Clinical Pain Management

Practice and Procedures

2nd edition

Edited by

Harald Breivik  MD  DMSc  FRCA
Professor, University of Oslo and Section of Anaesthesiology and Intensive Care Medicine
Rikshospitalet University Hospital
Oslo, Norway

William I Campbell  MD  PhD  FRCA  FFARCSI  DPMedCARCSI
Consultant in Anaesthesia and Pain Medicine
The Ulster Hospital
Belfast, UK

Michael K Nicholas  PhD
Director, ADAPT Pain Management Programme, Pain Management Research Institute
University of Sydney at Royal North Shore Hospital
Sydney, Australia
# Contents

## Contributors
- ix

## Series preface
- xiii

## Introduction to Clinical Pain Management: Practice and Procedures
- xv

## How to use this book
- xvii

## Abbreviations
- xix

## PART I PRINCIPLES OF MEASUREMENT AND DIAGNOSIS

1. History-taking and examination of the patient with chronic pain
   - Paul R Nandi and Toby Newton-John
   - 3

2. Practical methods for pain intensity measurements
   - William I Campbell and Kevin E Vowles
   - 12

3. Selecting and applying pain measures
   - Johannes Van Der Merwe and Amanda C de C Williams
   - 28

4. Sensory testing and clinical neurophysiology
   - Ellen Joram and Lars Arendt-Nielsen
   - 43

5. Pharmacological diagnostic tests
   - Andrew P Baranowski and Natasha C Curran
   - 56

6. The role of biochemistry and serology in pain diagnosis
   - Hilde Berner Hammer
   - 67

7. Diagnostic algorithms for painful peripheral neuropathy
   - David Bennett
   - 75

8. Novel imaging techniques
   - Michael Lee and Irene Tracey
   - 83

## PART II THERAPEUTIC PROTOCOLS

9. After assessment, then what? Integrating findings for successful case formulation and treatment tailoring
   - Steven J Linton and Michael K Nicholas
   - 95

### Section A: Pharmacological therapies

10. Treatment protocols for opioids in chronic nonmalignant pain
    - Harald Breivik
    - 107

11. Subcutaneous drug infusion protocols for the control of cancer pain
    - Humaira Jamal and Ivan F Trotman
    - 121

12. Antiepileptics, antidepressants, and local anesthetic drugs
    - Harald Breivik and Andrew SC Rice
    - 134
Section B: Psychological techniques

13 Self-regulation skills training for adults, including relaxation
   David Spiegel
14 Biofeedback
   Frank Andrasik and Herta Flor
15 Contextual cognitive-behavioral therapy
   Lance M McCracken
16 Graded exposure in vivo for pain-related fear
   Johan WS Vlaeyen, Jeroen De Jong, Peter HT6 Heuts, and Geert Crombez

Section C: Physical therapy and rehabilitation protocols

17 Transcutaneous electrical nerve stimulation
   Timothy P Nash
18 Acupuncture
   Mike Cummings
19 Physiotherapy
   Harriet M Wittink and Jeanine A Verbunt
20 Manual medicine
   Steve Robson and Louis Gifford

Section D: Interventional procedures

21 Introduction to interventional procedures
   William I Campbell and Harald Breivik
22 Psychological aspects of preparation for painful procedures
   Rachael Powell and Marie Johnston
23 Peripheral nerve blocks: practical aspects
   David Hill
24 Intravenous and subcutaneous patient-controlled analgesia
   Stephan Locher and Michele Curatolo
25 Alternative opioid patient-controlled analgesia delivery systems – transcutaneous, nasal, and others
   Gunnvald Kvarstein
26 Epidural analgesia for acute pain after surgery and during labor, including patient-controlled epidural analgesia
   Harald Breivik
27 Sympathetic blocks
   Harald Breivik
28 Neurolytic blocks
   William I Campbell
29 Intra-articular and local soft-tissue injections
   Michael Shipley and Vanessa Morris
30 Facet (zygapophyseal) joint injections and medial branch blocks
   Ron Cooper
31 Intrathecal drug delivery
   Jon Raphael and Kate Grady
32 Cryoanalgesia
   Gunnvald Kvarstein and Henrik Högström
33 Radiofrequency lesioning and treatment of chronic pain
   Ben JP Cruij, Jan HM Van Zundert, and Maarten Van Kleef
34 Spinal cord stimulation
   Simon Thomson and Malvern May
35 Epidural (interlaminar, intraforaminal, and caudal) steroid injections for back pain and sciatica
   Ivan N Ramos-Galvez and Ian D Goodall
<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>36</td>
<td>Epiduroscopy and endoscopic adhesiolysis</td>
<td>Jonathan Richardson, Jan Willem Kallewaard, and Gerbrand J Groen</td>
</tr>
<tr>
<td>37</td>
<td>Discogenic low back pain: intradiscal thermal (radiofrequency) annuloplasty and artificial disk implants</td>
<td>Gunnvald Kvarstein, Leif Måwe, and Aage Indahl</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Section E: Pediatric techniques</strong></td>
<td></td>
</tr>
<tr>
<td>38</td>
<td>Pain assessment in children</td>
<td>Nancy F Bandstra and Christine T Chambers</td>
</tr>
<tr>
<td>39</td>
<td>Procedures for pediatric pain management</td>
<td>Richard F Howard</td>
</tr>
<tr>
<td>40</td>
<td>Mind/body skills for children in pain</td>
<td>Timothy Culbert, Stefan Friedrichsdorf, and Leora Kuttner</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>PART III CLINICAL TRIALS</strong></td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Placebo and nocebo</td>
<td>Luana Colloca, Damien G Finniss, and Fabrizio Benedetti</td>
</tr>
<tr>
<td>42</td>
<td>Clinical trials: acute and chronic pain</td>
<td>Audun Stubhaug and Harald Breivik</td>
</tr>
<tr>
<td>43</td>
<td>Clinical trials: dental pain</td>
<td>Else K Breivik Hals</td>
</tr>
<tr>
<td>44</td>
<td>Clinical trials: cancer pain</td>
<td>Ulf E Kongsgaard and Mads U Werner</td>
</tr>
<tr>
<td>45</td>
<td>Clinical trials: neuropathic pain</td>
<td>Andrew SC Rice</td>
</tr>
<tr>
<td>46</td>
<td>Techniques of systematic reviews and meta-analysis in pain research</td>
<td>Lesley A Smith</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>PART IV ORGANIZATION OF MULTIDISCIPLINARY PAIN MANAGEMENT TEAMS</strong></td>
<td></td>
</tr>
<tr>
<td>47</td>
<td>Organization and role of acute pain services</td>
<td>David Counsell, Pamela E Macintyre, and Harald Breivik</td>
</tr>
<tr>
<td>48</td>
<td>Acute pain services and organizational change</td>
<td>Alison E Powell, Huw TO Davies, Jonathan Bannister, and William A Mucrae</td>
</tr>
<tr>
<td>49</td>
<td>Comprehensive pain rehabilitation programs: a North American reappraisal</td>
<td>Peter R Wilson</td>
</tr>
<tr>
<td>50</td>
<td>Organization of pediatric pain services</td>
<td>George Chalkiadis</td>
</tr>
<tr>
<td>51</td>
<td>Where does pain fit within healthcare delivery systems and organizations?</td>
<td>Brian R Theodore, Chetwyn CH Chan, and Robert J Gotchel</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>PART V OTHER ISSUES</strong></td>
<td></td>
</tr>
<tr>
<td>52</td>
<td>The use of guidelines, standards, and quality improvement initiatives in the management of postoperative pain</td>
<td>Tone Rustoen and Christine Miaskowski</td>
</tr>
<tr>
<td>53</td>
<td>The expert medicolegal report</td>
<td>Peter JD Evans</td>
</tr>
</tbody>
</table>

**Please note:** The table of contents and a combined index for all four volumes in the series can be found on the Clinical Pain Management website at www.clinicalpainmanagement.co.uk.