**BPC 1114: Pain management**

**Course description:**

This course will cover the main aspects of pain assessment, diagnosis and control in the patient with palliative care needs. The appropriate use of available drugs in managing pain a, especially morphine and adjuvant drugs will be discussed, the pharmacological principles will be presented and management utilising a multi-professional approach. The major pain syndromes will be outlined.

**Course objective:**

# To equip students with skills on assessment and effective management of pain so as to be able to improve the quality of life of patients through relieving their suffering.

**Learning objectives: (Expected Outcomes)**

Upon completion of this course unit the students will be able to:

* Understand the anatomy and physiology of pain and the therapeutic implications
* Be able to describe the difference between nociceptive and neuropathic pain
* Assess and diagnose different types of pain and undertake effective management to control these or referral for appropriate intervention;
* Identify and describe pain syndromes;
* Undertake effective practical application of the analgesic ladder, including the use of morphine and adjuvant analgesia;
* Be aware of the fears and myths surrounding morphine use and be able to dispel these fears in colleagues in their own place of work;

**Course outline:**

* Anatomy and physiology of pain
* Types of pain: total pain, nociceptive pain, neuropathic pain
* Pain assessment, diagnosis and control
* Common Pain syndromes in Cancer and HIV
* The analgesic ladder (including pharmacology and use of morphine, and adjuvant drugs)
* Morphine: theory, practical applications, fears surrounding use
* Adapting the theory of analgesia to practice in the student’s own country
* Service provision for patients in pain
* Skills transfer in methods of pain control

# Mode of Delivery

Straight lectures

Group discussions and tutorials in Problem Based Learning (PBL) format

Case studies

Clinical demonstrations

Mode of assessment:

Assessment of practice through course work and written assignments will constitute 60%

Final exam will be 40%

# Reading list:

1. World Health Organisation. 1986. Cancer Pain Relief. Geneva: WHO.
2. WHO: Achieving Balance in National Opioids Control Policy: 2000
3. Baylor College of Medicine 2000, *HIV Curriculum for the Health Professionals*, Baylor College of Medicine, Houston, Texas, USA.

# Fallon M., and Oneil B., 2001, *ABC of Palliative Care*, BMJ Publishing Group, London, UK

1. Twycross R., Wilcock A 2001, Symptom *Management in Advanced Cancer*, 3rd edn, Oxford Radcliff Medical Press.
2. Kinghorn S and Gamlin R. 2002. Palliative Nursing: Bringing Comfort and Hope. Bailliere Tindall, Edinburgh, UK.
3. Twycross RG, Lack SA, Therapeutics in Terminal Cancer
4. HAU (2006), *Palliative Medicine: Pain and Symptom control in the Cancer and /or AIDS Patient in Uganda and other African Countries*,
5. Palliative Care Nursing, Oxford University Press
6. Symptom Management, Twycross, Wilcock
7. Therapeutics in Terminal Cancer, Twycross
8. Faull C, Woof R (Editors); Palliative Care; an Oxford core text. Oxford University Press; 2002.