



THE MANAGEMENT OF TREATMENT-RESISTANT AND COMPLEX PAIN IN THE PALLIATIVE CARE SETTING

PALPRAC PAIN WORKSHOP
26 APRIL 2023
08H00 TO 13H00

Facilitators:

Dr Michelle Beukes-King, Dr Milton Raff, Dr Margie Venter,
Dr Carig Howes, Dr Mark Hosking

Participants:

Palliative care specialists, oncologists, pain specialists and
other clinicians

Introduction:

Pain is one of the most common and distressing symptoms in patients with advanced cancer. Many patients will not obtain optimal relief with conventional first-line therapies and approaches. In some patients, increasing doses of first-line opioids might lead to significant toxicities, necessitating a change in management. In all these cases, additional expertise is required to offer patients adequate pain control.

This workshop offers an advanced forum for palliative care specialists and other clinicians to improve their confidence and knowledge base in complex pain management.

Participants will learn how to identify patients with treatment-resistant or complex pain and understand the role of nociplastic pain. Participants can explore various alternative pain management strategies through didactic lectures and case-based small group work. Feedback and discussion in the large group will further enhance shared learning.

Complex pain requires a holistic, team-based approach, addressing all bio-psycho-social needs of patients to ensure optimal outcomes. This workshop will primarily focus on pharmacological and interventional strategies.

Learning Objectives:

After this workshop, participants should be able to:

- Identify and understand treatment-resistant or complex pain
- Understand the role of nociplastic pain
- Outline the fundamentals of methadone as an alternative opioid
- Utilise best practices for safely converting from one opioid to another
- Treat difficult-to-manage opioid toxicities: neuroexcitation, hyperalgesia, allodynia and delirium
- Identify suitable patients for various types of interventional pain management strategies
- Know when to consider alternative strategies such as radiotherapy or ketamine
- Successfully manage breakthrough pain



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PROGRAMME

08:00 - 18:15	Welcome and introduction	Margie Venter
Treatment resistant/complex pain in the <i>advanced palliative care setting</i>		
08:15 - 08:45	Definition and identification of complex cancer pain Role of nociplastic pain	Michelle Beukes-King
Approach to managing refractory pain		
08:45 - 09:00	Non-medical management	Michelle Beukes-King
	Pharmacological management	
09:00 - 09:30	Methadone • Pharmacology, indications, prescribing • Rotation from another opioid	Mark Hosking
09:30 - 09:45	Methadone case study and discussion	
09:45 - 10:00	Opioids <i>Recognising and managing complex side effects:</i> neuroexcitation, hyperalgesia, allodynia, delirium	Craig Howes
10:00 - 10:30	TEA	
10:30 - 10:45	Opioids <i>Recognising and managing complex side effects:</i> neuroexcitation, hyperalgesia, allodynia, delirium	Craig Howes
10:45 - 11:00	Complex opioid side effects case study and discussion	
11:00 - 11:30	Other alternatives • Role of radiotherapy • Ketamine - evidence base • Interventional options - nerve blocks, spinal pumps	Margie Venter Milton Raff Milton Raff
11:30 - 11:45	Interventional case study and discussion	
11:45 - 12:15	Forget-me-nots • Neuropathic pain • Adjuvant medications	Milton Raff Milton Raff
12:15 - 12:30	Case study neuropathic pain	
12:30 - 13:00	General discussion	