





Pain Assessment

Ednin Hamzah Hospis Malaysia

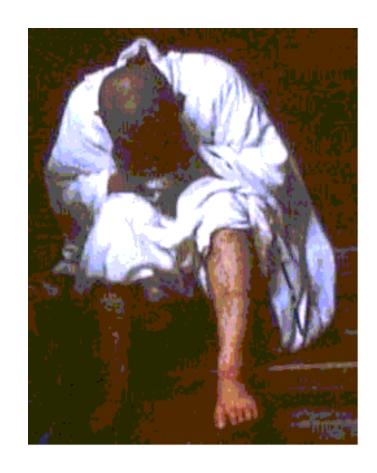
ednin@hospismalaysia.org

| 8 New Zealand 36,2702 59 Andorra 1.4419 110 Dominica 0.2206 9 France 32,3028 60 Papua New Guinea 1.4157 111 Mozambique 0.2192 10 Iceland 30,6944 61 Wallis and Futuna Islands 1.3571 112 Mozambique 0.2192 11 Sweden 27,0058 62 Cuba 1.2743 113 Tuvalu 0.2000 12 Norway 25,0623 68 Republic of Korea 1.11580 114 Tanzania 0.1806 13 Germany 22,7013 64 Lebanon 1.1089 115 Dominican Republic 0.1753 14 South Africa 19,0554 65 St Vin. & the Grenadines 1.0642 116 Cape Verde 0.1733 15 Netherlands 10,4027 66 Singapore 1.0563 117 Bolivia 0.1511 16 Argentina 10,8022 67 Macao 1.0560 118 Algeria 0.1431 17 Latvia 9,5488 68 Zambia 0.9867 119 Turkmenistan 0.1432 18 Luxembourg 8,9690 69 Republic of Palau 0.9524 120 Kyrgyzystan 0 | Note: Countries not listed either did not report, or reported an amount of zero (0) for morphine consumption, to the INCB for 2011 | | | | | | | | | | | |
|--|--|----------------|----------|----|--------------------------------|--------|-----|---------------------|--------|--|--|--|
| 2 Canada | 1 | Austria | 222.7856 | 52 | Cynnis | 1.9033 | 103 | Montserrat | 0.3333 | | | |
| 3 Denmark | | | | | | | | | | | | |
| 4 United States of America 73.7779 | | | | | | | | | | | | |
| 5 United Kingdom 48,0638 56 Macedonia 1,4976 107 Kazakhstan 0,2479 6 Australia 45,1475 57 Malaysia 1,4810 108 Philippines 0,2393 7 Switzerland 43,3254 58 Colombia 1,4865 109 Turkey 0,2286 8 New Zealand 36,2702 59 Andorn 1,4419 110 Dominica 0,2206 9 France 32,3028 60 Papua New Guinea 1,4157 111 Mozambique 0,2192 10 Iceland 30,6944 61 Wallis and Futuna Islands 1,3171 112 Viet Nam 0,216 11 Sweden 27,0058 62 Cuba 1,2743 113 Tuvalu 0,200 13 Germany 22,7013 64 Lebanon 1,180 114 Tanzania 0,180 13 Germany 22,7013 64 Lebanon 1,1066 118 Tanzania 0,180 14 South Africa 19,054 65 St.Vin. & the Grenadines 1,066 118 Tanzenia 0,142 15 <td< th=""><th></th><th></th><th></th><th></th><th>No a track at the track tracks</th><th></th><th></th><th></th><th></th></td<> | | | | | No a track at the track tracks | | | | | | | |
| 6 Australia 45,1475 57 Malaysia 1.4810 108 Philippines 0.2393 7 Switzerland 36,2702 59 Andorra 1.4419 110 Dominica 0.2206 8 New Zealand 36,2702 59 Andorra 1.4419 110 Dominica 0.2206 9 France 32,3028 60 Papua New Guinea 1.4157 111 Mozambique 0.2162 10 Iceland 30,6944 61 Wallis and Futura Islands 1.3577 112 Viet Nam 0.2162 11 Sweden 27,0058 62 Cuba 1.2743 113 Tuvalu 0.2000 12 Norway 25,0623 63 Republic of Korea 1.1.1580 114 Tanzania 0.1800 13 South Africa 19,0554 65 Kylin, & the Grenadines 1.0642 16 Cape Verde 0.1753 15 Netherlands 10,0227 66 Singapore 1.0563 117 Bolivia 0.1511 16 Argentina 10,0822 67 Macao 1.0506 118 Algeria 0.1431 17 Latvia 9,5488 68 Zambia 0.9367 119 Turkmenistan 0.1432 | | | | | | | | | | | | |
| 8 New Zealand 36,2702 59 Andorra 1.4419 110 Dominica 0,2286 8 New Zealand 36,2702 59 Andorra 1.4419 110 Dominica 0,2296 9 France 32,3028 60 Papua New Guinea 1.4157 111 Mozambique 0,2192 10 Isweden 27,0058 62 Cuba 1.2743 113 Tuvalu 0,200 11 Sweden 27,0058 62 Cuba 1.1580 114 Tuvalu 0,200 13 Germany 22,7013 64 Lebanon 1.11580 114 Tanzania 0,1809 13 Germany 22,7013 64 Lebanon 1.0642 116 Cape Verde 0,1737 15 Netherlands 10,4027 65 St Vin. &the Grenadines 1.0642 116 Cape Verde 0,1731 16 Argentina 10,0822 65 St Vin. &the Grenadines 1.0563 117 Bolivia 0,1131 17 Latvia 9,5488 68 Zambia 0,9369 119 Turkmenistan 0,1432 18 Luxembourg 8,9600 69 Republic of Palau 0,9524 120 Mortenegro 0,1432 19 New | | _ | | | | | | | | | | |
| 8 New Zealand 36,2702 59 Andorra 1.4419 110 Dominica 0.2206 9 France 32,3028 60 Papua New Guinea 1.4157 111 Mozambique 0.2192 10 Iceland 30,6944 61 Wallis and Futuna Islands 1.3571 112 Mozambique 0.2192 11 Sweden 27,0058 62 Cuba 1.2743 113 Tuvalu 0.2000 12 Norway 25,0623 68 Republic of Korea 1.11580 114 Tanzania 0.1806 13 Germany 22,7013 64 Lebanon 1.1089 115 Dominican Republic 0.1753 14 South Africa 19,0554 65 St Vin. & the Grenadines 1.0642 116 Cape Verde 0.1733 15 Netherlands 10,4027 66 Singapore 1.0563 117 Bolivia 0.1511 16 Argentina 10,8022 67 Macao 1.0560 118 Algeria 0.1431 17 Latvia 9,5488 68 Zambia 0.9867 119 Turkmenistan 0.1432 18 Luxembourg 8,9690 69 Republic of Palau 0.9524 120 Kyrgyzystan 0 | | | | | , | | | | 0.2286 | | | |
| 9 France 32.3028 60 Papua New Guinea 1.4157 111 Mozambique 0.2192 10 Iceland 30.6944 61 Wallis and Futuna Islands 1.3571 111 Viet Nam 0.2164 11 Sweden 27.0058 62 Cuba 1.2743 113 Tuvalu 0.2000 12 Norway 25.0623 63 Republic of Korea 1.1580 114 Tanzania 0.1806 13 Germany 22.7013 64 Lebanon 1.1089 111 Dominican Republic 0.1755 14 South Africa 19.0554 65 St Vin. & the Grenadines 1.0642 116 Cape Verde 0.1737 15 Netherlands 10.4027 66 Singapore 1.0563 111 Bolivia 0.1511 16 Argentina 10.0822 67 Macao 1.0506 118 Algeria 0.1493 17 Latvia 9.5488 68 Zambia 0.9867 119 Turkmenistan 0.1453 18 Luxembourg 8.9690 69 Republic of Palau 0.9524 120 Kyrgyzstan 0.1431 19 Gibraltar 8.1379 70 Serbia 0.9369 121 Montenegro 0.1424 120 New Caledonia 7.8685 71 Hungary 0.9341 122 Egypt 0.1357 121 Ireland 7.7245 72 Brazīl 0.9302 123 Belize 0.1286 122 Belgium 7.4942 73 Norfolk Island 0.9221 124 Uzbekistan 0.1286 128 Egypt 0.1285 128 129 Cape 122 Spain 6.6885 76 Albania 0.9807 125 Syrian Arab Republic 0.1225 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 126 Seychelles 6.6552 77 Thailand 0.8807 126 India 0.1044 127 Slovenia 6.0310 78 Cook Islands 0.7516 128 Botswana 0.1044 127 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0760 130 Indonesia 0.0760 130 In | | | | | | | | | 0.2206 | | | |
| 10 Iceland | 9 | France | | 60 | Papua New Guinea | 1.4157 | 111 | Mozambique | 0.2192 | | | |
| 12 Norway | 10 | Iceland | 30.6944 | 61 | | 1.3571 | 112 | | 0.2164 | | | |
| 13 Germany | 11 | Sweden | 27.0058 | 62 | Cuba | 1.2743 | 113 | Tuvalu | 0.2000 | | | |
| 14 South Africa | 12 | Norway | 25.0623 | 63 | Republic of Korea | 1.1580 | 114 | Tanzania | 0.1809 | | | |
| 15 Netherlands | 13 | Germany | 22.7013 | 64 | Lebanon | 1.1089 | 115 | Dominican Republic | 0.1755 | | | |
| 16 Argentina 10.0822 67 Macao 1.0506 118 Algeria 0.1493 17 Latvia 9.5488 68 Zambia 0.9874 119 Turkmenistan 0.1453 18 Luxembourg 8.9690 69 Republic of Palau 0.9524 120 Kyrgyzstan 0.1431 19 Gibraltar 8.1379 70 Serbia 0.9369 121 Montenegro 0.1424 20 New Caledonia 7.8685 71 Hungary 0.9341 122 Egypt 0.1357 1 Ireland 7.7245 72 Brazil 0.9302 123 Belize 0.1288 21 Belgium 7.4942 73 Norfolk Island 0.9221 124 Uzbekistan 0.1262 23 Malta 7.3206 74 Samoa 0.9130 125 Syrian Arab Republic 0.1252 24 Cayman Islands 6.7679 75 Thailand 0.8807 126 India 0.1204 25 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6552 70 Toman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 28 Poland 5.5026 79 China 0.7421 130 Guatemala 0.0768 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0707 30 Bulgaria 4.5247 81 Korea 0.7362 132 Dem. Rep. of the Congo 0.0590 31 Chile 4.3620 82 Grenada 0.7046 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0393 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6641 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Czech Republic 3.6967 86 El Salvador 0.5752 137 Haiti 0.0235 36 Italy 3.6819 88 Qatar 0.5433 139 Iraq 0.0184 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 Angola 0.0184 41 Uruguay 2.8018 92 Mexico 0.5129 143 Ghana 0.0156 42 Slovakia 2.7880 93 Kuwait 0.5114 Myanmar 0.0143 43 Lithuania 2.5231 94 Panama 0.4800 145 Côte d'Ivoire 0.0131 44 Tunisia 2.4685 94 Panama 0.4684 147 Pakistan 0.0103 45 Lipana 2.4471 96 Vanuatu 0.4634 147 Pakistan 0.0103 46 Coratia 0.7041 0.0039 0.0039 0.0039 0.0039 0.0039 | 14 | South Africa | 19.0554 | 65 | St Vin. & the Grenadines | 1.0642 | 116 | Cape Verde | 0.1737 | | | |
| 17 Latvia 9.5488 68 Zambia 0.9867 119 Turkmenistan 0.1453 18 Luxembourg 8.9690 69 Republic of Palau 0.9524 120 Kyrgystan 0.1431 19 Gibraltar 8.1379 70 Serbia 0.9369 121 Montenegro 0.1424 20 New Caledonia 7.8685 71 Hungary 0.9341 122 Egypt 0.1357 21 Ireland 7.7245 72 Brazii 0.9302 122 Belzize 0.1289 22 Belgium 7.4942 73 Norfolk Island 0.9221 124 Uzbekistan 0.1262 23 Malta 7.3206 74 Samoa 0.9130 125 Syrian Arab Republic 0.1225 24 Cazyman Islands 6.7679 75 Thailand 0.8807 125 India 0.1204 25 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6552 77 Oman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 28 Poland 5.5026 79 China 0.7421 130 Guatemala 0.0760 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0760 31 Chile 4.3620 82 Grenada 0.7048 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0393 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Czech Republic 3.6867 86 El Salvador 0.5752 137 Haiti 0.0235 36 Italy 3.6819 87 Mauritius 0.5608 138 Maldives 0.0188 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 38 Finland 3.5573 89 Anguilla 0.5331 141 Lao Peop. Dem. Rep. 0.0161 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 Angola 0.0156 41 Uruguay 2.8018 92 Mexico 0.5110 144 Myanmar 0.0142 42 Slovakia 2.7880 93 Kuwait 0.5110 144 Myanmar 0.0142 43 Lithuania 2.5231 94 Panama 0.4800 145 Ciber 0.0131 44 Tunisia 2.4685 95 Armenia 0.4684 147 | 15 | Netherlands | 10.4027 | 66 | Singapore | 1.0563 | 117 | Bolivia | 0.1511 | | | |
| 18 Luxembourg 8.9690 69 Republic of Palau 0.9524 120 Kyrgyzstan 0.1431 19 Gibraltar 8.1379 70 Serbia 0.9369 121 Montenegro 0.1422 20 New Caledonia 7.8685 71 Hungary 0.9341 122 Egypt 0.1357 21 Ireland 7.7245 72 Brazil 0.9302 123 Belize 0.1285 22 Belgium 7.4942 73 Norfolk Island 0.9221 124 Uzbekistan 0.1262 23 Malta 7.3206 74 Samoa 0.9130 125 Syrian Arab Republic 0.1225 24 Cayman Islands 6.7679 75 Thailand 0.8807 126 India 0.1204 25 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6552 77 Oman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0786 28 Poland 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0786 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0707 30 Bulgaria 4.5247 81 Korea 0.7364 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0393 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Czech Republic 3.6967 86 El Salvador 0.5752 137 Haiti 0.0239 36 Italy 3.6819 88 Qatar 0.5433 139 Iraq 0.0184 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 Angola 0.0154 41 Urugay 2.8018 92 Mexico 0.5129 143 Ghana 0.0156 42 Slovakia 2.7880 93 Kuwait 0.5110 144 Myamnar 0.0142 43 Lithuania 2.5231 94 Panama 0.4804 145 Cite d'Ivoire 0.0134 45 Liquay 2.8018 92 Mexico 0.5129 143 Ghana 0.0156 46 Jamaica 2.2471 96 Venucula 0.4634 147 Pakistan 0.0103 47 Republic of Moldova 2.2008 88 Russian Federation 0.3701 | 16 | Argentina | 10.0822 | 67 | Macao | 1.0506 | 118 | Algeria | 0.1493 | | | |
| 19 Gibraltar | 17 | Latvia | 9.5488 | 68 | | 0.9867 | 119 | | 0.1453 | | | |
| 20 New Caledonia 7.8685 71 Hungary 0.9341 122 Egypt 0.1357 21 Ireland 7.7245 72 Brazil 0.9302 123 Belize 0.1286 22 Belgjum 7.4942 73 Norfolk Island 0.9221 124 Uzbekistan 0.1262 23 Malta 7.3206 74 Samoa 0.9130 125 Syrian Arab Republic 0.1225 24 Cayman Islands 6.7679 75 Thailand 0.8807 126 India 0.1206 25 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6552 77 Oman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0786 28 Poland 5.5026 79 China 0.7421 130 Guatemala | 18 | _ | 8.9690 | 69 | - | | | | 0.1431 | | | |
| 21 Ireland 7.7245 72 Brazil 0.9302 123 Belize 0.1289 22 Belgium 7.4942 73 Norfolk Island 0.9221 124 Uzbekistan 0.1262 23 Malta 7.3206 74 Samoa 0.9130 125 Syrian Arab Republic 0.1252 24 Cayman Islands 6.7679 75 Thailand 0.8807 126 India 0.1204 25 Spain 6.6855 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6555 77 Oman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 28 Poland 5.5026 79 China 0.7540 130 Guatemala 0.0760 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0760 31 Chile 4.3620 82 Grenada 0.7048 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0393 35 Czech Republic 3.6946< | | | | 70 | | | | _ | 0.1424 | | | |
| 22 Belgium 7.4942 73 Norfolk Island 0.9221 124 Uzbekistan 0.1262 23 Malta 7.3206 74 Samoa 0.9130 125 Syrian Arab Republic 0.1225 24 Cayman Islands 6.6767 75 Thailand 0.8807 126 India 0.1204 25 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6552 77 Oman 0.7510 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 28 Poland 5.5026 79 China 0.7421 130 Guatemala 0.0760 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0700 30 Bulgaria 4.5247 81 Korea 0.7362 132 Dem. Rep. of the Congo 0.0590 31 Chile 4.3620 82 Grena | | | | | | | | | | | | |
| 23 Malta 7.3206 74 Samoa 0.9130 125 Syrian Arab Republic 0.1225 24 Cayman Islands 6.7679 75 Thailand 0.8807 126 India 0.1204 25 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6552 77 Oman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 28 Poland 5.5026 79 China 0.7421 130 Guatemala 0.0760 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0707 30 Bulgaria 4.5247 81 Korea 0.7362 132 Dem. Rep. of the Congo 0.590 31 Chile 4.3620 82 Grenada 0.7048 133 Azerbaijan 0.051 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.039 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.039 35 Czech Republic <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> | | | | | | | | | | | | |
| 24 Cayman Islands 6.7679 75 Thailand 0.8807 126 India 0.1204 25 Spain 6.6885 76 Albania 0.7889 127 Cambodia 0.1166 26 Seychelles 6.6552 77 Orman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 28 Poland 5.5026 79 China 0.7421 130 Guatemala 0.0760 29 Portugal 5.0391 80 United Arab Emirates 0.7362 132 Dern. Rep. of the Congo 0.0707 30 Bulgaria 4.5247 81 Korea 0.7362 132 Dern. Rep. of the Congo 0.0590 31 Chile 4.3620 82 Grenada 0.7048 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0399 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Exonia | | | | | | | | | | | | |
| 25 Spain | | | | | | | | • | | | | |
| 26 Seychelles 6.6552 77 Oman 0.7516 128 Botswana 0.1044 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 28 Poland 5.5026 79 China 0.7421 130 Guatemala 0.0760 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0707 30 Bulgaria 4.5247 81 Korea 0.7362 132 Dem. Rep. of the Congo 0.0590 31 Chile 4.3620 82 Grenada 0.7048 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0399 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 | | • | | | | | | | | | | |
| 27 Slovenia 6.0310 78 Cook Islands 0.7500 129 Nepal 0.0788 | | | | | | | | | | | | |
| 28 Poland 5.5026 79 China 0.7421 130 Guatemala 0.0760 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0760 30 Bulgaria 4.5247 81 Korea 0.7362 132 Dem. Rep. of the Congo 0.0590 31 Chile 4.3620 82 Grenada 0.7048 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0399 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Czech Republic 3.6967 86 El Salvador 0.5752 137 Haiti 0.0239 36 Italy 3.6819 87 Mauritius 0.5608 138 Maldives 0.0188 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 38 Finland 3.5573 89 Anguilla 0.5333 140 Yernen 0.0173 39 Hong Kong SAR | | | | | | | | | | | | |
| 29 Portugal 5.0391 80 United Arab Emirates 0.7374 131 Indonesia 0.0707 30 Bulgaria 4.5247 81 Korea 0.7362 132 Dem. Rep. of the Congo 0.0590 31 Chile 4.3620 82 Grenada 0.7048 133 Azerbaijan 0.0531 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0399 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Czech Republic 3.6967 86 El Salvador 0.5752 137 Haiti 0.0239 36 Italy 3.6819 87 Mauritius 0.5608 138 Maldives 0.0188 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 38 Finland 3.5573 89 Anguilla 0.5333 140 Yemen 0.0173 39 Hong Kong SAR 3.3308 90 Nicaragua 0.5315 141 Lao Peop. Dem. Rep. 0.016 40 Trinidad | | | | | | | | • | | | | |
| 30 Bulgaria | | | | | | | | | | | | |
| 31 Chile | | | | | | | | | | | | |
| 32 Israel 4.2309 83 Belarus 0.6392 134 Bangladesh 0.0399 33 Sint Maarten 3.8473 84 Bosnia and Herzegovina 0.6341 135 Bhutan 0.0393 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Czech Republic 3.6967 86 El Salvador 0.5752 137 Haiti 0.0239 36 Italy 3.6819 87 Mauritius 0.5608 138 Maldives 0.0188 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 38 Finland 3.5573 89 Anguilla 0.5333 140 Yemen 0.0173 39 Hong Kong SAR 3.3308 90 Nicaragua 0.5315 141 Lao Peop. Dem. Rep. 0.0161 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 | | _ | | | | | | | | | | |
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| 34 Costa Rica 3.8014 85 Ukraine 0.6016 136 Gabon 0.0267 35 Czech Republic 3.6967 86 El Salvador 0.5752 137 Haiti 0.0239 36 Italy 3.6819 87 Mauritius 0.5608 138 Maldives 0.0188 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 38 Finland 3.5573 89 Anguilla 0.5333 140 Yemen 0.0173 39 Hong Kong SAR 3.3308 90 Nicaragua 0.5315 141 Lao Peop. Dem. Rep. 0.0161 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 Angola 0.0156 41 Uruguay 2.8018 92 Mexico 0.5129 143 Ghana 0.0150 42 Slovakia 2.7880 93 Kuwait 0.5110 144 Myanmar 0.0142 43 Lithuania 2.5231 94 Panama 0.4800 145 Côte d'Ivoire 0.0131 44 Tunisia 2.4685 95 Armenia 0.4787 146 Burkina Faso 0.0128 45 Japan 2.4471 | | | | | | | | | | | | |
| 35 Czech Republic 3.6967 86 El Salvador 0.5752 137 Haiti 0.0239 36 Italy 3.6819 87 Mauritius 0.5608 138 Maldives 0.0188 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 38 Finland 3.5573 89 Anguilla 0.5333 140 Yemen 0.0173 39 Hong Kong SAR 3.3308 90 Nicaragua 0.5315 141 Lao Peop. Dem. Rep. 0.0161 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 Angola 0.0156 41 Uruguay 2.8018 92 Mexico 0.5129 143 Ghana 0.0150 42 Slovakia 2.7880 93 Kuwait 0.5110 144 Myanmar 0.0142 43 Lithuania 2.5231 94 Panama 0.4800 145 Côte d'Ivoire 0.0131 44 Tunisia 2.4685 95 Armenia 0.4787 146 Burkina Faso 0.0128 45 Japan 2.4471 96 Vanuatu 0.4634 147 Pakistan 0.0113 46 Jamaica 2.2890 97 Venezuela 0.4048 148 Afghanistan 0.0105 47 Republic of Moldova 2.2008 98 Russian Federation 0.3770 149 Tajikistan 0.0073 48 Croatia 2.1247 99 Sri Lanka 0.3668 150 Eritrea 0.0041 49 Jordan 2.1033 100 Greece 0.3634 151 Togo 0.0039 50 Saint Helena 2.0951 101 Saudi Arabia 0.3504 152 Nigeria 0.0032 | | | | | _ | | 136 | | 0.0267 | | | |
| 36 Italy 3.6819 87 Mauritius 0.5608 138 Maldives 0.0188 37 Estonia 3.6189 88 Qatar 0.5433 139 Iraq 0.0184 38 Finland 3.5573 89 Anguilla 0.5333 140 Yemen 0.0173 39 Hong Kong SAR 3.3308 90 Nicaragua 0.5315 141 Lao Peop. Dem. Rep. 0.0161 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 Angola 0.0156 41 Uruguay 2.8018 92 Mexico 0.5129 143 Ghana 0.0150 42 Slovakia 2.7880 93 Kuwait 0.5110 144 Myanmar 0.0142 43 Lithuania 2.5231 94 Panama 0.4800 145 Côte d'Ivoire 0.0131 44 Tunisia 2.4685 95 Armenia 0.4787 146 Burkina Faso 0.0128 45 Japan 2.4471 96 Vanuatu 0.4634 147 Pakistan 0.0113 46 Jamaica 2.2890 97 Venezuela 0.4048 148 Afghanistan 0.0105 47 Republic of Moldova 2.208 | | Czech Republic | 3.6967 | 86 | El Salvador | 0.5752 | 137 | Haiti | 0.0239 | | | |
| 38 Finland 3.5573 89 Anguilla 0.5333 140 Yemen 0.0173 39 Hong Kong SAR 3.3308 90 Nicaragua 0.5315 141 Lao Peop. Dem. Rep. 0.0161 40 Trinidad and Tobago 3.0416 91 Fiji 0.5242 142 Angola 0.0156 41 Uruguay 2.8018 92 Mexico 0.5129 143 Ghana 0.0150 42 Slovakia 2.7880 93 Kuwait 0.5110 144 Myanmar 0.0142 43 Lithuania 2.5231 94 Panama 0.4800 145 Côte d'Ivoire 0.0131 44 Tunisia 2.4685 95 Armenia 0.4787 146 Burkina Faso 0.0128 45 Japan 2.4471 96 Vanuatu 0.4634 147 Pakistan 0.0113 46 Jamaica 2.2890 97 Venezuela 0.4048 148 Afghanistan 0.0105 47 Republic of Moldova 2.2008 98 Russian Federation 0.3770 149 Tajikistan 0.0073 48 Croatia 2.1247 99 Sri Lanka 0.3668 150 Eritrea 0.0041 49 Jordan 2.1033 100 Greece 0.3634 151 Togo 0.0039 50 Saint Helena 2.0951 101 Saudi Arabia 0.3504 152 Nigeria 0.0032 | | _ | 3.6819 | 87 | Mauritius | 0.5608 | 138 | Maldives | 0.0188 | | | |
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Morphine consumption (INCB 2011)

- Australia 45.1475
- Hong Kong 3.3308
- Malaysia 1.4810
- Thailand 0.8807
- Vietnam 0.2164
- Laos 0.0161
- Myanmar 0.0142

Pain



"...an unpleasant sensory and emotional experience"

"Those who do not feel pain seldom think that it is felt."

Dr. Samuel Johnson (1709-1784)

Survey of Pain in America

One third say their pain makes them feel isolated and believe that "no one believes how much pain they are in."

Lazarus, H., Neumann, C., Assessing Undertreatment of Pain: The Patients' Perspectives. Journal of Pharmaceutical Care in Pain & Symptom Control 2001; 9 (4) 5 - 34

Understanding pain



PAIN

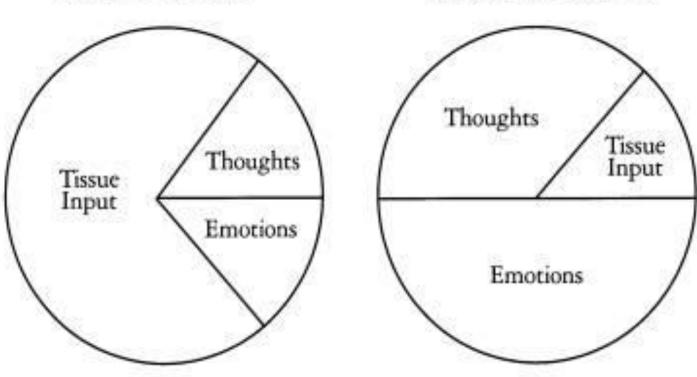
- Due to the cancer
- Due to therapy
- Pre-existing chronic pain

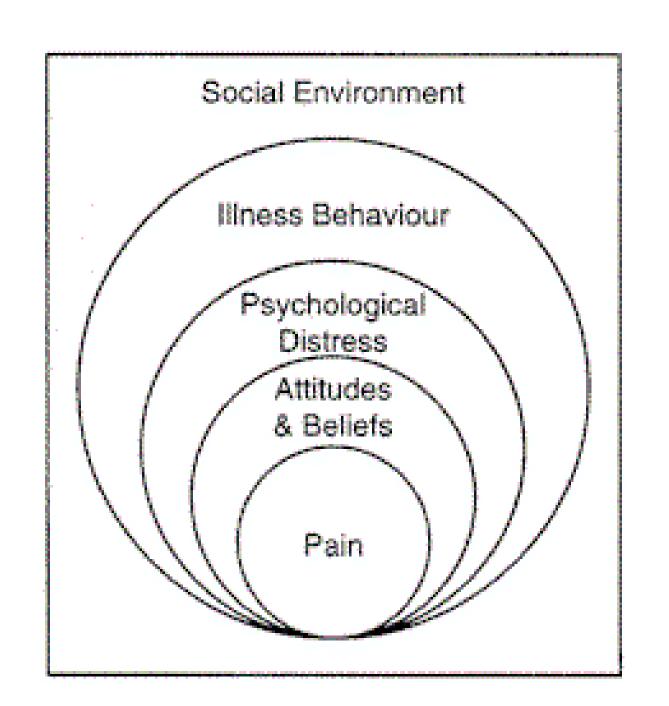
Pain Classification

- Acute Chronic
- Nociceptive neuropathic
- Opioid responsive partial non responsive

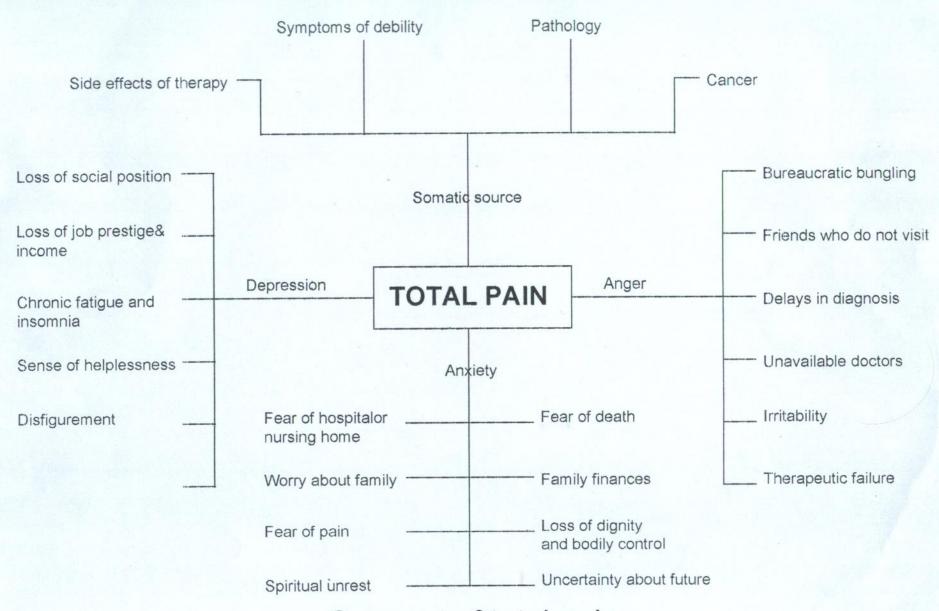
ACUTE PAIN

CHRONIC PAIN





Concept of total pain



Concept of total pain

Pain to the clinician

- Linked to cancer
- Treatment based mainly on pharmacological intervention
- Perception that it is inevitable

Cancer pain in hospital

- 68 doctors in Malacca General Hospital
- 19% thought patients adequately treated
- 74 90% had no idea of pain assessment tools
- 79% base on 'gut feeling'
- 91% aware of WHO ladder
- 70% were correct
- Only 39% use the WHO ladder regularly

Pain Management

- 33% unable to distinguish aetiology
- 33% prescribe inappropriate analgesia
- 94% use morphine as first choice regardless
- 8% knew to start 4 hourly
- 31% thought morphine cause addiction
- 68% concerned about side effects
- 59% concerned about tolerance

Cancer pain in hospital

- Often not a primary concern of physicians and sometimes no one takes charge
- Poor communication skills
- Lack of knowledge on cancer pain, opioids and management
- Chronic cancer pain behaviour poorly understood
- Little consideration for continuing care when discharged to the community

Attitudes to treatment

- Welcome any treatment to alleviate
- No more medication / hospital admission
- Fear of addiction and other misconceptions of opioids
- Fear of side effects, mainly drowsiness
- Previous poor experience
- Prefers alternative treatment
- Acceptance of pain / illness experience
- Linked to end of life issues
- Confusion due to conflicting advice

Cancer pain in the community

- Patients with pain attending hospital follow-up
- Patients unable to continue follow-up care eg social issues, poor mobility
- Patients discharged from care
- Patients undergoing alternative treatment
- Marginalised groups eg do not know diagnosis

Reasons for increased pain

- Run out of medication
- Hospital analgesic regime impossible to follow at home
- Medication changed by community clinicians
- Side effects
- Unable to return to hospital
- Disease progression
- Altered priorities

Assessment

Doctors communication about pain with patients

- Focussed on location
- Discussion mainly to find pain that they understand
- Dismissive of pain they don't understand or related symptoms
- Poor communication skills

Rogers, Todd

Palliative Med 2000: 14, 299-307

Opportunities

- Pain is usually part of a larger issue
- A wider interest of how pain impacts on a person will give greater understanding of the suffering of a person
- Gives greater options for targeted treatment options
- Improves relationships
- Better outcomes

Talking pain

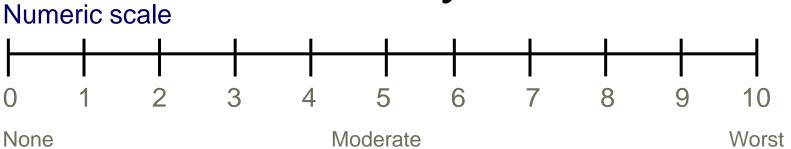
- Pain scores
- Meaning of pain
- Impact of pain

Pain assessment

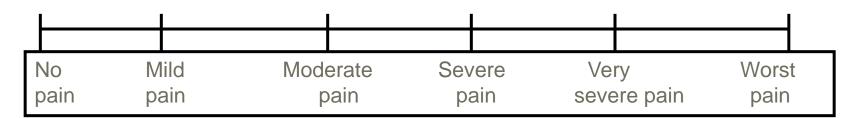
- Visual analogue scale
- Pain scores
- Faces
- Pain Index



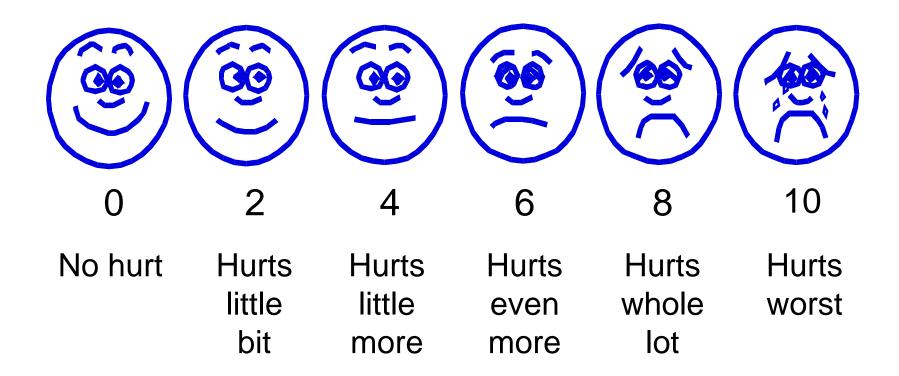
Pain Intensity Scales



Simple descriptive scale



FACES Pain Rating Scale



From Wong DL, Hockenberry-Eaton M, Wilson D, et al. Whaley & Wong's Nursing Care of Infants and Children. 6th ed. St Louis, MO: Mosby, Inc; 1999. © Mosby. Reprinted with permission.

PQRST

- P- provoking factors
- Q quality of pain
- R region and radiation
- S severity and symptoms
- T timing

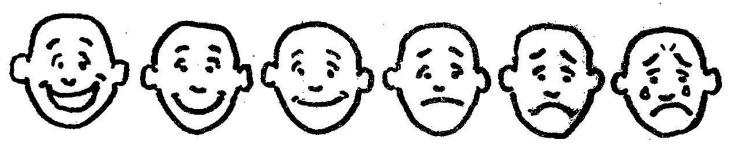
Pain Assessment: Critique

Your job is to watch the interview process. Check off the following components of the assessment as they are completed. Once the pain assessment is completed, discuss the process and your observations with your team.

Was the interview successful in obtaining a full assessment?

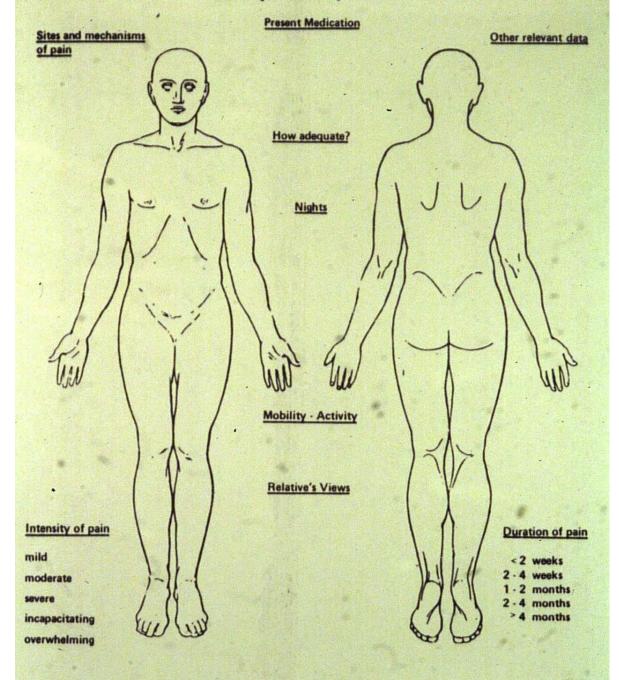
| Locations/s | | Yes | No |
|-------------------------|-----|-----|----|
| Description/Quality | | Yes | No |
| Pain rating | | Yes | No |
| Pt. goal in pain relief | | Yes | No |
| Pattern | | Yes | No |
| Analgesic history | | Yes | No |
| Strategies that help | | Yes | No |
| Exacerbating activities | | Yes | No |
| Emotional state | | Yes | No |
| Effect on ADLs | 126 | Yes | No |

DAILY PAIN SCALE

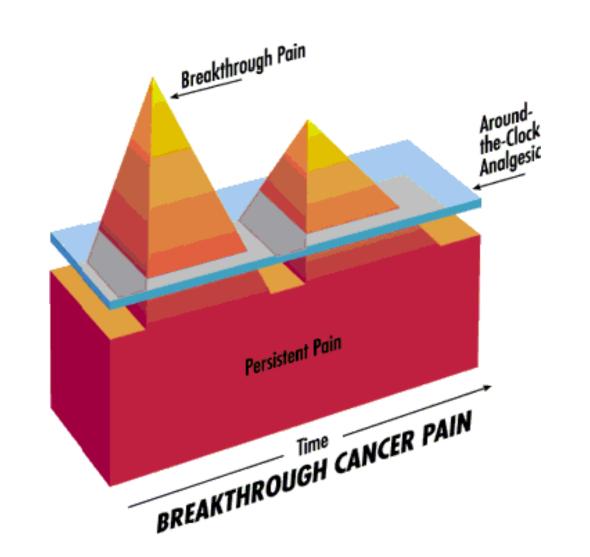


| PAIN SCORE | | | | | | | | | | | |
|------------------|-----------------------------|-------|---|---|----------|--|---|---|--------------|-------------|---|
| DATE | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Week 1 | No pain (tinda sakiti | | | | | | | | | | Worst possible pain (terlalu sakit) |
| | | | | | | | | | | | |
| Day I(am)) (pm) | | | | | , | | | | | | |
| Day 2(am) | 1 | | | | | | | | 1 | | |
| (pm) | | | | | <u> </u> | | | | 1 | | |
| Day 3(am) | | | | | | | | | | | |
| (pm) | | | | | | | | | | | ļ |
| Day 4(am) | | enter | | | | | | l . | | | |
| (pm) | | | | | | | | <u> </u> | 1 | ! ! | |
| Day 5(am) | | | | | | | | | 1 | 1 . | |
| (pm) | | | | | | | | | 1 | | <u> </u> |
| Day 6(am) | 1000000 1000000 | 8 | | | | | | | + | | |
| (pm) | | | | | | | | | | | |
| Day 7(am) | | | | | | | | l | | | |
| (pm) | | | | | | | | | | | <u>1</u> |
| Week 2 | | | | | | | | | | | |

Overprinted body chart

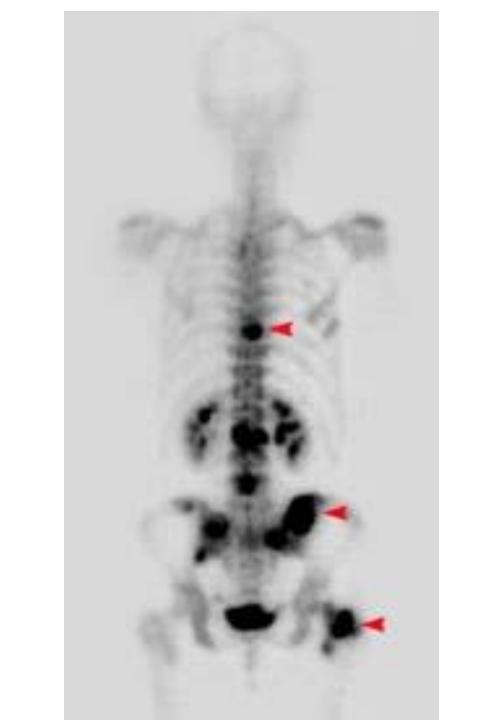


What is Breakthrough Pain?



Incident pain

Precipitated pain induced by an action of the patient, such as movement, swallowing, micturition, defecation or cough



Prescribing Pitfalls

- Right pain, wrong medication
- Right medication, wrong dose +/- frequency
- Too many 'right' medication, wrong dose
- Not knowing equianalgesic dosing
- Poor choice of route of administration
- Not using adjuvants
- Poor management of side effects

Prescribing pitfalls

- Right medication, right dose and frequency, attention to side effects and use of adjuvants but lack of information to patient / family
- And there are more...

Goals of care

- Pain free
- No pain most of the time
- Reduced pain

Think about

- Where do the goals come from?
- Are they patient centred? (or they yours or of the family?)
- Are they achievable?
- Time to achieve goal?
- Any other barriers?

Family Pain Management

- When patients are home, the caregiver is an integral participant in symptom management
- Interpretation of symptoms and discharge or medication may affect pain management
- However caregiver perceptions may be different to patients

Caregivers

- 66% refused to provide analgesics
- Stopped analgesics when pain is relieved

Increasing pain

- Fatalism : pain is inevitable
- Fear of addiction
- Concerns about side effects
- Desire to be a good patient and not complain
- Fear about distracting physician from treating the disease
- Increasing pain signifies disease progression
- Concern about tolerance
- Fear of injections

Ward SE, Goldberg N, Miller-McaCauley V et al. Pain 1993;52:319-24 Lin CC, Ward SE. Cancer Nurs 1995; 18:16-22 Lin CC et al. Palliat Med 2000;14:463-470

Goals

- Understanding the patient's cancer pain
- Pain assessment
- Simple guidelines
- Cancer stories

Good cancer pain management not just relieves pain but gives back quality of life.

Conclusion

- Check self knowledge of pain
- Good communication skills is essential
- Assess types of pain and its relevance to patient
- Decide of goals of care
- Treatment decisions
- Always plan for review