

# Essentials of Pain Management



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Springer

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*To my parents; my husband, Thangamuthu Kodumudi; my sons, Gopal and Vijay; and all my wonderful colleagues.*

**- N.V.**

*I would like to thank my parents, my wife Zina Matlyuk-Urman, MD for their love and encouragement, and all my colleagues and mentors for their inspiration.*

**- R.D.U.**

*I would like to dedicate this book to all my teachers and students who have been so instrumental in my career.*

**- R.L.H.**



# Preface to the Case Scenarios

When presented with pain, we, as healthcare professionals, are asked to find appropriate solutions. The clinical presentation may be acute or chronic, and successful management involves an accurate diagnosis and implementation of a suitable therapy or therapies. For a beginner in pain management, this can pose a significant challenge. We have placed a clinical scenario at the end of nearly all of the chapters, for a total of 33 cases, in an attempt to present a collection of common pain-related clinical problems and possible ways to manage them effectively.

Treatment of pain begins with a detailed history taking, a thorough clinical examination, specific investigations, and the right intervention. The importance of history and clinical examination in pain management cannot be overstressed. The knowledge, attitude, and skills needed in managing pain are acquired over time, and the management involves multidisciplinary teams and multimodal approaches. This is exemplified in the clinical scenarios. It is also important to re-explore and re-assess when there is a change in the clinical picture.

The clinical scenarios are presented in a question-and-answer format. The reader is encouraged to go through the questions first and to come up with a solution before reading the given answer. There is always a potential for a different approach to the given clinical problem.

Many of these scenarios were taken from our day-to-day practice of pain medicine. While we have presented the scenarios in a positive note with regard to the effectiveness of pain management strategies, we have the humility to admit that we may sometimes be too optimistic in our outlook.

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# Preface

*Essentials of Pain Management* is a concise yet comprehensive evidence-based guide to what is now recognized as the “fifth vital sign.” We wrote it to provide an in-depth review of clinical principles and procedures that stresses the multidisciplinary, practical approach to pain management. With contributions from a cross section of pain experts, the book is designed to help the pain management professional in any specialty and at any stage of training to provide the most up-do-date, evidence-based care.

We cover a wide variety of topics including pharmacology, palliative medicine, physical therapy, acupuncture, behavioral and interventional therapy, and pain management in pediatric and elderly populations. We also cover topics of importance to nurses and dentists. In addition, the book also contains the most up-do-date pain drug formulary for easy reference.

Another unique feature is a collection of multiple choice questions with detailed explanations, useful for chapter review and exam preparation. We also included practical case vignettes to follow each chapter. These vignettes illustrate specific pain management challenges and provide detailed sample solutions. The vignettes are a useful way to apply the knowledge obtained from reading the chapter to a real patient situation.

We would like to thank all of our contributors for their expertise, our colleagues and trainees for their inspiration, and our families for their patience and moral support. Whether you are a student or a practicing healthcare professional, we hope that you will find *Essentials of Pain Management* an indispensable guide to pain management.

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Roberta L. Hines, MD



# Foreword

“Just the facts, ma’am.” Those who remember the early days of television recall this often used line by Sgt. Joe Friday in the long running series, *Dragnet*. Fast-forward 50 years and facts are as accessible as the swiftness of one’s “thumb typing abilities.” However, another time-honored adage, “caveat emptor” (“let the buyer beware”) reminds us that fast facts obtained between cases or patient visits from Internet search sites can both produce a morass of too many “hits” and run the risk of obtaining misinformation from an unreliable source.

While the world continues to transition from libraries with stacks of periodicals to virtual libraries, the contemporary professional will still benefit from a handy, concise, and authoritative compendium of essential information written by expert faculty who have thoroughly researched and distilled the topics to their key points of information.

Drs. Vadivelu, Urman, and Hines have provided the interested practitioner with an informative and diverse text on practice topics pertinent to the multidisciplinary specialty of pain medicine. This book should especially appeal to health-related professions, trainees, and faculty as well as pain fellows and practicing physicians who need a source with a high probability of quickly providing the needed information. A novel feature included in the book assists the reader’s understanding of the material within a clinical context by providing short case scenarios.

*Essentials of Pain Management* is logically divided into nine parts of pertinent pain topics and even includes a section on “Non-pharmacologic Management of Pain.” The appendix contains multiple choice questions that will assist students and residents in preparing for examinations.

The editors should be congratulated for assembling an enthusiastic group of pain specialist authors to produce this handy reference manual useful to providers at all levels of the analgesic care continuum. In my program, every resident carries a smart phone, but it is more common for me to see them reading a text for their didactic instruction.

Buffalo, NY

Mark J. Lema, MD, PhD



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