

PRESCRIBING FOR PAIN PRE-COURSE PROGRAMME

Pre-course materials to be viewed and online MCQ to be completed prior to live session: (8 Hours)		
10 mins	Intro <i>Romy Parker</i>	Introduction to Train Pain Academy – structure of courses, online tests and continued learning.
1 Hour 1 Hour	Acute Pain Physiology Chronic Pain Pathophysiology <i>Romy Parker</i>	In these two lectures the physiology of acute nociceptive pain and chronic nociplastic and neuropathic pain will be revised using a four part model of the peripheral nervous system, spinal cord, brain and other systems which interact with the nervous system
45 mins	Mechanism based clinical reasoning <i>Romy Parker</i>	Introduction to the mechanisms based clinical reasoning model.
45 mins	Simple Analgesics <i>Roland van Rensburg</i>	In this lecture, the mechanisms of action of the simple analgesics and NSAIDS will be reviewed with reference to the mechanism based approach. Indications for their use, contraindications and precautions, and prescribing challenges discussed.
45 mins	Opioids – basic prescribing principles <i>Roland van Rensburg</i>	In this lecture, the mechanisms of action of the opioids will be reviewed with reference to the mechanism based approach. Indications for their use, contraindications and precautions discussed.
30 mins	Challenges in the use of Opioids <i>Roland van Rensburg and Kerry Louw</i>	In this discussion...Methods to identify patients at risk of opioid misuse and approaches to high risk patients will be workshopped. The challenges of monitoring opioid use and how to identify aberrant drug related behaviours will be covered. An approach to management of opioid misuse – weaning strategies, opioid sparing agents, and holistic psychosocial management will be presented.
30 mins	Cannabinoids <i>Roland van Rensburg</i>	Mechanisms of action, current state of evidence and the future.
45 mins	Central nervous system agents <i>Roland van Rensburg and Kerry Louw</i>	In this lecture, the mechanisms of action of the central nervous system agents will be reviewed with reference to the mechanism based approach. The role of tricyclic antidepressants, SSRI's, SNRI's, $\alpha 2\delta$ ligands, ketamine and clonidine will be discussed. Indications for use, contraindications and precautions, and prescribing challenges.
30 mins	Ketamine <i>Janieke van Nugteren</i>	Mechanisms of action, indications, contraindications and evidence base
45 mins	Prescriber burnout <i>Kerry Louw</i>	In this ethics lecture the challenges of prescriber burnout will be discussed. Tools to identify burnout, manage burnout and the negative ethical consequences of prescriber burnout will be discussed. By the end of this lecture, participants will have the tools to identify, prevent and manage burnout to reduce patient risk.
30 mins	Managing patients with psychiatric co-morbidities <i>Kerry Louw</i>	In this short lecture a framework for clinical reasoning when working with patients with psychiatric comorbidities will be presented
30 mins	PNE <i>Romy Parker</i>	What is it? What is the evidence?