

OVERVIEW OF PAIN MANAGEMENT AND CME COURSE

A/Prof Goh Lee Gan

INTRODUCTION

Pain is an important aspect of care. It can be an early indicator of organic disease. Examples are headache, the pain of nerve entrapment, endometriosis or pelvic inflammatory disease, just to mention a few. It requires the attending doctor to find a clinical explanation for the pain that the patient is experiencing. The company that the pain keeps helps in the diagnosis. For example, headache with neurological deficits of limb weakness, homonymous hemianopia indicates a sinister cause. Beyond the diagnosis will be the management of the underlying cause. Hopefully, it is amenable to cure. In the meantime, the pain has to be attended to. When the underlying cause cannot be removed, the focus shifts to the relief of pain as the main intervention. Pain control is an important area of in palliative medicine.

CME COURSE ON PAIN MANAGEMENT IN FEBRUARY 2004

Course components and CME points

The CME course on pain management is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated.

- κ Distance learning course – 6 points (see below) – each unit earns 1 CME point
- κ Seminars – 2 seminars – each 2 CME points
- κ Workshop – 2 CME points
- κ Reading papers on pain management – 10 – each 1 CME point up to 5 points maximum for the whole CME year.

Distance learning course

Unit 1: Pathophysiology of Pain (A/Prof Sanjay Khanna)

Unit 2: Applied Pharmacology in Pain Management (*Prof Edmund Lee*)

Unit 3: Pain Management in Neurological Disorders (*Dr Ho King Hee*)

Unit 4: Pain Management in Orthopaedic Disorders (*A/Prof Tay Boon Keng*)

Unit 5: Pain Management in Gynaecological Disorders (*Prof Kuldip Singh*)

Unit 6: Pain Management in Palliative Care (*Dr Cynthia Goh*)

Unit 1

Pathophysiology of Pain

- κ Definition and pain pathways
- κ Pathophysiological features of cutaneous inflammatory pain
- κ Physiology of pain control
- κ Implications.

Unit 2

Applied pharmacology in pain management

- κ Revisiting pharmacokinetics and pharmacodynamics
- κ Classification of analgesic drugs
- κ Narcotics
- κ Non-Narcotics
- κ Applying the principles of pharmacology in the choice of therapeutic agent
- κ Adverse drug reactions.

Unit 3

Pain management in neurological disorders

- κ Primary headache – Tension headache, Migraine, Cluster headache, Ice-pick headaches
- κ Painful neuropathic conditions – Trigeminal neuralgia, Atypical facial pain, Post-herpetic pain, Peripheral neuropathy.

Unit 4

Pain management in orthopaedic disorders

- κ General management plan
- κ Neck and shoulder pain
- κ Pain in the upper limb
- κ Low back pain
- κ Knee pain
- κ Heel pain.

Unit 5

Pain management in gynaecological disorders

- κ Scope of the problem
- κ Acute pelvic pain
- κ Dyspareunia
- κ Chronic pelvic pain
- κ Pitfalls in management
- κ Multidisciplinary pain centres.

Unit 6

Pain management in palliative care

- κ Evaluation of cancer pain

- κ Cancer pain therapy
- κ Use of opioids
- κ Uncontrolled pain
- κ Other modalities of treatment
- κ Beyond pharmacotherapy.

FACE-TO-FACE SESSIONS

Seminar 1: 21 February 2004

2.00pm – 3.30pm (2 CME points)

- 1) Pathophysiology of Pain
- 2) Applied Pharmacology in Pain Management
- 3) Pain Management in Palliative Care

Workshop 1: 21 February 2004

4.00pm – 6.00pm (2 CME points)

Joint Injections for orthopaedic disorders

Resource: A/Prof Tay Boon Keng

Seminar 2: 28 February 2004

2.00pm – 3.30pm (2 CME points)

- 1) Pain Management in Orthopaedic Disorders
- 2) Pain Management in Gynaecological Disorders
- 3) Pain Management in Neurological Disorders

Workshop 2: 28 February 2004 (REPEAT)

4.00pm – 6.00pm (2 CME points)

Joint Injections for orthopaedic disorders

Resource: A/Prof Tay Boon Keng