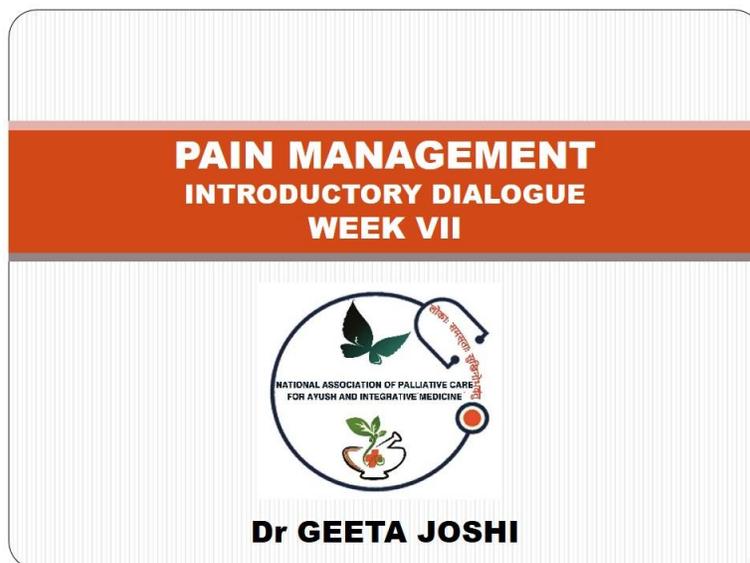


**Basic Certificate in Palliative Care**  
**Dr. Geeta Joshi**  
**Dr. Piyush Gupta**  
**Dr. Col. Yashavant Joshi**  
**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-07**  
**Lecture 01: Introductory Dialogue**

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This is week number 7, lecture number 1. Hello everyone. Hello friends. In this week, we are going to teach you about pain management. Pain management is very important subject and it is more of a related to moderate to severe pain which a palliative care patient experience. You see, friends, normally we always say, without pain, no gain.

Without pain, no gain. That means pain is definitely required in our life. Nothing ventured, nothing gained. If you do not venture outside and if you do not face difficulties, you cannot gain anything.

So, normally in our life, pain is useful also. Like earlier we discussed some sort of stress, positive stress. We call it eustress. It is very useful. So, in our life also some sort of pain which is generally pain and stress, they are sometimes synonymous the way we take it.

But will you please tell us definition of pain, medical definition. Another thing Dr. Geeta Joshi, this is now the future subjects, pain management, symptom management, advanced nursing plan. They are something little medical, you know. So, I will request you to make them simpler so that everyone can understand certain simpler language and words.

Yes. Thank you, Yashwawant jee. Pain is not always required. Particularly this pain which causes distress to the patient and affects the quality of life. Pain is an medical terminology.

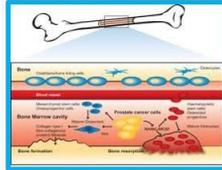
It is an unpleasant sensory and emotional experience associated with or resembling that associated with actual or potential tissue damage. Though pain is a very good symptom because that is the first symptom by which a physician can diagnose what is there is some underlying pathologies going on. And in our OPD almost 80 percent of the patient comes to a doctor when they are having pain. This way it is important but to have moderate to severe pain is really distressful and it definitely affects the quality of life of the patient. Thank you.

Now can you tell us something about pain management and then we go onward. Yes. Pain management, the management word is used instead of relief is when you are taking care of pain as a holistic view. You are taking the care of physical pain as at the same time you are also addressing the psychosocial spiritual problems associated with this pain. So it is a holistic pain management or you can say total pain management when palliative care is concerned.

So in other words can I say that pain management is equivalent to pain relief plus analgesia plus pain control. Am I right? Yes. Right. Very right. Thank you.

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## MANAGEMENT METASTETIC BONE PAIN



**Dr GEETA JOSHI**

The first lecture in this week is management of metastatic bone pain. A cancer patient whose cancer is spread to various bones has lots of pain, very disturbing pain and this pain is very difficult to control. It cannot be controlled by just one drug or one modality of treatment. It is multi-modal approach is required where we will be using analgesic drugs, certain interventional procedure and some other bone pain related treatment like radiotherapy or chemotherapy. So in this lecture you will be learning about the bone pain management which is a multifaceted syndrome like where the patient gets different types of pain.

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## HOW TO PRESCRIBE ENDS?



**Dr GEETA JOSHI**

I heard that we make use of ENDS also. ENDS means essential narcotic drugs in pain management. Will you just throw a little light on this ENDS? Yes, our second lecture is on how to prescribe ENDS. ENDS are essential narcotic drugs.

Under the NDPS rule 2015, government has indicated that there are six essential narcotic drugs which needs to be governed by central rule. And all states have to follow this rule. These essential narcotic drugs are really essential to treat moderate to severe pain of a cancer patient or HIV AIDS patient. And these drugs which are listed under ENDS are coden, morphine, methadone, fentanyl, hydrocoden and oxycoden. Out of these six, four drugs are available in India and they are widely used for pain management in cancer patients.

Dear friends, in later parts of our course, that is in week 11 and 12, we will have a lecture of NDPS rule 2015. NDPS means, what is NDPS? Narcotic Drugs and Psychotropic Substances Act.

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## **SAFE USE OF ESSENTIAL NARCOTIC DRUGS ORAL MORPHINE**



**Dr GEETA JOSHI**

Next lecture is safe use of essential narcotic drugs, particularly oral morphine. Palliative care physicians are handling oral morphine. And it is their moral duty to see to it that these drugs are used only for pain management and they are not abused or misused by the patient or relatives.

So, here we are describing how safely you can prescribe, how you can monitor the patient, how you can take a stock of the medicine whenever it is given to the patient and when he comes for follow up. So, all these factors keeping in mind and a systematic guideline has to be followed when you are prescribing oral morphine to your patient. So, every institute or department should have this guideline written and everybody, the whole team of palliative care, that may be a nurse, physician, psychologist, even pharmacist should follow this guideline and practice safe use of morphine prescription. Dear friends, just for your information, all these essential narcotic drugs basically come from opium. In week number 11, I have given 2 lessons, history of opium part 1 and part 2.

I have worked very hard for it. So, you must go through that history. Do not take it this way, that way opium is very bad. No, opium is a wonderful drug and I want to tell you without opium and its derivatives, we just cannot, we cannot remove pain. For pain management, it's an essential and a wonderful drug. Thank you.

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## NEUROPATHIC PAIN MANAGEMENT



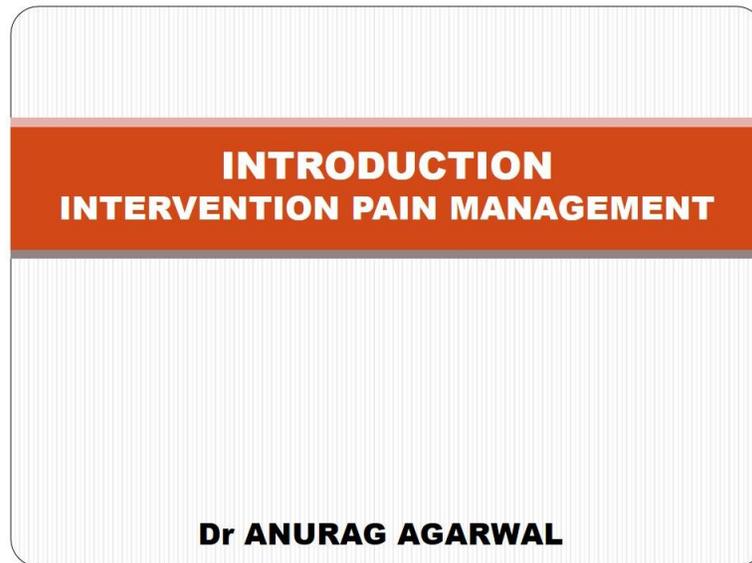
**Dr GEETA JOSHI**

Another lecture in pain management is neuropathic pain. This is also one of the very difficult pain to treat. Here, the nerves are either damaged or they are torn. And patient experience excruciating pain of different types like maybe cutting sensation or current like sensation or tingling, continuous tingling numbness in that nerve distribution. Though it is difficult to treat, we have got number of procedures, drugs and many approaches to treat neuropathic pain.

It may include intervention, some nerve blocks or radio frequency lesioning of the nerves, etc. Along with treatment of any pain, one has to provide psychosocial support to the patient. Counseling of this patient, evaluating the other factors which is having influence on his pain needs to be evaluated, talk to with the patient with good communication skills and counseling skills. How does this nerve block work? Just in simple terms, very simple, then only please tell us otherwise. In nerve blocks, the nerves are made, the sensory part of the nerve are blocked or made like local anaesthetics are injected.

So, many drugs are injected like local anaesthetic or alcohol, absolute alcohol or a lesion in the nerve is made with radio frequency. So, there will not be any stimulation passing in those fibers of the nerve. Very particular specific fibers of the nerves are blocked sparing the motor fibers. So, the activity of muscles and other things remains the same, only the sensation is lost and patient will not feel pain. Thank you.

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Another topic which we have included is the primary information about interventional pain management. This is a gift of modern technology in medicine. Because of that, since last more than a decade, this interventional pain management is in practice. And there are special pain physicians who are trained to carry out these procedures. It requires somewhat technology, somewhat skills and very good knowledge of anatomy of nerves and its distribution.

So, Dr. Anurag Agarwal, he is again a practicing pain physician from Lucknow, is going to talk about this interventional pain management which has got a role in cancer pain management and many other chronic pain, even benign pain can be managed by this procedure. And you will have a brief introduction to it. Thank you. So, we basically spoke about pain, pain, pain and therefore what should be the theme of this week, week number 7.

It should be related with pain. Yeah, so you decide what should be the theme. Who describes pain basically? It's the patient. Patient. So, we must give importance to the patient only.

What he says is correct. Yeah. We must take his word. Yes. So, let's say the theme of this week is pain exists when they say it hurts. So, definition of pain from patient point of view is pain exists when they say it hurts.

Right? Yeah. Thank you. Thank you, friends.