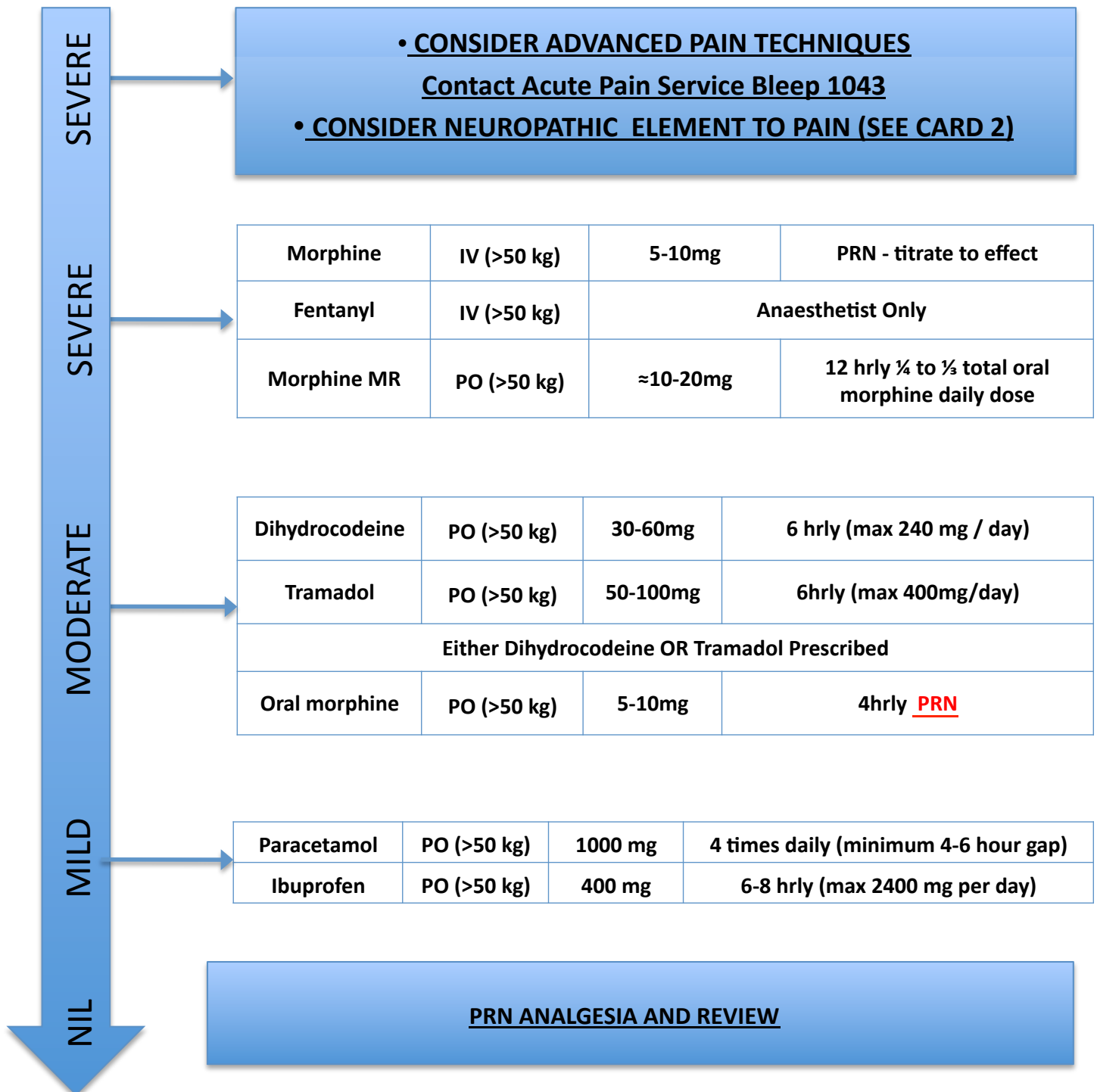


PAIN REFERENCE CARD 1

Pain Assessment & Management
Imperial pain Management Guidelines (see Guidelines Version 4 on Intranet)
Contact Acute Pain Service for advice Bleep 1043

Pain Score	Description at rest	Action	Considerations
3	Severe	As Per 'Moderate' + Strong opioid Consider Advanced Pain Technique	Prescribe laxatives, anti-emetics, oxygen and naloxone
2	Moderate	As per 'Mild' + weak opioid	Prescribe laxatives, anti-emetics, oxygen and naloxone
1	Mild	Paracetamol regularly +/- NSAID as required	Review analgesia to reduce as able
0	Nil	Regular analgesia as prescribed	Review analgesia to reduce as able



PAIN REFERENCE CARD 2

Advanced Pain Techniques & Neuropathic Pain Management

- Regular monitoring of vital signs required for all advanced pain techniques
- Prescribe Naloxone (400mcg) / Antiemetics / Laxatives

OPIOID PCA (See Trust Guideline Ver. 4 Pg 14)	Morphine	200 mgs in 100 mls Sodium Chloride 0.9% (2mg per ml)	Dosage: 1mg 5 min lockout
	Fentanyl	3 mgs in 300 mls Sodium Chloride 0.9% (10 micrograms per ml)	Dosage: 10 mcg 3 min lockout
KETAMINE Infusions	Ketamine	1000 mg in 500 ml NaCl 0.9% Via dedicated pump protocol Contact Acute Pain Service for advice	0.1-0.2 mg/kg/hr
EPIDURAL INFUSION	L-Bupivacaine +/- Fentanyl 2mcg/ml	Prefilled Epidural Infusions Available within Imperial NHS Trust	Dosage: 1 to 15 mls / hr
	Caution in Coagulopathy / Anti-coagulated patients		
CPNB INFUSION	Contact Acute Pain Service for Advice: Infusion via pumps as per protocol		
	Monitor for Local Anaesthetic toxicity		
NEURO-PATHIC PAIN / NERVE INJURY	Gabapentin	PO (>50 kg)	300mg TDS (normally build up gradually o) Increase by 300mg increments as required – titrate to effect (Max. 4.8 g daily in 3 divided doses)
	Pregabalin	PO (>50 kg)	75mg BD Increased to 150 mg BD after 3-7 days & 300 mg BD after a further 3-7 days (Titrate to effect –caution in renal impairment – see BNF)
	Either Gabapentin OR Pregabalin – contact acute pain service if unsure 1 st line currently Gabapentin		
	Amitriptyline	PO (>50 kg)	10mg daily (Nocte) Increased to 75mg daily as required Not started with Gabapentinoids