

Evidence Based Practice and Pain Management



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Aim

- The aim of this session to explore the evidence base to support best practice and introduce symptom management in the delivery of end of life care for registered health and social care practitioners, in any environment.



Objectives

- Recognise common symptoms toward end of life.
- Utilise an evidence based approach.
- Explain the importance of regular review and ongoing evaluation to meet changing needs, wishes and priorities of the patient.

Do no harm

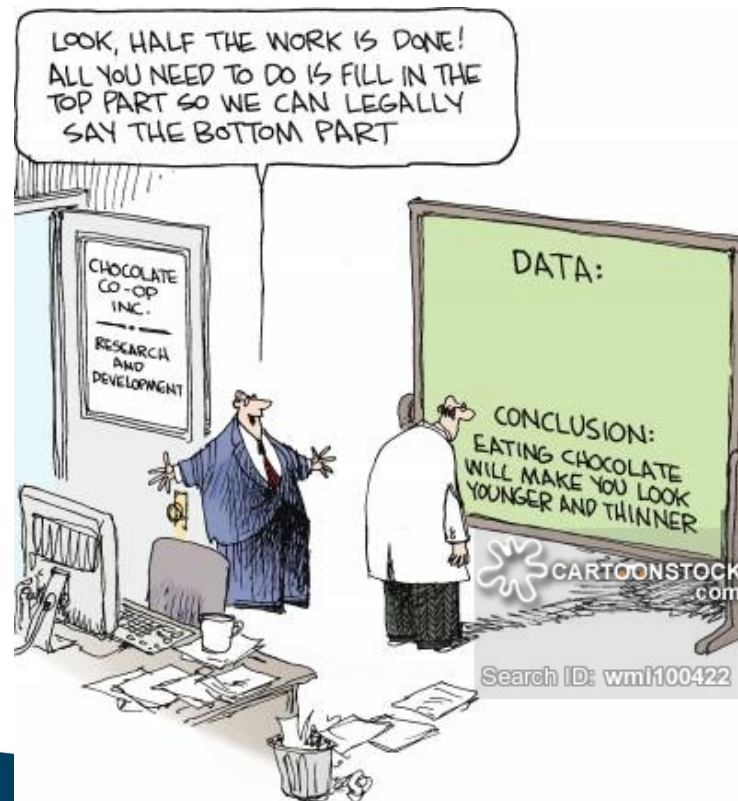
- In the 1950's Thalidomide was used for nausea in pregnant women
- Why was it's use stopped?
- What is it used for now?



Qualitative research

Quantitative research

Mixed methods



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*Best available evidence, yes or no answer in quantitative research:
Randomised control trials
Systematic reviews
Meta analysis*





Palliative care research

- Challenges;
 - Ethics
 - Population
 - Intervention
 - Control
 - Outcome



OACC data

- IPOS
- Peace
- Karnofsky
- Phase
- Carers question



Physical symptoms

- How many can you name?

Pain- what is it?

- Pain is a sensory and emotional experience associated with actual or potential tissue damage or expressed in terms of such damage
- Thus needs a holistic approach

Prevalence of pain in cancer

- 65-85% in advanced cancer
- 45-85% responds to the WHO analgesic ladder
- 5-10% is very severe and persistent
- Associated symptoms
- Fatigue, nausea, dyspnoea, weakness, constipation.
- Total pain (Cicely Saunders)



Patterns of pain

- Background pain
- Incident pain
- Total pain
- End dose failure



Principles of pain management

- Comprehensive, individualised and holistic assessment and treatment planning, including regular review and reassessment with involvement of the wider multi-professional team as appropriate.

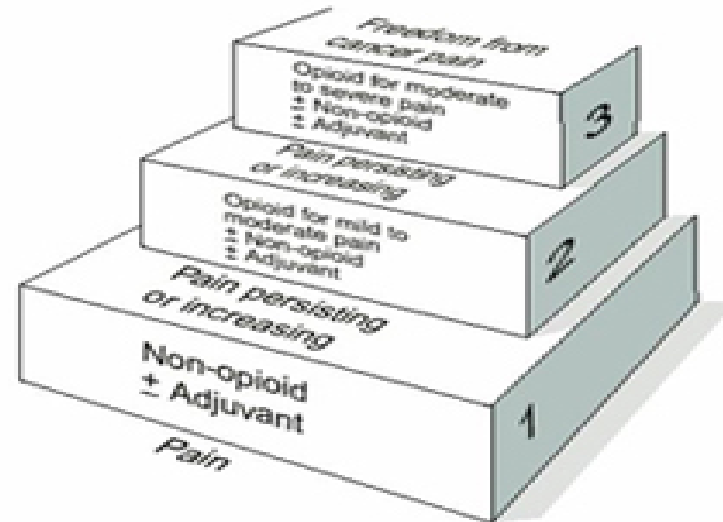


Methods of pain management

- Analgesics
- Adjuvant drugs
- Hormones
- Radiotherapy
- Steroids
- Interventional techniques
- Physical methods
- Complementary therapies

Pain treatment

WHO Analgesic Ladder





Side effects of analgesics

- Constipation
- Somnolence
- Nausea
- Dry mouth
- Concerns about addiction
- Opioid toxicity

Thank you

- How will you change your practice?
 - Questions?



References

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