



Pain matters in
primary care.

What shall we talk about?

What are we going to cover...

What does a pain clinic do?

procedures?

pain management in primary care

psychology?

How are we going to cover it then?

- o Now to 3:30
- o Break 3:30-3:45
- o 3:45-4:45
- o Last 15 minutes questions and feedback

Over to you....

- o What would you like to get out of today?
- o If you had one question...

Definition of pain

- o IASP...definition
- o McCaffrey
- o Bio psycho social model

- o Chronic? What do we mean by that then?

Pain in primary care?

- o Biopsychosocial model...
- o But get The 'Vital Signs'
 - o History
 - o Exam
 - o ?tests....'I want a scan'.. structure v function!
 - o Plan forward

My personal key points

- o Judgement.....
- o Exam
- o Narrative of care

A word on drugs.....

- o WHO ladder all very well....
- o 'pain killers'don't kill anything...
- o Adjuvant analgesics/neuropathics
- o But what else can I do?.....

- o Opioid contract?.....really?

Example case study

- o 56 year old woman, not known to you.
 - o 'medically well', on no medication, GP notes reveal....skin rash few years ago ? Psoriasis v eczema. 2 normal deliveries. Seasonal hay fever.
 - o Presents with back pain.

What does a pain clinic do?

- o Huge variation....
- o Should be a resource...
- o MDT/physio/psychology
- o Does not (generally) stop pain..
- o Should be there to support you
 - o Suggest options
 - o Reassure
 - o Injections?
 - o psychology

What makes a perfect referral?

- o What is your question?

Psychology....

- o CBT versus ACT
 - o Coping strategies/fear avoidance/meaning
- o Pain Management Programme
- o Increasing numbers of adults with mental ill health being referred
- o Drug addiction....

Procedures?

Nerve blocks

joints

Spine.....

- o Facet joint
- o Epidural
- o RF denervation

Questions and feedback

- o Please fill out the feedback forms!!
 - o But PLEASE reflect for your portfolio? Most importantly... for your next patient.

- o THANKS!

resources

- o RCoFA opioid aware website
- o Brainman on youtube
- o Paincommunitycentre.org