

practical pain management calculator

practical pain management calculator tools are essential resources for healthcare professionals aiming to optimize pain treatment strategies. These calculators assist in quantifying pain levels, predicting medication dosages, and managing patient care effectively. By integrating clinical data and evidence-based guidelines, practical pain management calculators enhance decision-making processes, improve patient outcomes, and minimize risks associated with pain therapy. This article explores the fundamentals of these calculators, their clinical applications, key features, and the benefits they offer in various healthcare settings. Additionally, it highlights the importance of accurate pain assessment and how technological advancements are shaping the future of pain management tools. The following sections provide a detailed overview for clinicians and healthcare administrators interested in leveraging these innovative calculators.

- Understanding Practical Pain Management Calculators
- Key Features and Functionalities
- Clinical Applications and Use Cases
- Benefits of Using Pain Management Calculators
- Challenges and Limitations
- Future Trends in Pain Management Tools

Understanding Practical Pain Management Calculators

Practical pain management calculators are digital or manual tools designed to assist healthcare professionals in evaluating and managing a patient's pain. These calculators typically incorporate patient-reported outcomes, clinical parameters, and pharmacological data to provide recommendations on pain assessment and treatment. They are grounded in validated pain scales and evidence-based guidelines, offering a standardized approach to pain evaluation. Utilizing such calculators helps reduce variability in pain management practices and supports personalized treatment plans that suit individual patient needs.

Definition and Purpose

At their core, practical pain management calculators aim to quantify pain intensity and translate this information into actionable clinical decisions. They serve multiple purposes, including estimating appropriate opioid dosages, assessing risk factors for addiction or adverse effects, and guiding multimodal pain therapy strategies. By providing objective metrics, these tools facilitate communication among healthcare providers and between clinicians and patients.

Types of Pain Calculators

There are several types of pain management calculators available, each tailored to specific clinical contexts or pain types. Common categories include:

- Opioid conversion calculators – for determining morphine milligram equivalents (MME) and safe opioid switching
- Risk assessment tools – evaluating the potential for opioid misuse or overdose
- Pain intensity scales – numerical rating scales (NRS), visual analog scales (VAS), and other patient-reported outcome measures (PROMs)
- Multimodal pain therapy calculators – integrating pharmacologic and non-pharmacologic treatments

Key Features and Functionalities

Effective practical pain management calculators possess a combination of features that facilitate accurate pain assessment and treatment optimization. These functionalities enhance usability and clinical relevance.

User-Friendly Interface

Intuitive design is critical for ensuring that healthcare providers can quickly input data and interpret results. User-friendly interfaces often include clear prompts, drop-down menus, and visual aids that streamline the calculation process.

Comprehensive Data Integration

Advanced calculators integrate multiple data points such as patient demographics, previous medication history, pain scores, and comorbidities. This comprehensive approach allows for more precise recommendations tailored to the patient's overall health status.

Customization and Flexibility

Many practical pain management calculators allow customization based on clinical setting, pain type, or treatment protocols. Flexibility in adjusting parameters ensures that the tool remains applicable across diverse patient populations and specialties.

Evidence-Based Algorithms

Underlying algorithms rely on the latest clinical research and guidelines to ensure safe and effective pain management. Regular updates to these algorithms are essential to maintain accuracy and relevance in evolving medical practice.

Clinical Applications and Use Cases

Practical pain management calculators are utilized across a broad spectrum of healthcare environments, from acute care settings to chronic pain clinics. Their applications vary depending on clinical objectives and patient needs.

Acute Pain Management

In emergency departments and postoperative care, pain calculators assist in rapidly assessing pain levels and recommending appropriate analgesic dosing. This reduces the risk of under-treatment or overuse of opioids during critical recovery periods.

Chronic Pain Treatment

For patients with long-term pain conditions, calculators help monitor pain progression and adjust therapy regimens accordingly. They support multimodal pain management approaches by balancing pharmacologic and non-pharmacologic interventions.

Opioid Stewardship Programs

Healthcare institutions implement pain management calculators as part of opioid stewardship initiatives to minimize misuse and adverse effects. These tools aid in opioid tapering strategies and identify patients at risk for dependency or overdose.

Pain Assessment in Special Populations

Calculators are adapted to evaluate pain in vulnerable groups such as pediatric, geriatric, or cognitively impaired patients, where traditional pain assessment may be challenging. Customized tools enhance accuracy and safety in these populations.

Benefits of Using Pain Management Calculators

The integration of practical pain management calculators into clinical practice offers multiple advantages that contribute to improved patient care and healthcare efficiency.

Enhanced Accuracy and Consistency

Standardized calculation methods reduce subjective variability in pain assessment, ensuring consistent treatment decisions across providers and settings.

Improved Patient Safety

By optimizing medication dosing and identifying risk factors, calculators help prevent adverse drug events, especially related to opioid use.

Time Efficiency

Automated calculations save valuable time during clinical encounters, allowing providers to focus more on patient interaction and education.

Data-Driven Decision Making

Access to objective pain metrics and predictive analytics supports evidence-based treatment planning and outcome monitoring.

Support for Multidisciplinary Care

These tools facilitate communication among different healthcare professionals, promoting coordinated and comprehensive pain management strategies.

Challenges and Limitations

Despite their benefits, practical pain management calculators have inherent challenges that must be acknowledged and addressed.

Variability in Patient Reporting

Accurate pain assessment relies heavily on patient self-reporting, which can be influenced by subjective factors such as mood, cognition, and cultural background.

Algorithm Limitations

Calculators may not fully account for complex clinical scenarios, comorbidities, or individual responses to treatment, necessitating clinical judgment alongside tool recommendations.

Integration with Electronic Health Records (EHR)

Seamless integration into existing EHR systems can be technically challenging, potentially limiting widespread adoption and real-time data utilization.

Need for Regular Updates

Ongoing maintenance to incorporate new research findings and guideline changes is essential to ensure continued accuracy and safety.

Future Trends in Pain Management Tools

The evolution of practical pain management calculators is propelled by technological advancements and growing emphasis on personalized medicine.

Artificial Intelligence and Machine Learning

Incorporating AI algorithms allows for more sophisticated data analysis, predictive modeling, and adaptive treatment recommendations based on patient-specific variables.

Wearable Technology Integration

Integration with wearable devices enables continuous monitoring of pain-related physiological parameters, enhancing real-time assessment and intervention.

Telemedicine Compatibility

Remote pain management supported by calculators facilitates patient access to care, especially for those in underserved or rural areas.

Patient Engagement Features

Future tools may include patient portals and interactive interfaces that encourage self-monitoring and adherence to pain management plans.

Frequently Asked Questions

What is a practical pain management calculator?

A practical pain management calculator is a digital tool designed to help healthcare providers assess and manage a patient's pain by calculating appropriate medication dosages, risk factors, or pain

scores.

How does a pain management calculator improve patient care?

It standardizes pain assessment, assists in determining safe and effective medication dosages, reduces the risk of opioid misuse, and supports personalized treatment plans for better pain control.

What factors are typically included in a pain management calculator?

Common factors include patient age, weight, pain intensity scores, opioid tolerance, medication type and dosage, kidney and liver function, and risk assessment for addiction or side effects.

Are practical pain management calculators reliable for opioid dosing?

While they provide valuable guidance for opioid conversion and dosing, calculators should be used alongside clinical judgment and patient monitoring to ensure safety and effectiveness.

Can practical pain management calculators be used for chronic pain patients?

Yes, these calculators are often used to tailor pain management strategies for chronic pain patients, helping to balance pain relief with minimizing side effects and dependency risks.

Where can healthcare professionals access practical pain management calculators?

They are available through various medical websites, mobile apps, and integrated electronic health record systems, often provided by reputable medical institutions or professional organizations.

What are the limitations of practical pain management calculators?

Limitations include reliance on accurate input data, inability to replace clinical expertise, potential variability in patient responses, and the need for continuous updates based on current guidelines.

Additional Resources

1. Practical Pain Management: A Clinician's Guide to Assessment and Treatment

This book offers comprehensive coverage of pain assessment techniques and management strategies tailored for clinicians. It includes practical tools such as pain management calculators to aid in dosage and treatment planning. The text balances theory with real-world applications, making it ideal for healthcare providers seeking efficient pain control methods.

2. Pain Management Calculators and Clinical Tools Handbook

Designed for busy practitioners, this handbook compiles a variety of pain management calculators for dosing, risk assessment, and treatment efficacy. It serves as a quick-reference guide to enhance decision-making in clinical settings. The book also explains the underlying principles behind each calculator, ensuring users understand their proper application.

3. Essentials of Pain Medicine and Practical Pain Management Calculations

This resource integrates foundational knowledge of pain medicine with step-by-step guidance on using calculators for opioid conversion, pain scoring, and medication titration. It is particularly useful for residents and medical students who need to develop proficiency in pain management protocols. Case studies and examples illustrate the calculators' utility in everyday practice.

4. Opioid Dosing Calculators in Pain Management: A Practical Approach

Focusing specifically on opioid therapy, this book explores various dosing calculators designed to optimize safety and efficacy. It addresses challenges such as opioid rotation and dose adjustment in special populations. The practical approach empowers clinicians to reduce errors and improve patient outcomes.

5. Clinical Pain Management Tools: Calculators, Charts, and Protocols

This text offers a collection of validated clinical tools including calculators for assessing pain intensity, medication dosing, and risk of addiction. It emphasizes evidence-based protocols and integrates these tools into comprehensive pain management plans. The book is an excellent companion for multidisciplinary pain teams.

6. Handbook of Pain Assessment and Management Calculators

This handbook provides detailed instructions on using various pain assessment scales and management calculators. It covers numeric rating scales, opioid equivalence calculators, and risk assessment tools. The user-friendly layout makes it accessible for clinicians at all levels of experience.

7. Practical Guide to Pain Management: Integrating Calculators for Optimal Care

This guide combines pain management principles with practical applications of calculators to streamline patient care. It discusses how to integrate these tools into electronic health records and clinical workflows. The book is ideal for practitioners seeking to enhance accuracy and efficiency in pain treatment.

8. Pain Management in Primary Care: Tools, Calculators, and Best Practices

Targeted at primary care providers, this book highlights essential pain management calculators and their role in everyday practice. It addresses common pain conditions and offers best practice recommendations supported by clinical calculators. The accessible style makes it suitable for non-specialists.

9. Advanced Pain Management Calculators and Decision Support Systems

This advanced text explores the integration of pain management calculators with decision support systems and digital health technology. It examines emerging tools that assist in complex pain cases and personalized treatment plans. The book is geared toward pain specialists and healthcare innovators aiming to leverage technology for improved care.

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practical pain management calculator: Assessment and Multimodal Management of Pain Maureen Cooney, Ann Quinlan-Colwell, 2020-10-31 Learn best practices and evidence-based guidelines for assessing and managing pain! Assessment and Multimodal Management of Pain: An Integrative Approach describes how to provide effective management of pain through the use of multiple medications and techniques, including both pharmacologic and non-pharmacologic treatment regimens. A holistic approach provides an in-depth understanding of pain and includes practical assessment tools along with coverage of opioid and non-opioid analgesics, interventional and herbal approaches to pain, and much more. Written by experts Maureen F. Cooney and Ann Quinlan-Colwell, this reference is a complete, step-by-step guide to contemporary pain assessment and management. - Evidence-based, practical guidance helps students learn to plan and implement pain management, and aligns with current guidelines and best practices. - Comprehensive information on the pharmacologic management of pain includes nonopioid analgesics, opioid analgesics, and co-analgesics, including dose titration, routes of administration, and prevention of side effects. - UNIQUE! Multimodal approach for pain management is explored throughout the book, as it affects assessment, the physiologic experience, and the culturally determined expression, acknowledgement, and management of pain. - UNIQUE! Holistic, integrative approach includes thorough coverage of pain management with non-pharmacologic methods. - Clinical scenarios are cited to illustrate key points. - Equivalent analgesic action for common pain medications provides readers with useful guidance relating to medication selection. - Pain-rating scales in over 20 languages are included in the appendix for improved patient/clinician communication and accurate pain assessment. - UNIQUE! Authors Maureen F. Cooney and Ann Quinlan-Colwell are two of the foremost authorities in multimodal pain assessment and management. - Sample forms, guidelines, protocols, and other hands-on tools are included, and may be reproduced for use in the classroom or clinical setting.

practical pain management calculator: Essential Notes in Pain Medicine Enrique Collantes Celador, Jan Rudiger, Alifia Tameem, 2022-05-23 Essential Notes in Pain Medicine provides a comprehensive review of pain medicine for clinical practice and postgraduate exam preparation. Mapped to the syllabus for the Fellowship of the Faculty of Pain Medicine of the Royal College of Anaesthetists (FFPMRCA) this resource ensures readers have all the information needed in one place. Written by a multidisciplinary team of over 70 international contributors, this resource provides high-quality, up-to-date guidance on 247 topics such as pain assessment, pain physiology, pain interventions, the role of psychology and physiotherapy and many more. Information is presented in concise note form with bullet points, tables, and diagrams, making retaining key facts

easier and quicker. References to evidence-based guidelines and directions to further reading allow for identification of areas for further information. Drawing on the editors' expertise, *Essential Notes in Pain Medicine* is the ideal companion for exams and a comprehensive guide to acute, chronic, and cancer pain management for practising doctors, pain nurses, and allied health professionals.

practical pain management calculator: *Managing Chronic Pain, An Issue of Medical Clinics of North America* Charles E. Argoff, 2016-01-19 This issue of *Medical Clinics of North America*, Guest Edited by Charles Argoff, MD is devoted to Chronic Pain Management. Dr. Argoff has assembled a group of expert authors to review the following topics: Chronic Pain Management: An Overview of Taxonomy, Conditions Commonly Encountered, and Assessment; The Acute to Chronic Pain Transition: Can Chronic Pain Be Prevented?; What Do We Know About the Pathophysiology of Chronic Pain? Implications for Treatment Considerations; An Overview of Pharmacologic Management of Chronic Pain; An Overview of Nonmedical Treatment of Chronic Pain; Managing Chronic Headache Disorders; Managing Osteoarthritis and Other Chronic Musculoskeletal Pain Disorders; Managing Neuropathic Pain; Managing Low Back and Other Spinal Pain Disorders; Exploring the Use of Chronic Opioid Therapy for Chronic Pain: When, How and for Whom?; The Role of Invasive Pain Management Modalities in the Treatment of Chronic Pain; Multimodal Management of Chronic Pain: What is the Evidence?; Managing Chronic Pain in Special Populations; and The Future of Pain Management as a Subspecialty: Meeting the Needs of the Patients We Care For.

practical pain management calculator: *Manuel pratique d'algologie* Christophe Perruchoud, Eric Albrecht, Véronique Moret, 2017-08-29 La douleur est, selon l'International Association for the Study of Pain, une « expérience sensorielle et émotionnelle désagréable, liée à une lésion tissulaire existante ou potentielle, ou décrite en termes évoquant une telle lésion ». La douleur existe donc dès que l'on affirme la ressentir, qu'une cause soit établie ou non. Par opposition à la douleur aiguë, la douleur chronique perd sa fonction de signal d'alerte protecteur et devient une maladie à part entière, indépendamment de son origine. La douleur chronique affecte environ 30% de la population générale adulte et son impact économique est majeur. Dès lors, l'algologie est une discipline médicale qui se propose d'étudier, d'évaluer et de traiter cette douleur. Ce Manuel pratique d'algologie se présente comme un tour d'horizon des différents aspects de la douleur chronique et l'aborde en 4 parties : • Les principes généraux : définitions, épidémiologie, physiopathologie et mécanismes de chronification de la douleur. • Les méthodes d'évaluation : anamnèse, évaluation clinique, examens paracliniques, questionnaires et tests diagnostiques. • Les principaux syndromes douloureux chroniques (céphalées, lombalgies, douleurs post-opératoires, neuropathies, douleurs cancéreuses, syndrome douloureux régional complexe, douleur fantôme, etc.) selon les rubriques suivantes : incidence, étiologie, manifestations cliniques, critères diagnostiques et traitements. • Les traitements pharmacologique, conservateur, interventionnel, la neuro-modulation et la chirurgie. La majorité des traitements est illustrée par de nombreux schémas et photos en couleurs. La douleur chronique est l'un des principaux motifs de consultation médicale. Ce Manuel pratique d'algologie - Prise en charge de la douleur chronique est destiné non seulement aux médecins spécialistes traitant les patients souffrant de douleurs chroniques, mais également aux médecins généralistes, neurologues, neurochirurgiens, rhumatologues, médecins en soins palliatifs et à tous les professionnels soucieux de mettre à jour leurs connaissances dans ce domaine.

practical pain management calculator: *Raj's Practical Management of Pain* Honorio Benzon, James P. Rathmell, Christopher L. Wu, Dennis C. Turk, Charles E. Argoff, 2008-03-06 Get the core knowledge in pain medicine you need from one of the most trusted resources in the field. The new fourth edition guides you through every aspect of pain medicine with concise descriptions of evaluation, diagnosis of pain syndromes, rationales for management, treatment modalities, and much more. From commonly seen pain syndromes, including headaches, trunk pain, orofacial pain, back pain, and extremity pain...through specific pain management challenges such as postoperative pain, pain due to cancer, phantom pain, and pain in the management of AIDS patients...this popular text will equip you with the know-how you need to effectively manage even your most challenging cases. A practical, multidisciplinary approach to pain management makes key concepts and

techniques easier to apply to everyday practice. Expert contributors provide the latest knowledge on all aspects of pain management, from general principles through to specific management techniques. Detailed discussions of the latest concepts and treatment plans help you provide the best possible outcomes for all your patients. Extensively updated chapters acquaint you with the most current trends and techniques in pain management. A new section on complications helps you avoid and manage potential pitfalls. A new editorial team ensures that you are getting the freshest, most clinically relevant information available today. New, full-color art clarifies key concepts and techniques.

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Anne G. Perry, Patricia A. Potter, Wendy R. Ostendorf, 2019-01-08 Master nursing skills with this guide from the respected Perry, Potter & Ostendorf author team! The concise coverage in *Nursing Interventions & Clinical Skills*, 7th Edition makes it easy to learn the skills most commonly used in everyday nursing practice. Clear, step-by-step instructions cover more than 160 basic, intermediate, and advanced skills — from measuring body temperature to insertion of a peripheral intravenous device — using evidence-based concepts to improve patient safety and outcomes. A streamlined, visual approach makes the book easy to read, and an Evolve companion website enhances learning with review questions and handy checklists for each clinical skill. - Coverage of more than 160 skills and interventions addresses the basic, intermediate, and advanced skills you'll use every day in practice. - Safe Patient Care Alerts highlight risks or other key information to know in performing skills, so you can plan ahead at each step of nursing care. - Unique! Using Evidence in Nursing Practice chapter provides the information needed to use evidence-based care to solve clinical problems. - Coverage of evidence-based nursing techniques includes the concept of care bundles, structured practices that improve patient safety and outcomes, in addition to the coverage of teach-back. - Delegation & Collaboration guidelines help you make decisions in whether to delegate a skill to unlicensed assistive personnel, and indicates what key information must be shared. - Teach-Back step shows how to evaluate the success of patient teaching, so you can see whether the patient understands a task or topic or if additional teaching may be needed. - Recording guidelines describe what should be reported and documented after performing skills, with Hand-off Reporting sections listing important patient care information to include in the handoff. - Special Considerations indicate the additional risks or accommodations you may face when caring for pediatric or geriatric patients, as well as patients in home care settings. - A consistent format for nursing skills makes it easier to perform skills, organized by Assessment, Planning, Implementation, and Evaluation. - Media resources include skills performance checklists on the Evolve companion website and related lessons, videos, and interactive exercises on Nursing Skills Online. - NEW! 2017 Infusion Nurses Society standards are included on administering IVs and on other changes in evidence-based practice. - NEW Disaster Preparedness chapter focuses on caring for patients after biological, chemical, or radiation exposure. - NEW! SBAR samples show how to quickly and effectively communicate a patient's condition in terms of Situation, Background, Assessment, and Recommendation. - NEW! Practice Reflections sections include a clinical scenario and questions, helping you reflect on clinical and simulation experiences. - NEW! Three Master Debriefs help you develop a better understanding of the big picture by synthesizing skill performance with overall patient care.

practical pain management calculator: Acute Pain Management Pamela E. Macintyre,

Stephan A. Schug, 2021-06-20 With a focus on practical acute pain management in adults in the hospital setting, this book provides health professionals with simple and practical information to help them manage patients with acute pain safely and effectively. • Combines evidence-based information with practical guidelines and protocols • Covers the pharmacology of opioids, local anesthetics, and nonopioid and adjuvant analgesic agents • Discusses management of acute pain in both surgical and nonsurgical acute pain settings including in patients with spinal cord or burns injuries and selected medical illnesses • Includes evidence-based information about management of acute pain in some specific patient groups , including the older patient, opioid-tolerant patients, and

those with addiction disorders, pregnant or lactating patients and patients with obstructive sleep apnea or who have renal or hepatic impairment • Considers the role of acute pain management in the context of the current opioid epidemic and identifies possible strategies to minimise the risks. This resource will be helpful to a variety of professionals in assessing and managing acute pain.

practical pain management calculator: Lung Cancer: A Practical Approach to Evidence-Based Clinical Evaluation and Management Lynn T. Tanoue, Frank C Detterbeck, 2018-05-30 Get a quick, expert overview of the many key facets of lung cancer evaluation and management with this concise, practical resource by Drs. Lynn T. Tanoue and Frank Detterbeck. This easy-to-read reference presents a summary of today's best evidence-based approaches to diagnosis and management in this critical area. - Covers diagnosis and evaluation, treatment considerations, and comprehensive care options for patients with lung cancer. - Provides insight on evidence for today's best practices, as well as future directions in the field. - Consolidates today's evidence-based information on the clinical aspects of lung cancer into one convenient resource.

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within the UK primary care landscape - Richly illustrated throughout to reinforce key concepts, demonstrate clinical procedures and engage students in active learning - Includes a wide range of helpful learning features including case studies and critical thinking exercises - helps the reader to analyse complex situations, make evidence-based decisions and communicate effectively with patients and healthcare team members - Pedagogical features to help students navigate the textbook, organise their learning and review key concepts efficiently - Supplemented with online material including MCQs, image bank, critical thinking questions, extra online material (supplementary text), website figure references and extra online images

practical pain management calculator: The Advanced Practice Registered Nurse as a Prescriber Louise Kaplan, Marie Annette Brown, 2021-03-02 The Advanced Practice Registered Nurse as a Prescriber is an authoritative reference guide designed for students and practicing APRNs alike—delivering the evidence-based information required for informed and ethical prescribing of medication in various clinical settings. It assists the reader to identify and avoid common prescribing mistakes and pitfalls whilst presenting specific strategies to respond appropriately to an array of typical clinical experiences. This revised second edition includes new and expanded chapters with information on authorizing medical marijuana, prescription monitoring programs, electronic prescribing, prescribing globally and issues surrounding controlled substance prescribing and prescribing for opioid use disorder. This leading single-volume resource: Addresses the opportunities, challenges and responsibilities that APRNs face as prescribers Covers the laws, regulations, and professional issues that affect prescribing Discusses global approaches to registered nurse and APRN prescribing such as task sharing, formularies, and independent authority Guides APRNs through difficult clinical situations such as patients seeking controlled substances and requesting inappropriate care Navigates the multiple facets of prescribing controlled substances Examines the role of the APRN in states with medical marijuana laws Serves as a resource to engage in advocacy for fully autonomous prescribing The Advanced Practice Registered Nurse as a Prescriber is essential reading for APRN and pharmacotherapeutics students, registered nurses transitioning to the role of APRN prescriber, and all APRNs including Nurse Practitioners (NP), Clinical Nurse Specialists (CNS), and Certified Registered Nurse Anesthetists (CRNA).

practical pain management calculator: Evaluation and Management of Chronic Pain for Primary Care Bonnie Huang Hall, MD, PhD, 2020-07-01 Primary care physicians are often the first caretakers to whom patients present for chronic pain. The current literature targeted at these providers is sparse, and the existing literature is very broad and large in scope and size. There are no quick pocket guides on this topic that the general practitioner may use as a point of care reference. This first of its kind text provides a practical, hands-on approach to the evaluation and treatment of chronic pain in the family medicine setting. Divided into four main sections, the first part focuses on the general approach to any patient suffering from chronic pain. Chapters in this section include the physical exam, formulating a diagnosis, formulating a variety of treatment plans including medication, physical therapy and psychiatric therapy, and specialist referral, among others. The second section focuses on evaluation and management of the chronic pain patient who requires opioid therapy. This section includes useful guidance on how to convert into morphine equivalents, interpretation of urine drug tests, and helpful office procedures for managing refills. It gives practical guidance on how to prescribe opioid reversal agents and opioid tapering regimens. A systems based approach to managing the patient is also discussed. The third section informs the reader of viable alternative and complementary treatment options. Five main treatment types are discussed each with their own separate chapter. These include musculoskeletal-based therapy, medicinal therapies, sense-based therapy, relaxation-based therapy and physical/exercise-based therapy. Given the controversy and limited training primary care physicians have on marijuana and cannabis, one chapter is dedicated specifically to inform the primary care physician on marijuana as a medicinal therapy for chronic pain. The fourth section focuses entirely on myofascial pain and trigger point therapy. The chapters in this section teach the reader how to examine and diagnose myofascial pain and distinguish between fibromyalgia. They also provide general principles of

myofascial trigger point therapy and how to practically perform these in the clinical setting. Topics discussed include: trigger point massage, cold and stretch, isometric contraction, trigger point injection, and ischemic compression. It also includes general instruction so that the practitioner can teach patients how to perform trigger point therapy easily in their own home. The last chapter details chronic myofascial back pain and how to examine and practically treat with trigger point therapies. Evaluation and Management of Chronic Pain is a first-of-its-kind pocket-guide text specifically designed for primary care providers. It also appeals to residents, medical students and any other professional interested in treating chronic pain.

practical pain management calculator: Hospital-Based Palliative Medicine Steven Z. Pantilat, Wendy Anderson, Matthew Gonzales, Eric Widera, 2015-01-27 The first comprehensive, clinically focused guide to help hospitalists and other hospital-based clinicians provide quality palliative care in the inpatient setting. Written for practicing clinicians by a team of experts in the field of palliative care and hospital care, Hospital-Based Palliative Medicine: A Practical, Evidence-Based Approach offers: Comprehensive content over three domains of inpatient palliative care: symptom management, communication and decision making, and practical skills, Detailed information on assessment and management of symptoms commonly experienced by seriously ill patients, Advice on the use of specific communication techniques to address sensitive topics such as prognosis, goals of care, code status, advance care planning, and family meetings in a patient- and family-centered manner, Targeted content for specific scenarios, including palliative care emergencies, care at the end of life, and an overview of post-hospital palliative care options, Self-care strategies for resilience and clinician wellness which can be used to help maintain an empathic, engaged, workforce and high quality patient care, A consistent chapter format with highlighted clinical pearls and pitfalls, ensuring the material is easily accessible to the busy hospitalist and associated hospital staff. This title will be of use to all hospital clinicians who care for seriously ill patients and their families. Specialist-trained palliative care clinicians will also find this title useful by outlining a framework for the delivery of palliative care by the patient's front-line hospital providers. Also available in the in the Hospital-Based Medicine: Current Concepts series: Inpatient Anticoagulation Margaret C. Fang, Editor, 2011 Hospital Images: A Clinical Atlas Paul B. Aronowitz, Editor, 2012 Becoming a Consummate Clinician: What Every Student, House Officer, and Hospital Practitioner Needs to Know Ary L. Goldberger and Zachary D. Goldberger, Editors, 2012 Perioperative Medicine: Medical Consultation and Co-Management Amir K. Jaffer and Paul J. Grant, Editors, 2012 Clinical Care Conundrums: Challenging Diagnoses in Hospital Medicine James C. Pile, Thomas E. Baudendistel, and Brian J. Harte, Editors, 2013 Inpatient Cardiovascular Medicine Brahmajee K. Nallamothu and Timir S. Baman, Editors 2013

practical pain management calculator: Impact of Oral Health on Interprofessional Collaborative Practice, An Issue of Dental Clinics of North America Leslie R. Halpern, Linda M. Kaste, 2016-09-28 This issue of Dental Clinics of North America focuses on Impact of Oral Health on Interprofessional Collaborative Practice, and is edited by Drs. Linda Kaste and Leslie Halpern. Articles will include: The Barber Pole Might Have Been an Early Sign for Patient-Centered Care: What does IPE/CP/PCC look like now?; Collaborative Practice Models for Chronic Disease Management; Problems and Solutions for Interprofessional Education in North American Dental Schools; Interprofessional Education in Pain Management for Dentists; Interprofessional Collaboration in Improving Oral Health for Special Populations; Interprofessional Collaborative Practice: An Oral Health Paradigm for Women; Interprofessional Collaboration for the Understanding and Elimination of Health Disparities: The Example of LGBTQ; Oral Health and Inter-professional Collaborative Practice: Examples of the TEAM Approach to Geriatric Care; Immunization Care and Dental Practice; Policy Development Fosters Collaborative Practice: The Example of the Minamata Convention on Mercury; Genetics: The Future is Now with Interprofessional Collaboration; Integrating Oral Health and Primary Care: Federal Initiatives to Drive Systems Change, and more!

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