

Clinical Evidence in Palliative Care: Pain management update

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Pain Management Evidence Updates

Approved practice

- A multimodal approach, using a number of treatment options at the same time, including non-pharmacological is best.
- Morphine, oxycodone and HYDROMORPHONE first line opioids
- Titration of all opioids to effect as inter-individual variations in pharmacokinetics and pharmacodynamics



Unsupported practice

- Methadone and transdermal preparations are not recommended as first line.
- Role of simple analgesics are controversial (paracetamol vs NSAIDs)
- Current evidence supports Cannabis use as an anxiolytic and antiemetic but not for pain management (as an analgesic).



Emerging practice

- Patient Controlled Analgesics with sublingual and intranasal routes are being examined in palliative care where oral routes are no longer available.
- The role of alpha-2 agonists

