine cabinets; lock up medications; don't leave meds out
- www.nfp.org; www.lockyourmeds.org
- www.PainSAFE.org

Your Role:

- Safe disposal
 - 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

Use Correct Terminology

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

Physical and Psychological Dependence

Physical dependence

- occurs when an abrupt discontinuation of an opioid produces an abstinence syndrome

Psychological dependence (addiction)

- pattern of compulsive drug use characterized by a continued craving for an opioid
- use of opioid for reasons other than pain relief

Under treatment of Pain in Special Populations

- Cancer pain
- Pain in the Older Adult
- Pain in Infants and Children
- Pain and Addictive Disease
- Pain in Minorities
- Pain in Women

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



Principles of Pain Control

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

Medications for Pain

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

Acetaminophen (Tylenol)

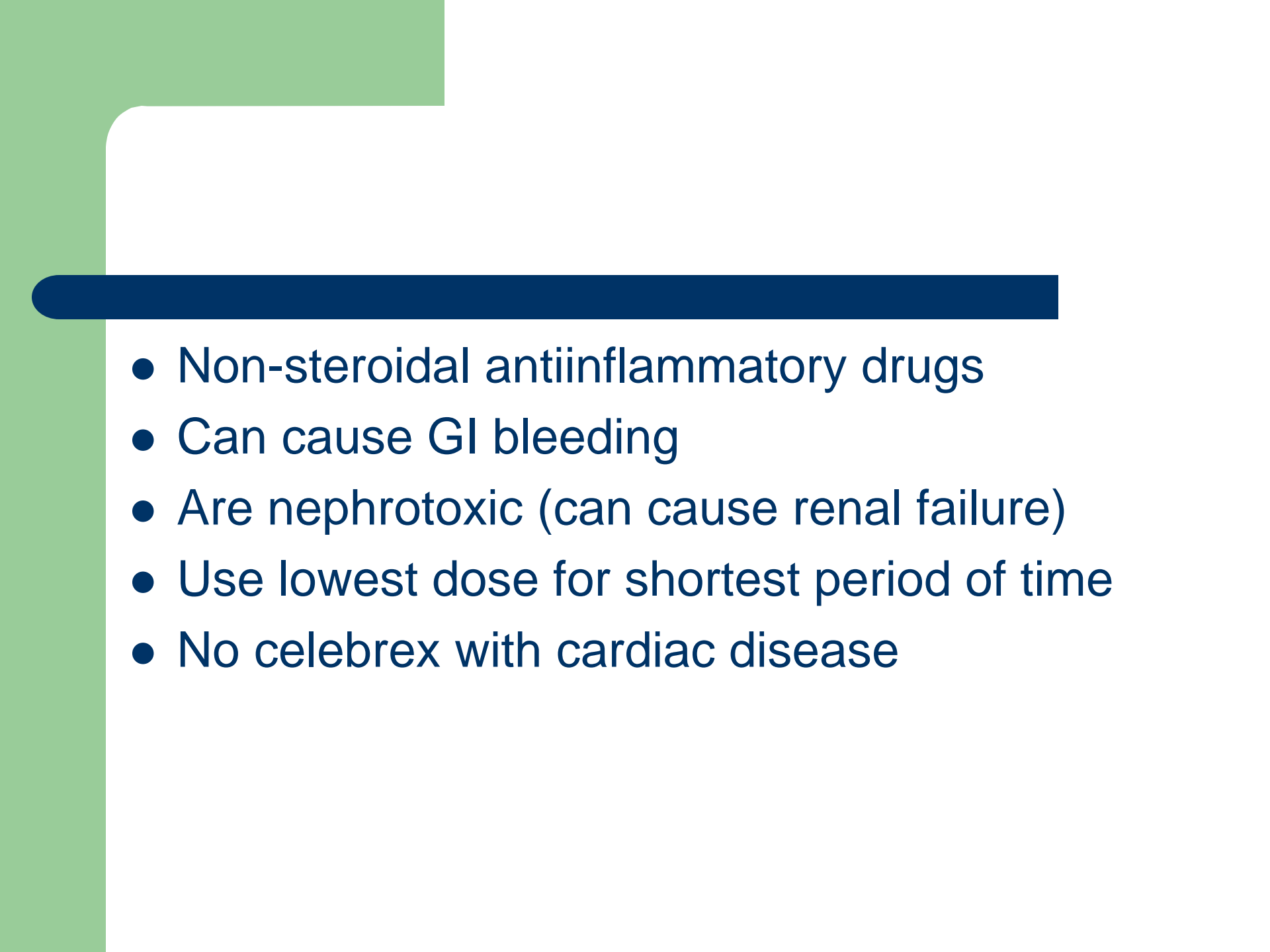
- Paracetamol, APAP, Acetaminophen?
- 1/1/13 all doses 325mg/tablet and box warning on risk of liver toxicity will be added
- Only 31% knew acetaminophen was Tylenol
- No long term studies on what is a safe dose
- FDA still says 4000mg/day; American Liver Foundation 3000mg/day

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

NSAIDs

- Use lowest dose for shortest period of time
- Major side effects of gastrointestinal bleeding and kidney failure
- Celecoxib (Celebrex) safer on stomach, but not to be used if you have a cardiac history

- 
- Non-steroidal antiinflammatory drugs
 - Can cause GI bleeding
 - Are nephrotoxic (can cause renal failure)
 - Use lowest dose for shortest period of time
 - No celebrex with cardiac disease

Medications for Pain

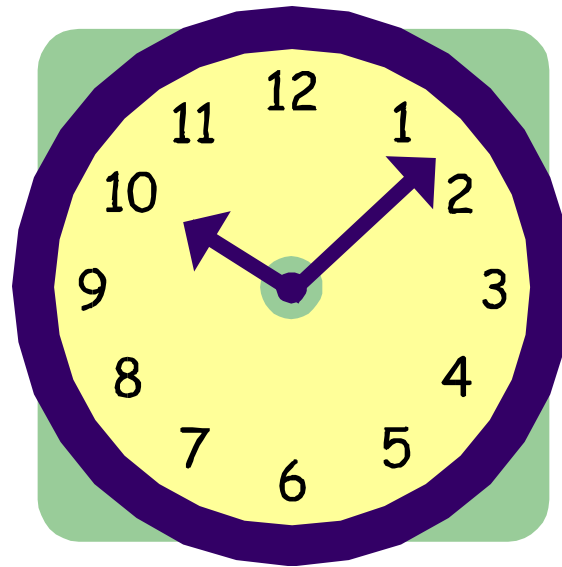
Opioids (old name narcotics)

- Morphine
- Fentanyl
- Dilaudid
- Oxycodone (Percocet)
- Hydrocodone (Norco, Vicoden, Lortab, etc.)
- Methadone (use with caution)
- Codeine (use with caution)

Medications for Pain Adjuvants

- Tricyclic antidepressants (Elavil)
- Other antidepressants (Savella, Cymbalta)
- Anticonvulsants (Neurontin, Lyrica)
- Antispasmodics (Zanaflex, Clonidine)
- Lidoderm patch

WHAT IS THE BEST SCHEDULE?



AROUND THE CLOCK

Outdated medications

- Demerol
- Codeine
- Talwin

- THESE ARE NOT STATE-OF-THE ART

Non-Pharmacological Management of Pain

- Physical modalities
 - Heat/cold
 - Massage
 - Exercise/physical therapy
 - TENS
- Cognitive/behavioral strategies
 - Relaxation
 - Distraction/Imagery
 - Music/Pet therapy

HEAT

- Moist heat better than dry
- Improves healing
- Don't leave on longer than 20"
- Don't use with BenGay, Capsacian, or radiated areas
- Caution with circulation disorders, PVD

COLD

- Decreases muscle spasm, inflammation, bleeding, helps itching
- Ice bags, cold cloths cover with towel or pillow case
- Do not leave on longer than 15”
- Do not use on radiated skin, sickle cell
- Caution with circulatory problems, PVD

Other Modalities

- Massage
 - Back and shoulders
 - Hands and feet
- Physical Therapy
- TENS

Relaxation/Imagery

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

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...







**Thank You
for your attention.**

Questions???