

‘Understanding Medication in Pain Management’

An introduction to the role of medication in managing pain

Jonathan Kenyon & Dr Giles Hazan

Course Outline

Are you aggravated by Amitriptyline? Troubled by Tramadol? Well, worry no more – this one day course is designed to give clinicians working in community MSK settings a grounding in how analgesics work. Their effects, both good and bad will be explored. The role of non-prescriber in having conversations around medication will be discussed.

Delivered by a GP and Advanced Physiotherapist Practitioner with over 40 years of combined experience in pain management within a community setting, this unique combination provides practical tips and tricks to support day to day practice.

Aims & Learning Objectives

We will cover a range of topics that will include;

- A comprehensive review of the main groups of analgesics, and where they have their effects within nociceptive pathways and beyond.
- An overview of individual factors that influence medication effects including polypharmacy, multimorbidity and old age.
- Reviewing the evidence base on where and when medications are prescribed.
- Exploring the role of the non-prescriber to support conversations with patients around the role of medication in pain management

Format

An interactive teaching approach will be used, making use of short presentations and clinical case/problem-based approaches to enhance learning, with the opportunity for discussion, and use of a delegate workbook that contains relevant resources.

Morning

- How analgesics work
 - Review of nociceptive pathways, interspersed with descriptions of how each category of analgesic works
 - Description of other effects of medication throughout the body

- Overview of pharmacokinetics and individual variation in metabolism
- Risks and benefits of medications
 - Review of the evidence base
 - The guidelines for prescribing analgesia

Afternoon

- The role of the non-prescriber in advice around medication
 - National guidance
 - Consulting skills – case studies/small group work
 - How to answer questions, addressing patients concerns and queries around medication
- Resources/signposting
 - When (and where) to refer for advice – including pharmacists, signposting information for patients

Resources

Delegates will be issued with a workbook that includes;

- Summaries of the main medications used for managing pain with listing of indications/side effects etc
- Case histories and sample questions
- Resources reference and further CPD
 - Relevant national guidelines
 - Reading List/Bibliography
 - Signposting of online resources and further reading

Trainers

Jonathan Kenyon, MSc, BSc (Hons), PG Cert NMP, MMAPCP, MCSP



Jonathan has a long-standing interest in managing patients with persistent pain. He currently works as an advanced practitioner at the Pain Management Centre, National Hospital for Neurology and Neurosurgery . He was the Pain Pathway Lead for Sussex MSK Partnership Central where he is was responsible for overseeing and developing pain services in the region. In addition, he is also an FCP team lead for Sussex Community NHS Foundation Trust supervising clinicians in primary care.

Jonathan gained his MSc from University College London and Kings College. He now lectures on pain and pharmacology to MSc students at UCL and Brighton University.

In addition to his clinical work, he is an external examiner for the Medway School of Pharmacy at Greenwich, and is co-author of The Physiotherapist's Pocketbook. More recently, he worked with Dr Giles Hazan on The Musculoskeletal Clinician's Handbook which is due to be published in 2023.

Dr Giles Hazan, MBBS, BSc, MRCP, PG Cert Med Ed, Dip MSK Medicine



Giles currently works as a GP with an Extended Role in Musculoskeletal Medicine. He works in a community chronic pain clinic alongside being a GP in Sussex. He trained at University College London Medical School before completing several years as a hospital doctor to qualify as a GP. He worked as a GP Partner for several years before moving into his specialist role.

Having qualified as a GP trainer, he has worked with several national organisations to support MSK education and professional development including Versus Arthritis, Red Whale and the MACP where he delivers the hugely successful 'Demystifying blood tests in MSK health' course.

Giles is the Clinical lead for Diplomate members of the Faculty of Sports and Exercise Medicine (FSEM) as well as acting as a representative for the Royal College of General Practitioners (RCGP). He is an author contributing to a range of publications on MSK Health.

Information for venues:

The cost for the participant will be:

£120 for MACP members

£150 for non-members

This is the cost for 2022 and will be reviewed annually.

- There is one free space available to whoever organises the course locally. In addition, one further free space will be offered if more than 30 delegates book onto the course.
- If a venue fee is incurred the minimum number of people required to run the course may increase.
- The minimum number of delegates required to qualify for an additional free place will also increase.
- The course requires a minimum of 15 bookings to enable the MACP to cover expenses and will be cancelled 6 weeks prior to the commencement of the course if this number has not been reached.
- If the course requires air travel (outside England) for the lecturers the prices quoted / number of bookings required will need to be adjusted to reflect the additional costs.

What the MACP Provides:

- Tutors for delivering the courses
- Pays tutors(s) travel/ accommodation
- Administrates the course, taking all bookings and sending all applicants pre- course information.
- £3 per person / day to cover refreshments (tea/coffee/biscuits etc).
- Advertising in: MACP website and social media sites
- One copy of a flyer that you may use to circulate and advertise the course.
- A list of names of those who have booked prior to the course for registration.
- CPD certificates (online).

You will need to provide:

- A room that will seat 40 people for the main body of the lecture for face to face.
- AV equipment (data projector). Plus access to plugs as workbooks are electronic.
- Provide us with local information re directions how to get to venue, parking, local

accommodation list

- Someone to work on local promotion (including social media) to help to ensure that at 6 weeks before the course, the minimum numbers of 15 places are booked onto the course.
- Someone on the on the day to deal with local venue organization (AV, putting up signs, providing refreshments, information about where to get lunch, registering delegates, locking up, this may also include picking up or dropping off tutors from their hotel; taking pictures on the day for social media)
- Refreshments as appropriate (to be reimbursed by MACP on production of original receipts – up to £3 per day per person)

MEDICATION IN PAIN MANAGEMENT

“ An introduction to the role of medication in managing pain for non-prescribers”

Course objectives and learning outcomes in relation to

MSK core capabilities for FCP and UK MSK Advanced Practice standards

Course content	Delivery Method	Cross referenced MSK core capabilities for FCP		Cross referenced UK MSK Advanced Practice standards	
Communication skills – how to discuss key topics with patients and liaise with other colleagues	Cases discussed and discussion around how to explain pain and the role of medication	A.2.d	Progress care, recognising that reducing pain, restoring and maintaining function and independence, and improving quality of life all form clinical outcomes and meaningful goals of treatment	E5.S4	Demonstrate effective and efficient communication and shared decision making with all individuals involved in determining and managing goals, clinical interventions, social prescribing and measurable outcomes to ensure integrated patient care e.g. verbal, written and digital to serve the individuals best interest
		A.2.d	Enable individuals to make decisions about their care by: <ul style="list-style-type: none"> ○ helping them to identify the priorities and outcomes that are important to them ○ explaining in non-technical language all available options (including doing nothing) ○ exploring with them the risks, benefits and consequences of each available option and discussing what these mean in the context of their life and goals ○ supporting them to make a decision on their preferred way forward. 		

Patients with relevant comorbidities: risks and what to look for (including substance misuse/lifestyle factors)	Case based discussion & Lecture	B.3.b	Gather and synthesise information on the nature of the individual's symptoms taking account of how these issues relate to the presenting and past history, their activities, any injuries, falls, frailty, multimorbidity or other determinants of health and the characteristics of MSK conditions.	E5.S3	Demonstrate advanced effective interpersonal skills to inform the individual about their clinical presentation and all their management options, supporting the individual to engage in identifying the risks, prognosis, potential side effects, and likely benefits of interventions related to their personal needs and health goals
		B.3.g	Critically appraise information obtained, taking account of the potential for MSK symptoms to be features of non-MSK conditions, indicative of serious pathology, compounded by psychological and mental health factors, and affected by lifestyle factors (including smoking, alcohol and drug misuse).		
Introduction to nociceptive transmission and how this is acted on by analgesic medication.	Lecture	C.8.a	Understand the role of common medications used in managing MSK conditions, including analgesics, non-steroidal anti-inflammatory drugs.....and in the management of people with persistent pain	E2.K1	Demonstrate comprehensive knowledge of the relevant biomedical and clinical sciences as applied to understanding, assessment, and management, of MSK conditions. Relevant scientific disciplines include anatomy, physiology, pharmacology, pain management, biomechanics, and epidemiology.
A review of common analgesics, how they work and relevant side effects to look for.	Lecture	C.8.b	Use their understanding of the most common medications used in MSK and pain disorders to advise individuals on the medicines management of their MSK problem, the expected benefits and limitations, and inform them impartially on the advantages and	E1.K3	Demonstrate critical and evaluative understanding of pharmacotherapy and the role of joint and soft tissue injections, informed by the evidence base in MSK practice

Exploring the evidence base for the pharmacological management of pain			disadvantages in the context of other management options.	E6.K1	Demonstrate comprehensive advanced knowledge including indications and contraindications of all available multimodal therapeutic intervention for management of MSK conditions including the safety and appropriateness of referral for rehabilitation and/or specific interventions (manual techniques, electrotherapy, social prescribing, injection therapy and pharmacotherapy etc)
		C.8.d	Address and seek to. Allay individuals' fears, beliefs and concerns.	E2. K5	Demonstrate comprehensive knowledge of indications, contraindications, effects, side-effects of therapeutic drugs.....understanding local, national formularies, resources, guidelines, and policies related to their use in the examination and management of MSK conditions
A review of common analgesics, how they work and relevant side effects to look for. Discussions around medication in frailty/multimorbidity Putting it all together: clinical reasoning in pain management	Lecture	C.8.e	Keep individuals' response to medication under review, recognising differences in the balance of risks and benefits that may occur in the context of polypharmacy, multimorbidity, frailty and cognitive impairment	E3.K9	Demonstrate comprehensive and critical knowledge of physical, manipulative, exercise, rehabilitative, and multimodal interventions, and valid and reliable safety/screening tests for management of MSK condition e.g. the safety and appropriateness of referral for rehabilitation and/or specific interventions (manipulation, manual techniques, electrotherapy, social prescribing, injection therapy and pharmacotherapy etc)

Resources/signposting When (and where) to refer for advice – including pharmacists, signposting information for patients	Lecture/case discussions	C.8.c	Identify sources of further information (e.g. websites or leaflets) and advice (e.g. pharmacists) and be able to signpost individuals as appropriate to complement the advice given	E4.K4	Demonstrate comprehensive advanced knowledge of all possible interventions for management of MSK conditions. Demonstrating where agreed in partnership and acting in the individuals best interest, using a wide range of age-appropriate methods of engaging the patient in treatment with awareness of own skills in working with developmental and age-related issues, and demonstrating a heightened awareness of professional and inter-professional boundaries and limitations. Referring and/or signposting for relevant investigations, local and national services including self- help, counselling and coaching support when indicated. referring the patient to a specialist in this area where appropriate
		C.8.f	Refer for advice about pharmacotherapy, when considered appropriate.		
Whole day	Whole day/case discussions	C.12.d	Advise on pharmacological and non-pharmacological aspects of acute and chronic pain management.		
The role of the non-prescriber in advice around medication Including CSP guidance	Lecture/case discussions/small group work	C.13.a	Practise within their professional and personal scope of practice and access specialist advice or support for the individual or for themselves when appropriate		
Risks and benefits of medications Review of the evidence base The guidelines for prescribing analgesia	Lecture	D.14.a	Critically apply relevant National guidance and other best available evidence on MSK care and service delivery, identifying where local modifications may be required	E2.K7	Demonstrate comprehensive knowledge of effectiveness, risks, and efficacy of MSK treatments/ interventions