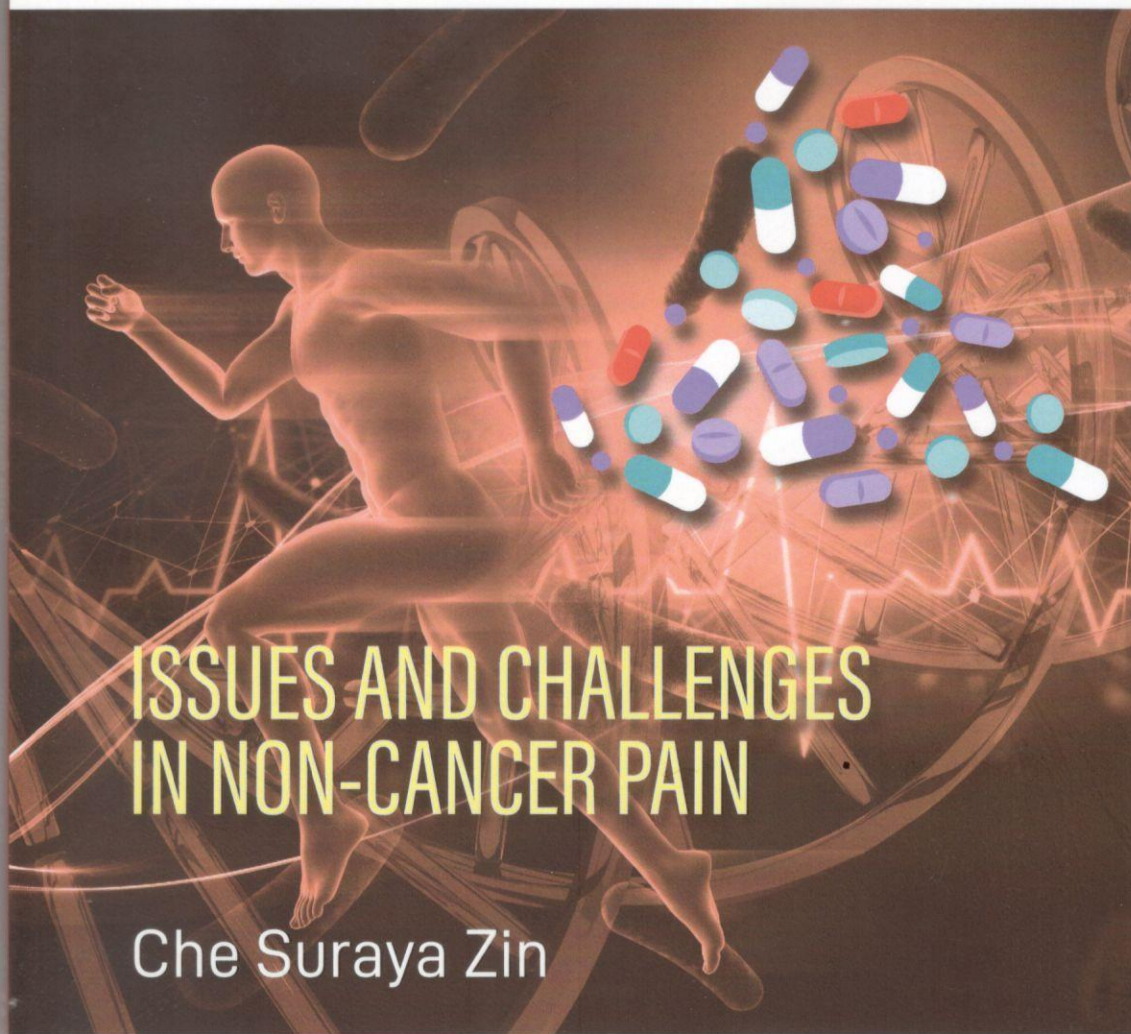
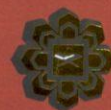


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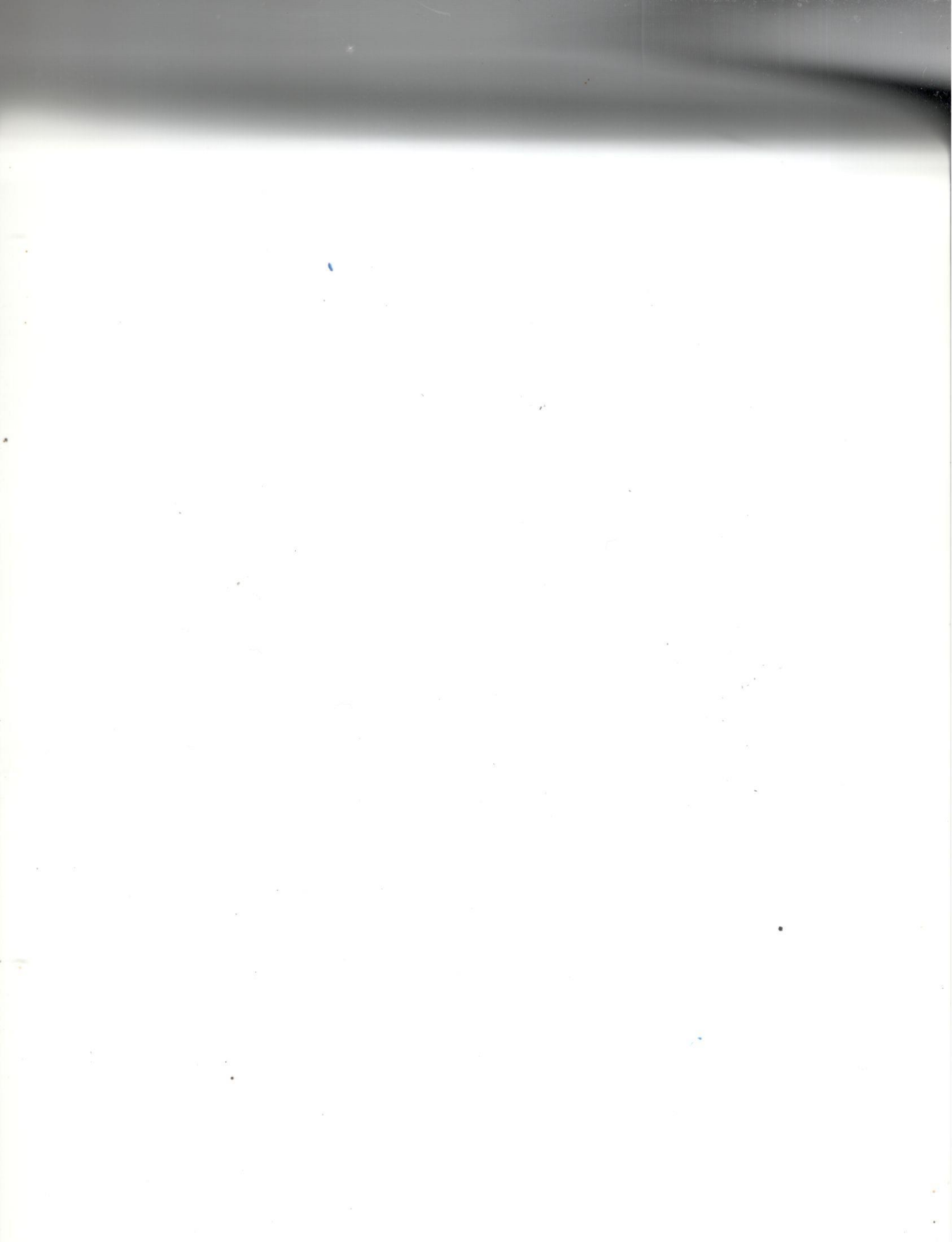


ISSUES AND CHALLENGES
IN NON-CANCER PAIN

Che Suraya Zin



IIUM
Press



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for Pain Relief

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PREFACE

Pain is a terrifying experience that must be considered as a syndrome or a disease, especially when it is chronic. Psychological discomfort is commonly associated with chronic pain conditions, primarily due to denial, lack of acceptance, and blame. Complex pain pathophysiology, along with a broad spectrum of adverse psychosocial factors, requires multidisciplinary treatments to cope with this complex condition. Opioid analgesics have established indications for the management of acute pain, cancer pain and post-surgical pain. However, this is not the case for chronic non-cancer pain (CNCP) because little evidence is available to support the long-term opioid use in CNCP, and the majority of clinical trials in this condition were conducted for a short duration.

In the United States (US), the use of opioids for CNCP has significantly increased despite the lack of evidence of this condition. Patients were prescribed opioid doses that were often markedly higher than those initially suggested. As a result, there has been a massive increase in overdose deaths associated with opioids, which has paralleled the increase in opioid use. In the US alone, opioid overdose deaths occur every year in about 16,000 people, and rates across Canada and Australia are similar. Many of these deaths could be avoided by prescribing opioids more judiciously in patients with CNCP.

Opioids can also cause other side effects even when taken as directed. These include tolerance (more medication is needed for the same level of pain relief), dependence (unpleasant experience of withdrawal symptoms after stopped taking opioids), depression and fatigue, increased sensitivity to pain, constipation, itching, low sex hormone levels, sweating, sedation and difficulty in breathing.

This book consists of six chapters covering topics such as pain, pharmacological treatments for pain, opioids in non-cancer pain, the US opioid

PREFACE

epidemic, Malaysia's experience in opioid use, and mitigation strategy and guidelines for opioid prescribing. It has extensive coverage in line with the topics taught to pharmacy students. Apart from serving as a reference for pharmacy students, this textbook may also be used as a reference for healthcare professionals such as physicians, pharmacists, and nurses on the situation of opioid prescribing and opioid use in Malaysian healthcare settings. This textbook will be one of the sources for information on the current issues with opioids. Malaysia should learn lessons from the experiment of excessive opioid prescribing in the West and be better able to protect both patients as well as the wider society from the possibly inevitable effects of fast and poorly-thought-out actions by accepting what seems but is not or will never be, a panacea for chronic pain.

Alhamdulillah, with the blessings and wonderful favours of Allah, I managed to write this book. The opportunity was not to be wasted but benefited the ummah. May this little effort receive blessings of Allah SWT and that intention and aspiration will be well received by the community.

Handbook of Opioids for Pain Relief

ISSUES AND CHALLENGES IN NON-CANCER PAIN

In an era when opioid prescriptions have skyrocketed, this essential textbook delves into the complexities surrounding chronic non-cancer pain (CNCP) and the widespread use of opioid analgesics. With opioid overdose deaths reaching alarming levels, this book presents a thorough exploration of the risks associated with long-term opioid use, particularly in the United States, and contrasts this with the experience in Malaysia. Across six comprehensive chapters, the book covers from pain management to the opioid epidemic, mitigation strategies, and guidelines for responsible prescribing. It also highlights study findings from Malaysia, offering valuable insights for balancing effective pain relief with patient safety.

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