Acute Pain Service in the United Kingdom

Dr Lesley Bromley
Dr Brigitta Brandner
University College London
Acute Pain

• There are many causes of acute pain
Acute Post operative Pain

• 1990 Joint Report of RCS and RCA in UK

• Post operative pain
  Badly managed
Royal Colleges Report; Recommendations

Better Post operative Pain Management to be achieved by

1. Organisational Change
2. Measurement of Pain
3. Better use of Drugs
4. Use of complex delivery systems
The Acute Pain Service
Principles

• To establish a system to ensure a ‘pain free’ journey from surgery to discharge postoperatively

• To educate all staff to understand that pain is the Vth Vital sign

• Goal to reduce pain to a Gold Standard and reduce suffering
Who is on the pain team?

Varies from hospital to hospital but

- Clinical Nurse Specialist (MSc, PhD)
- Anaesthetist (mostly)
- Pharmacists
- Trainee nurses and doctors
The essential part of an APS
What does the Pain Team do?

• Clinical work
  Daily visits for those on Complex analgesia systems
  ‘Step down’ from epidural and PCA to oral analgesia

• Teaching
  Work with all staff to establish a ‘pain free’ patient
What Does The Acute Pain Team do?

- **Protocol**
  - Development of multidisciplinary protocols
- **Audit**
  - To ensure that the standard is achieved and recognise and address failures
  - Compare our service to a national standard
Acute Pain Ward Round
Making better use of our Drugs

• Time Scale

• Multimodal Analgesia
Tim Scale

- Intense Pain at the beginning
- Pain reduces over time
- Analgesia tailored to changing intensity
- Analgesic Ladder turned upside down
Multimodal Analgesia

- Combine classes of analgesic drugs to maximise effect and minimise unwanted effects.
- Intravenous Paracetamol 6 hourly.
- Non steroidal Anti Inflammatory Drugs if possible, IV/PR/Oral
- Opiates, morphine or fentanyl. IV or epidurally.
Summary

• The Acute Pain Service has achieved
• A standard for postoperative pain management
• A system of delivering that standard
• An understanding of the importance of pain management for the wellbeing of the patient
specialists in pain international network

“promoting best practice through education and cultural exchange”

www.info@painspecialists.org.uk