

# Pain Management

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# Myths in Pain Management

- Opioid analgesics commonly depress respiration.
- Opioid dependence and addiction are synonymous.
- Nsaids are safer alternatives to opioids.
- Opioids are a treatment of last resort.
- Pain is overtreated and leads to legal risks.
- Pain is predominantly an objective measure.

# Pain Categories

- Nociceptive Pain
- Includes Musculoskeletal, Bone Pain, and Visceral pain
- Prostaglandin mediated inflammation
- Neuropathic Pain
- “Burning, shooting electrical pain”

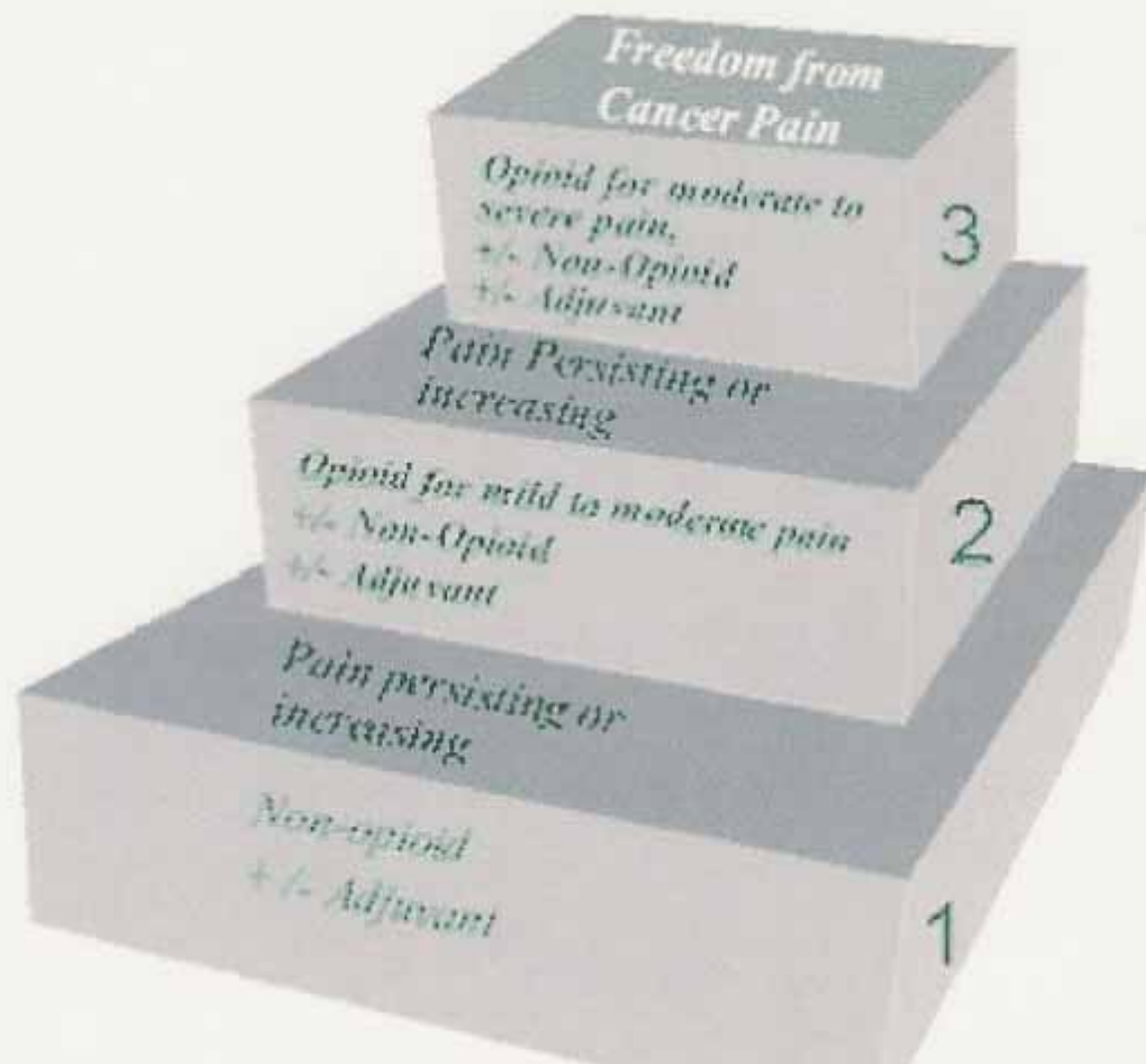
# Cosequences of Untreated Pain

- Morbidity including quality of life issues (ADL's, Depression)
- Death

# WHO Analgesic Step Ladder

- Step 1 Nonopioid +/- Adjuvant
- Step 2 Lower potency Opioid + Nonopioid +/- Adjuvant
- Step 3 Higher Potency Opioid + Nonopioid +/- Adjuvant

# WHO's Pain Relief Ladder



Opioid	Dose	Route(s)	Frequency
Morphine SA	30mg	PO	Q4h
	4mg	IV/IM	Q4h
Morphine LA	30mg	PO	Q12h
Oxycodone SA	5mg	PO	Q6h
Oxycodone LA	5mg	PO	Q12h
Hydromorphone	1mg	PO/IV/IM	Q6h
Fentanyl	25mcg	Transdermal	Q72h
Methadone	5mg	PO	Q6h
Hydrocodone			
Codeine	200mg		
Meperidine	75mg	IV/IM	Q3h
Tramadol	50mg	PO	Q4-6h