PAIN MANAGEMENT

Synopsis
Pain is a common presenting problem in general practice, stimulating shared doctor and patient expectations of diagnosis and effective treatment. This unit attempts to improve the process of pain management by giving students clinically relevant and up to date information on topics including basic definition, anatomy, physiology of pain, psychological aspects of pain, evaluation of the patient with pain, role of the GP in pain management, role of pain clinics, specific disorders; migraine, neck and facial pain, TMJ, thoracic and lumbar pain, musculoskeletal pain including fibromyalgia, cancer pain and pain management in palliative care.

Objectives
By the end of this unit students should be able to:

1. Apply a better understanding of pain physiology and assessment in your practice.
2. Describe the pain experience and its ramifications, recognising that whole person care is essential.
3. Use a range of practical pain management strategies and techniques in dealing safely and effectively with patients pain.
4. Assess the complex issue of spinal pain with a logical diagnostic and management approach.
5. Recognise the concept of soft tissue rheumatism (localised inflammatory soft tissue disorders).
6. Recognise the wide range of causes of headache and develop a framework for a diagnostic approach.
7. Use the fibromyalgia syndrome model in your approach to a number of other painful chronic musculoskeletal diseases and conditions.
8. Identify the particular needs of patients suffering cancer pain, and use a range of strategies, both pharmacological and non pharmacological, in alleviating the pain.

Assessment
Preliminary audit 15%
Post course audit 15%
Assessment tasks 70%