



The 10-minute consultation: persistent pain

Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. The 10-minute consultation series of pocketbooks aims to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when (and when not) to refer for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

The 10-minute consultation: persistent pain

Persistent (chronic) pain is a widespread and multidimensional problem that requires assessment accurately and quickly in primary care. Management pathways are available according to the cause of pain, recommending treatments and referral to community- or specialist-based services.

The 10-minute consultation: persistent pain will provide a holistic approach to the primary assessment and management of pain, stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based management.

Authorship

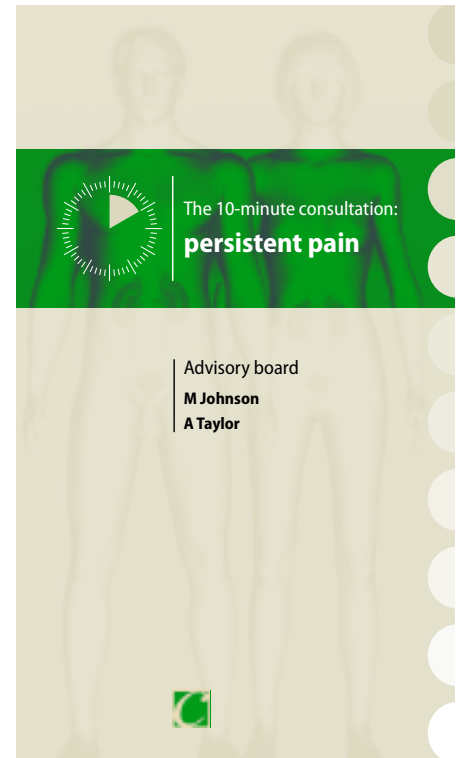
The 10-minute consultation advisory board comprises practicing GPs with a specialist interest in pain, whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

Summary

The 10-minute consultation: persistent pain will provide clinicians with an invaluable source of information on chronic pain conditions and will highlight the key principles of diagnosis and management.

Key objectives for the reader:

- To understand that chronic pain is associated with significant morbidity
- To understand how to assess pain in primary care
- To understand how to manage chronic pain conditions in primary care
- To understand the principles of treatment in specific clinical situations
- To understand the indications for specialist referral



Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

Specification

International Editorial Advisory Board

Paperback: 96 pages (tbc)

Product dimensions: 110 x 190 mm

Binding: perfect bound

Colour: 4-colour cover; 2-colour text



Table of contents

1. Introduction

- Aims and objectives of the book
- Epidemiology of chronic pain conditions
- What are the legislation, legal and ethical issues?
- Nature of pain (definitions, biopsychosocial nature, risk factors, screening)

2. Who and what to test

- Assessment (initial assessment and management pathway)
- What are the overarching principles of pain assessment in primary care?
- How to assess co-morbidities associated with pain (anxiety, depression, disability)
- What assessment tools and resources are available?

3. How to manage the patient with persistent pain

- Principles of pain management (sites of action, drug and non-drug management)
- Low back pain management
- Musculoskeletal, non-inflammatory pain management
- Pelvic pain management
- Neuropathic pain management
- How to manage co-morbidities (anxiety, depression, suicide ideation, analgesia misuse)

4. Person-centred care

- Principles of self-management
- Self-management
- Expert patient programme

5. Applying the evidence

- What are the implications of the international best-practice guidelines for GPs?
- Selected landmark studies
- Management pathways
- When to refer?

6. Review and recall

- What ongoing patient care, monitoring and follow-up are necessary?
- What roles do the practice nurse and other key healthcare workers have in managing the patient?
- What is the role of IT?

Further reading

Other titles in *The 10-minute consultation series*



and many more...

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