

Chronic Pain Management for the Hospitalized Patient

edited by

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To my wife Ellen and my children Anders, Taryn, Leif and Karl, the joys of my life for their constant love and support!

Richard W. Rosenquist, M.D.

To my father, a brilliant engineer, who described to me the manner in which things work, and, to my mother, a teacher of psychology, who explained why those same things might not work; to my wife, Natasha, who has been selflessly tolerating my affection for both the science and art of medicine; and to my mentors and colleagues, who have been inspiring my desire to understand the reasons for dysfunction in the human body and mind, and to ease the life of sufferers.

Dmitri Souzdałnitski

I would like to dedicate this book to all the individuals in my professional life who have supported by work and inspired me to be a better clinician and teacher along the way; specifically all my mentors, trainees and most importantly my patients who I hope will be the ultimately beneficiaries of this work. In addition, I would like to dedicate this book to my family for their support and encouragement - specifically my wife Dr. Zina Matlyuk-Urman and my daughters, Abigail Rose and Isabelle Grace.

Richard D. Urman

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Preface

A 2011 Institute of Medicine Report *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education and Research*, described chronic pain as a significant public health problem. It is estimated to affect more 100 million Americans with an associated cost to society of at least \$560–\$635 billion annually, which includes healthcare costs ranging from \$261–\$300 billion annually. The sheer numbers of individuals with chronic pain means that significant numbers of patients with chronic pain will be admitted to the hospital on a daily basis. These patients pose a challenge to the medical system as they are often admitted by physicians with little training or experience in the care of chronic pain patients. Once admitted, physicians and allied health care providers are faced with addressing the primary medical condition requiring evaluation or treatment as well as the chronic pain condition.

Chronic Pain Management for the Hospitalized Patient is the first evidence-based book to address the long standing need for a resource to help physicians manage chronic pain in hospitalized patients. At the present time, almost one in ten patients admitted to the hospital is receiving chronic opioids and it has been estimated that as many as one in four may have a substance use issue. These factors increase the complexity of managing these patients and often lead to under treatment and/or patient dissatisfaction. In some settings, physicians with formal training in pain medicine are available to provide consultation and direct appropriate care. However, in most settings, these resources are not available to guide and improve patient care and reduce uncertainty for the provider regarding the most appropriate way to provide care. This concise, yet exceedingly informative reference book emphasizes the multidisciplinary approach to inpatient pain management.

The textbook addresses pain in six sections:

1. Chronic pain as a disease and the challenges of chronic pain management in the hospital setting
2. Management of chronic pain in selected settings

3. Role of Nursing, Pharmacy Specialist, and Other Hospital Services in Management of Chronic Pain Patients
4. Management of chronic pain in selected patient categories
5. Perioperative chronic pain management
6. Patient Satisfaction and Quality Management of Hospitalized Chronic Pain Patients

The book covers a wide variety of topics related to the inpatient management of acute-on-chronic pain including epidemiology, clinical assessment, pharmacological treatment, interventional therapies, physical therapy and rehabilitation, integrative medicine, acupuncture, and psychological evaluation and treatment. It addresses issues unique to specific hospital units such as the emergency department, intensive care unit, operating rooms, surgical and medical wards, as well as pediatric, labor and delivery, psychiatric, geriatric and palliative care settings. It provides recommendations for the management of acute pain of hospitalized patients with pre-existing chronic pain, opioid dependency, and substance abuse disorders. In addition, it outlines practical strategies and recommendations for the management of pre-existing chronic pain in nursing homes, rehabilitation facilities and prisons. The importance of nurses, pharmacists and other healthcare providers in the successful management of these complex patients is emphasized. Finally, discharge criteria related to pain management and practical tools to improve patient satisfaction are explored in detail.

This book is intended for practicing physicians, physician assistants, nurse practitioners, registered nurses, pharmacists, physical therapists, psychologists, residents, medical students and individuals at any stage of training who aim to provide the most up-to-date, evidence-based care to patients with pain. Hospital administrators will also find this book helpful as it addresses issues of relevance to patient safety and satisfaction.

We would like to thank all of our collaborators for their hard work and their brilliance, our colleagues and trainees for their interest and encouragement, and our families for their patience and indispensable support.

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