

**Title**

The Chronic pain patient in the acute pain setting

**Background**

In 2016 the BMJ published a paper revealing almost half of the adult population in the UK is living with chronic pain (Fayaz et al, 2016). This increases to 62% in people aged 75 and over. It would then follow that we are seeing more and more patients admitted for elective procedures with a history of chronic pain. It has been shown that oopioid-dependent patients have four-fold increase in opioid requirements in the postoperative period compared with opioid-naïve patients (Cooney, 2017). Moreover, the duration of postoperative treatment is about three times longer in these patients compared with opioid-naïve patients.

There was a discrepancy in practice on prescribing regular medications on admission and we endeavoured to establish how our chronic pain patients performed and evaluate prescribing practices.

**Aim and Objectives**

The aim was review prescribing practice and to establish if patients with chronic pain struggled more post elective surgery than those who were opioid naïve. The objective was to improve the inpatient stay for patients with chronic pain history and review if a change in practice was required.

**Methods**

We devised a spreadsheet highlighting patients attending in preoperative assessment who were taking chronic pain analgesia. This enabled us to review patients post operatively to see if their pain management was effective. Data was collated over 12 months, assessing were they followed up by the Acute Pain Service, were regular medication prescribed and patients outcome – was pain problematic post-surgery and interventions recorded.

**Main results**

Out of 325 patients who were referred to our service 22% did not have their regular medications prescribed. Out of those 22%, 50% struggled with pain post operatively requiring Acute Pain Team Input.

**Conclusion**

Improvements to our awareness and prescribing practices when encountering chronic pain patients is paramount. Teaching and awareness instigated within our anesthetic department, surgical registrar training, nursing staff and Pre-operative assessment as to the importance of appropriate prescribing and raising awareness of their risks.

Cooney, M.F. 2017, "Management of postoperative pain in opioid-tolerant patients", *ACORN: The Journal of Perioperative Nursing in Australia,* vol. 30, no. 2, pp. 13-20.

Fayaz A, Croft P, Langford RM*, et al* Prevalence of chronic pain in the UK: a systematic review and meta-analysis of population studies BMJ Open 2016;6:e010364. doi: 10.1136/bmjopen-2015-010364

Author: Elaine Richardson

Email address: elaine.richardson7@nhs.net

Work: 01691 404038

Mobile phone number: 07961979488

Affiliation details: Acute Pain Service, RJAH Orthopaedic Hospital, Oswestry, Shropshire, UK.

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