

Pain Management

A Lesson in Mixology



| Objectives

- Differentiate between acute and chronic pain
- Identify how to establish a multimodal pain regimen and apply it to your clinical practice
- Identify non-pharmacologic pain relief modalities and their role in clinical practice
- Examine special considerations for pain management in select populations



Types of Pain

- Acute Pain

- Less than 3 months duration

- Treatable cause

- Chronic Pain

- Equal to or greater than 3 months duration

- Does not resolve with treatment of insult

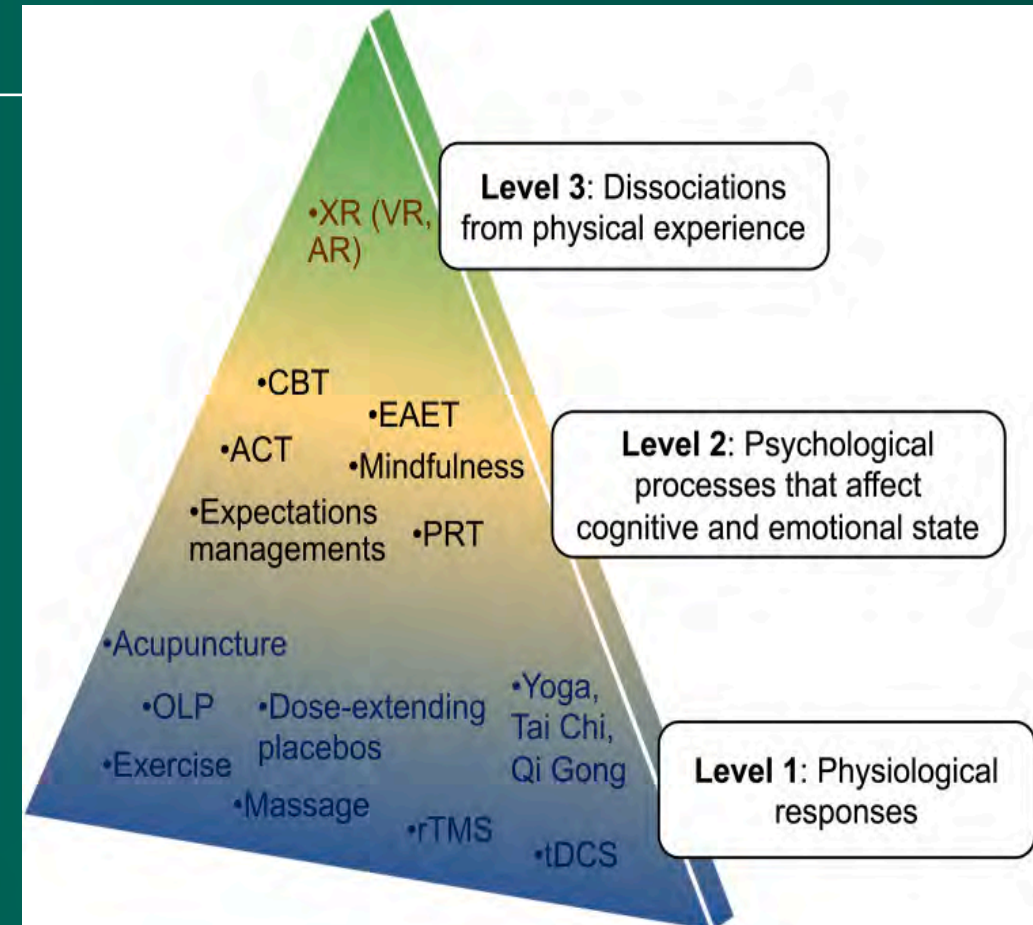
Multimodal Pain Therapy

- *Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)*
- *Acetaminophen*
- *Gabapentinoids*
- *Skeletal Muscle Relaxants*
- *Opioids*
- *Nerve Block*
- *Ketamine*



Non-Pharmacologic Pain Therapy

- RICE Therapy
- PEACE and LOVE ❤️
- Pain Framework
 - Level 1: Physiological Focus
 - Level 2: Psychological Focus
 - Level 3: Dissociation



| Special Considerations

- Cancer Pain / End of Life
- Methadone
- Elderly
 - Beers Criteria
 - Changes in pain processing



Resources

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