

Contents

Acknowledgements *vi*

Symbols and abbreviations *vii*

1	Assessing patients with pain symptoms in primary care	1
2	Chronic pain relief	11
3	Specific non-malignant pain scenarios	47
4	Principles of palliative care in general practice	79
5	Symptom control and clinical scenarios in palliative care	95
6	Complementary medicine	199
7	Legal aspects of managing chronic pain and terminal illness in the community	217
8	Benefits and support available for people with chronic pain and terminal illness and their carers	237
9	The General Medical Services (GMS) contract	253
10	Useful information and contacts for GPs and patients	269

Index 283

Index

A

abdominal pain 101
achievement payments, GMS contract 253
aciclovir 61, 110
acquired immune deficiency syndrome see HIV/AIDS
acromio clavicular (AC) joint injection 76, 77
active euthanasia 234
acupressure 210
acupuncture 202–3
acute pain 4
adaptations for disabled and elderly people 249
adcortyl 109
additional services, GMS contract 252, 264
adrenaline 159
advance directives 225
agitation 99
AIDS see HIV/AIDS
alarm systems 249
Alexander technique 214
alfentanil 30, 44
allodynia 3
'all work test' 222
aloe vera 207
amantadine 182
amiodipine 137
amitriptyline
 back pain 64
 bladder pain 101
 and codeine 22
diabetic neuropathy
 pain 61
and driving 226
facial pain 52
headache 56, 58
incontinence 130
insomnia 160
migraine 56
motor neurone disease 177
mouth problems 109
neuropathic pain 40, 101
and opiate toxicity 35
osteoarthritis 68
post-herpetic neuralgia 61
prescribing outside licence 220
rectal pain 101
renal impairment 45
tenesmus 124

amphotericin 110
anaemia 106
analgesia 3
analgesic headache 53, 58
analgesic ladder 14–15
anorexia 106–7, 270
 HIV 185
anticoagulation 154–5
 GMS contract 265–6
information and support 270
and NSAIDs 117
venous thromboembolism 150, 151, 152
see also warfarin
anticonvulsants 40
 see also specific drugs
antiemetic ladder 114
anxiety 164, 165
 multiple sclerosis 182
nausea and vomiting 115
terminal phase 190
apomorphine 137
Appeals Service 238
aromatherapy 206
art therapy 214
ascites 122, 123, 270
Asilone® 101, 108, 116, 138
aspiration payments, GMS contract 253
aspirin
 and COX2 inhibitors 117
 diarrhoea 124
 dysphagia 112
 fever and sweating 104
 haematuria 133
 headache 56, 58
 herbal substances 206
 migraine 56
 mouth problems 109
 multiple sclerosis 180
 and NSAIDs 20, 21, 117
 and warfarin 155
asthenia 104
atenolol 56, 109, 136
atropine 109
Attendance Allowance (AA) 246
atypical facial pain 52
auriculotherapy 202
autogenic training 214
Avonex® 178
Ayurveda 214
azithromycin 184

B

back pain 62–7
 exercises 66–7
information and support 270, 280
spinal cord compression 99, 100
triage 65
baclofen 45, 60, 101, 108, 177, 180
bad news, breaking 90–1
beclometasone 168
bed sores 158
bendroflumethiazide 136
benefits and financial support 238–9
adaptations and equipment for disabled and elderly people 249
agencies 238
disability and illness 245–9
fraud 239
information and support 273, 280
low income, people with 242–4
mobility for disabled and elderly people 248
pensions 240–1
bereavement 92–3, 280
bereavement allowance 241
bereavement payment 241
Betadine® 109
Betaferon® 178
bethanechol 109
bisacodyl 22, 24, 34, 120, 121
bladder pain 100, 101
bladder problems in multiple sclerosis 180
blood donation 232
blue badge scheme 248
'Bolam test' 200
bone donation 233
bone fracture 98, 149
bone marrow donation 232
bone pain 101
Bonjela® 109
books, talking 249
botulinum toxin 177, 180
bowel obstruction 122
bowel problems, multiple sclerosis 182

brain tumour 227, 280
breaking bad news 90–1
breakthrough pain 24, 26,
 32
breathlessness 98, 142–3
 COPD 166, 167, 168
information and support
 270
MRC Dyspnoea Scale
 166, 167
terminal 192
budgeting loans 244
bulbar palsy 148
bupivacaine 101, 138
buprenorphine
 (Temgesic®, Transtec®)
 22, 23, 29, 31, 32, 219
Buscopan® 194

C

cachexia 106–7, 270
calcium supplements
 208
calculus 100
Caloreen® 107
Calshake® 107
cancer
 GMS contract 85, 87,
 260, 261
information and support
 280
candidiasis 110, 111
cannabis 182, 219
capsaicin 41, 61, 68
carbamazepine 40, 60, 61,
 101, 136
cardiomyopathy 281
carers, informal
 bereavement 92–3
financial benefits see
 benefits and financial
 support
GMS contract 260, 261
information and support
 281
and organ donation 232,
 233
carer's allowance 247
carpal tunnel syndrome
 74–5
Carr–Hill allocation
 formula, GMS contract
 253
catheters 129, 131
cauda equina syndrome
 100
causalgia 3
celecoxib 21
central pain 2, 3
cerebellar disease 148
certification
 death 230–1
fitness to drive 226–7
fitness to fly 228, 229

fitness to perform sporting
 activities 228, 229
fitness to work 222–3
pre-employment 228,
 229
chemotherapy 115
chest infection in palliative
 care 88
children
 bereaved 92
 prescribing outside
 licence 220
children's tax credit (CTC)
 243
chiropractic 210
chlorhexidine (Corsodyl®)
 70, 109, 131
chlorphenamine 185
chlorpromazine 22, 38, 56,
 99, 108, 192
chondroitin 208
Christmas bonus 241
chronic illness 271
chronic obstructive airways
 disease 271
chronic obstructive
 pulmonary disease
 (COPD) 166–71, 281
chronic pain 4, 12–13
ciclosporin 165, 207
Cilest® 57
cilmastat 168
cimetidine 104, 155
clarithromycin 185
Clinutren® 107
clomipramine 165
clonazepam 35, 101, 149
clotrimazole 134, 156
cluster headache 53, 59
cocaine 219
co-codamol 14, 24, 44, 45
co-danthramer 121, 132
co-dantrusate 120, 121
codeine 22, 23
 analgesic ladder 14
 cough 138
 headache 58
 misuse 219
 renal impairment 44, 45
codeine phosphate 23, 49,
 124
co-dydramol 45
cognitive behaviour
 therapy (CBT) 212–13
cold weather payments
 244
colostomy 127, 281
communication difficulties,
 patients with 8
community care grant 244,
 245
Complan® 113
complementary therapy
 200–15
information and support
 271–2

osteoarthritis 69
concordance 18–19
confusion 162–3
consent 224–5
constipation management
 120
joint and soft tissue
 injections 70
prescribing outside
 licence 220
constipation 120–1
information and support
 272
multiple sclerosis 182
nausea and vomiting 115
controlled drugs (CDs)
 218–19
Copaxone® 178
co-phenotrope 49
Corlan® 109
corneas, donation 233
coronary heart disease
 (CHD) 174
coroner
 death 230, 231
 organ donation 233
corticosteroids 102–3
debility, general 104
neuropathic pain 41
and NSAIDs 117
steroid cards 103, 278
see also specific drugs
co-trimoxazole 184
cough 138–9, 270
 HIV 185
council tax benefit 244
counselling 212–13, 272
Court of Protection 225
COX2 inhibitors 20, 21, 117
 see also specific drugs
cranberry juice 208
cremation 230
Creon® 124
crisis loans 244
critical event monitoring,
 GMS contract 163,
 262, 263
cyclizine
 and driving 226
 nausea and vomiting
 114, 115
obstruction of the
 bowel 122
syringe drivers
 pain 37, 38, 39
 palliation 194, 195,
 196, 197
cyclophosphamide 133
cyproterone acetate 136

D

danazol 50
dantrolene 101, 180
dantron 121

- death
bereavement 92–3
common fears 189
confirmation and certification of 230–1
GMS contract 93, 262
from HIV 184
information and support 272, 281
signs of imminent 188
talking about 189
death rattle 192
debility, general 104–5
decision making 224–5
deep vein thrombosis (DVT) 150, 152
dehydration in palliative care 89
delirium 162–3
dementia 161, 162
dental caries 53
Department for Work and Pensions (DWP) 238
depression 164–5
and euthanasia 235
information and support 273, 281
DeQuervain's tenosynovitis 74
dermatitis, HIV 185
desmopressin 180
dexamethasone 102, 103
abdominal pain 101
anorexia and cachexia 106
ascites 122
back pain and spinal cord compression 99, 100
bladder pain 101
breathlessness 142
debility, general 104
hiccups 108
nausea and vomiting 114, 115
neuropathic pain 41, 101
obstruction of the bowel 122
raised ICP 148
spinal cord compression 149
stridor 138
superior vena cava obstruction 152
syringe drivers 38, 39, 194, 196, 197
diabetes mellitus 146–7, 273, 281
diabetic neuropathy pain 61
diamorphine (heroin) 26, 28, 29
analgesic ladder 15
bleeding 98, 118
breathlessness 98, 192
conversions 27, 29, 30, 33, 99
cough 138
gastrointestinal bleeding 118
haemoptysis 140
misuse 219
renal impairment 44, 45
syringe drivers 36, 37, 38, 39, 194
terminal breathlessness 192
diarrhoea 124, 125, 273
HIV 185
diazepam
anxiety 164
bleeding 98, 118
breathlessness 142
COPD 168
cough 138
and driving 226
fitting 99
gastrointestinal bleeding 118
haemoptysis 140
muscle pain 101
nausea and vomiting 115
sexual dysfunction 136
syringe drivers 38
terminal restlessness/agitation 99, 192
diclofenac 21
dysphagia 112
migraine 56
and morphine 26
syringe drivers 36, 38, 195
tenesmus 124
dietary manipulation and supplementation 208–9
Difflam® 109
digoxin
confusion 163
heart failure 174, 175
herbal substances 206
and St. John's Wort 165, 207
sexual dysfunction 136
dihydrocodeine 14, 15, 22, 23, 44, 45
dimeticone 116, 138
directed enhanced services, GMS contract 252, 264–5
disability
benefits for 245–7
adaptations and equipment 249
information and support 273, 281
mobility 248
information and support 273, 281
Disability and Carers Service 238
Disability Discrimination Act (1995) 222
Disability Employment Advisors 222
Disability Living Allowance (DLA) 246
Disability Living Foundation 249
disabled facilities grant 246
Disabled Living Centres 249
docusate 24, 121
domperidone
abdominal pain 101
ascites 122
anorexia and cachexia 106
migraine 56
nausea and vomiting 114, 115
obstruction of the bowel 122
donor cards 232
dosulepin 40
driving
fitness 226–7
information and support 273
mobility benefits 248
road tax exemption 248
seatbelt exemption 226
'double effects' 88
drooling 109
drowsiness 104
drug misuse 218–19
dry mouth 109
Duobar® 107
Duocal® 107
dysaesthesia 3
dysarthria 148
dyspareunia 134
dyspepsia 116–17, 274
dysphagia 112–13
multiple sclerosis 182
dyspnoea see breathlessness
dysuria 100

E

- echinacea 207
ecstasy 219
education, donation for 233
elbow joint injection 70, 71, 76, 77
elderly people
assessment of pain 8
benefits system 240–1
adaptations and equipment 249
mobility 248

retirement pensions 240
confusion 162
fractures 149
information and support 282
NSAIDs 117
renal impairment 44
eletriptan 56
emergencies 98–9
encephalitis 52, 53
endometriosis 50–1
enduring power of attorney (EPA) 225
enhanced services, GMS contract 252, 264–7
Enlive[®] 107
Enrich[®] 107
Ensure[®] 107
environmental medicine 209
equipment for disabled and elderly people 249
erectile dysfunction 136–7
ergotamine 56, 58, 59
erythromycin 159, 170
essential services, GMS contract 252
estradiol 134
etamsylate 119, 132
ethical issues 88–9
gastrostomies 112
information and support 274
eucalyptus oil 206
euthanasia 88, 234–5, 274
evening primrose oil 207
exception reporting, GMS contract 256–7
extrapyramidal disease 148

F

facial pain 52
faith healing 214
famciclovir 61
fatigue 104
multiple sclerosis 182
fear, and vomiting 115
fentanyl 22, 23, 29, 32, 36
analgesic ladder 15
conversions 31, 33, 99
and morphine 26
renal impairment 44, 45
side effects 34
fever 104–5
HIV 185
feverfew 56, 207
financial support see benefits and financial support
finasteride 132
fish oil 208
fistulae 124
gut 124

urinary 130
fitness to drive 226–7
fitness to fly 228, 229
fitness to perform sporting activities 228, 229
fitness to work 222–3
pre-employment certification 228, 229
fitting 99
flucloxacillin 156, 159
fluconazole 110, 134
fluoxetine 104, 165
flupentixol 164
flushes 278
flying 228, 229
folate 208
food intolerances 209
food supplements 107
Formance[®] 107
Forticream[®] 107
Fortifresh[®] 107
Fortijuice[®] 107
Fortimel[®] 107
Fortisip[®] 107
fracture 98, 149
Fresubin[®] 107
functional incontinence 128
funeral payments 244
fungating wounds 158, 159
furosemide 122

G

*gabapentin 40, 45, 60, 61, 101, 108
garlic 208
gastrointestinal (GI) bleeding 98, 118–19
gastrostomies 112
Gaviscon[®] 108, 112, 116, 138
General Medical Services (GMS) contract 252–3
additional services 252, 264
anticoagulation monitoring 154
cancer 85, 87
COPD 169
death 93, 231
directed enhanced services 264–5
enhanced services 252, 264–7
directed 252, 264–5
national 252, 265–7
essential services 252
exception reporting 256–7
heart problems 174
influenza and pneumococcal vaccination 177, 179, 264–5
informal carers 260, 261*

information and support 274
medication 260, 261
minor surgery 264
multiple sclerosis 179
national enhanced services 252, 265–7
out-of-hours services 258–9
payment 253
quality and outcomes framework 254–5
quality indicators 260–3
significant event reviews 163, 262, 263
surgical instruments 71
generic formulations, prescribing 220
geranium oil 206
ginger 208
gingko biloba 207
Glandsane[®] 109
glatiramer 178, 179
glaucoma 53
gliclazide 146, 147
global sum allowance (GSA), GMS contract 253
glucosamine 68, 208
glycerol 120
glyceryl trinitrate 101
glycopyrronium 37, 38, 101, 142, 192
glycopyrronium bromide 195
GMS contract see General Medical Services (GMS) contract
golfer's elbow 76
goserelin 50, 136
granisetron 114, 115
grief 92–3
growth hormone 219
gut fistulae 124

H

haematemesis 118
haematuria 98, 132–3
haemodialysis 44
haemoptysis 98, 140–1
haemorrhage 98
gastrointestinal bleeding 98, 118–19
haemorrhagic cystitis 132
haloperidol anxiety 164
and codeine 22
confusion 163
insomnia 161
nausea and vomiting 114, 115
obstruction of the bowel 122
sexual dysfunction 136

and strong opioids 24, 34
syringe drivers 37, 38, 194, 195
terminal restlessness/agitation 99, 192
headache 52–3, 58–9
information and support 274, 282
migraine 54–7
head injury 53
healing foods 208
health benefits for people with low income 243
heart disease 274, 282
heart failure 172–5
and driving 227
information and support 274, 282
heart valves, donation 233
heparin (low molecular weight) 150, 154
herbal medicine 206–7
herpes simplex (HSV)
infection of the mouth 110, 111
hiccups 108
highly active antiretroviral therapy (HAART) 184
HIV/AIDS 184–6
and driving 227
information and support 275, 282
holistic clinicians 4
homeopathy 204–5
Home Responsibilities Protection (HRP) 241
honey 208
horse chestnut seed extract 207
housing benefit 244
human chorionic gonadotrophin 219
human immunodeficiency virus see HIV/AIDS
human isophane 146
human monotard 146, 147
Huntington's chorea 235, 282
hyaluronic acid 68
hydralazine 174
hydrocortisone 109
hydrocortisone acetate 70, 72, 74, 76
hydromorphone 28, 29
analgesic ladder 15
conversion tables 27, 29, 30
renal impairment 44, 45
hyoscine 99, 115, 121, 122, 138, 142
hyoscine butylbromide 38, 101, 195

hyoscine hydrobromide 37, 38, 101, 192, 196
hyperaesthesia 3
hyperalgesia 3
hypercalcaemia 98, 115, 144–5
hyperglycaemia 146, 147
hyperpathia 3
hypnotherapy 214
hypoglycaemia 146

J
Japanese massage 210
Jobcentre Plus 238
JobSeekers Allowance (JSA) 242
joint injections 70–1
information and support 275
lower limb 72–3
upper limb 74–7

I
ibuprofen 20, 21, 117
analgesic ladder 14
fever and sweating 104
headache 56, 58
migraine 56
ifosfamide 133
ileostomy 127
illness, benefits for 245–7
imidazole 110, 134
imipramine 165
impotence 136–7
incapacity benefit 245
incapacity to work, certifying 222–3
incident pain 26
Income Support (IS) 242
incontinence 128–31
aids and appliances 129
information and support 275, 282
indinavir 184
influenza immunizations GMS contract 177, 179, 264–5
motor neurone disease 177
informal carers see carers, informal
injections, joint and soft tissue 70–1
information and support 275
lower limb 72–3
upper limb 74–7
Inland Revenue 238
insomnia 160–1
insulin 146, 147
insulin glargine 146
intracranial pressure, raised 148
headache 53
nausea and vomiting 115
involuntary euthanasia 234
ipecacuanha (homeopathic) 204
ipratropium 138, 168
irritable bowel syndrome (IBS) 48–9, 275, 282
Isosource® 107
ispaghula husk 49, 121

K
Kaltostat® 159
kava 207
ketamine 38, 41
ketorolac 38
kidney donation 232
knee joint injections 72, 73
Kwells® 192

L
lactulose 49, 120, 121
lamotrigine 40, 60
lansoprazole 115, 116, 117, 119
lavender oil 206
left ventricular dysfunction (LVD) 174
legal issues
complementary medicine 200, 204
consent and decisions 224–5
controlled drugs 218–19
death, confirmation and certification of 230–1
euthanasia 234–5
fitness to drive 226–7
fitness to fly 228, 229
fitness to perform sporting activities 228, 229
fitness to work 222–3, 228, 229
licensing of drugs 220–1
organ donation 232–3
pre-employment certification 228, 229
prescribing outside licence 220
levomepromazine and codeine 22
and driving 226
nausea and vomiting 114, 115
obstruction of the bowel 122
sexual dysfunction 136
syringe drivers pain 36, 37, 38, 39

- palliation 194, 196
 terminal restlessness/
 agitation 99, 192
 libido problems 134
 licensing of drugs 220–1
 lidocaine (lignocaine)
 cough 138
 dyspareunia 134
 joint and soft tissue
 injections 70, 72
 mouth problems 109
 neuropathic pain 41
 post-herpetic neuralgia
 61
 shoulder injection 76
 tenosynovitis 74
 linoleic acid 182
 lithium 59, 163
 liver capsule pain 101
 liver donation 232
 local enhanced services,
 GMS contract 252
 lofepramine 40, 165
 long-term oxygen therapy
 (LTOT) 170
 loperamide 49, 101, 124
 lorazepam
 anxiety 164
 breathlessness 142
 COPD 168
 confusion 163
 and driving 226
 fitting 99
 and morphine 26
 loss, coping with 92–3
 low back pain
 see back pain
 lower limb injections
 72–3
 low income, benefits for
 people with 242–4
 lung cancer 43
 lung donation 232
 lymphoedema 156–7, 275,
 282
 lysergic acid diethylamide
 (LSD) 219
- M**
- magnesium hydroxide
 121
 malaise, HIV 185
 malignant tumour, and
 driving 227
 Marcaine® 76
 massage 210
 maternity grant 244
 MaxiJel® 107
 McTimoney chiropractic
 210
 mebeverine 49
 medication
 concordance 18–19
 controlled drugs 218–19
 and driving 226
 GMS contract 260, 261
 homeopathic 204
 information and support
 273
 licensing 220–1
 misuse 218–19
 practical considerations
 16–17
 terminal phase 190
 medication-overuse
 headache 53, 58
 Medicines Act (1968)
 homeopathy 204
 licensing of drugs 220
 meditation 214
 medroxyprogesterone
 106
 mefenamic acid 57
 megestrol 104, 106
 meloxicam 21
 meningism 52
 meningitis 52, 53
 menstrual migraine 57
 mentally incapacitated
 adults
 consent issues 224
 Court of Protection 225
 meprobamate 219
 meptazinol 101
 methadone 28, 41, 219
 methicillin-resistant
 Staphylococcus aureus
 (MRSA) 158
 methylcellulose 121
 methylprednisolone
 acetate 70, 72
 methysergide 59
 metoclopramide
 anorexia and cachexia 106
 ascites 122
 and codeine 22
 dyspepsia 116
 hiccups 108
 nausea and vomiting 114,
 115
 obstruction of the bowel
 122
 sexual dysfunction 136
 syringe drivers 37, 38,
 194, 196
 metronidazole 36
 miconazole 110
 midazolam
 bleeding 98, 118
 fitting 99
 gastrointestinal bleeding
 118
 haemoptysis 140
 myoclonic twitching 149
 nausea and vomiting 115
 stridor 138
 syringe drivers 37, 38,
 194, 196
 terminal breathlessness
 192
 terminal restlessness/
 agitation 99, 192
 migraine 53, 54–7
 migraine disability
 assessment score
 (MIDAS) 55
 migrainous neuralgia 59
 Milton® 110
 minimum practice income
 guarantee (MPIG), GMS
 contract 253
 minor surgery, GMS
 contract 264
 misoprostol 20, 102, 115,
 117
 misuse of drugs 218–19
 Misuse of Drugs Act (1971)
 219
 Misuse of Drugs
 Regulations (1985) 219
 Mittelschmerz 50
 mobility for disabled and
 elderly people 248
 morphine 24–7, 28, 32, 36
 analgesic ladder 14, 15
 breathlessness 98, 192
 conversions 27, 29, 30,
 31, 33, 99
 equipotence with
 codeine 22
 fears about 189
 herbal substances 206
 post-herpetic neuralgia 61
 renal impairment 44, 45
 side effects 34
 syringe drivers 37, 38
 terminal breathlessness
 192
 terminal restlessness
 192
 toxicity 35, 99
 Motability Scheme 248
 motor neurone disease
 (MND) 176–7
 and driving 227
 and euthanasia 235
 information and support
 275, 283
 mouth problems 108–11
 Movicol® 121
 MRSA 158
 MS16A Blue syringe driver
 36
 MS26 Green syringe driver
 36, 37
 MST Continus® 25, 26
 multiple sclerosis (MS)
 178–83
 and driving 227
 GMS contract 266–7
 information and support
 275, 283
 muscle pain 101
 muscular dystrophy 283
 MXL® 25, 26, 33
 myoclonic twitching 149

N

naloxone 32, 35, 99
naproxen 21
naratriptan 56
national enhanced services,
 GMS contract 252,
 265–7
National Health Service
 Organ Donor Register
 232
nausea 114–15, 275
 HIV 185
necrotic tissue 159
needle-stick injury 186
nerve pain 101
neuralgia 3
neurological incontinence
 130
neuropathic pain 2, 3,
 40–1, 101
neuropathy 3
nevirapine 184
nicorandil 137
nifedipine 108, 112, 124
Nilodor® 159
nociceptive pain 2, 3
nociceptors 3
noisy breathing 192
non-steroidal
 anti-inflammatory
 drugs (NSAIDs) 20–1,
 117
abdominal pain 101
atypical facial pain 52
bladder pain 101
bone pain 101
haematuria 133
headache 53
muscle pain 101
neuropathic pain 40
osteoarthritis pain 68
renal impairment 44,
 45
 and steroids 102
see also specific drugs
norethisterone 50
nortriptyline 40
Novasource® 107
nutritional medicine 208
nystatin 110

O

obstruction of the bowel
 122
occupational therapy (OT)
 assessment 249
octreotide
 constipation 121
 fistulae 124
 HIV 185
 obstruction of the bowel
 122

syringe drivers 36, 37, 38,
 197
oesophageal cancer 283
oesophageal stents 113
oesophagitis, post-radiation
 112
omeprazole 115, 116, 117,
 119
ondansetron
 diarrhoea 124
 fever and sweating 104
 nausea and vomiting 114,
 115
 and opioids 34
 syringe drivers 36, 38,
 196
opioid-resistant pain 17
opioids
 administration routes
 36–9
 neuropathic pain 41
 overuse 35, 99
 side effects 34–5
 toxicity 35, 99
 see also strong opioids;
 weak opioids; specific
 drugs
OralBalance® 109
Oraldene® 109
oral problems 108–11
oral thrush (candidiasis)
 110, 111
Oramorph® 25
 breathlessness 142
 COPD 168
 cough 138
 heart failure 174
 practical considerations
 16
 superior vena cava
 obstruction 152
ordinary power of attorney
 225
organ donation 232–3,
 275–6, 283
osteoarthritis (OA) 68–9,
 276, 283
osteopathy 210
osteoporosis 276
ostomies 126–6
out-of-hours (OOH)
 services 258–9, 263
overflow incontinence
 130
own occupation test 222
oxybutinin 101, 104, 130,
 131, 180
oxycodone 28, 29
 conversion tables 27,
 29, 30
 neuropathic pain 41
 post-herpetic neuralgia
 61
 renal impairment 44
 syringe drivers 197

P

paediatrics, prescribing
 outside licence 220
Paget's disease 53
pain
 acute 4
 assessment 6–9
 chronic 4
 definitions 2
 emergency management
 99
 HIV 185
information and support
 276–7
 mechanism 2
multiple sclerosis 182
nature of 2–5
nausea and vomiting 115
palliative care 99, 100–1
 secondary effects 8
terminology 3
wound care 159
palliative care 80–1
 assessment and planning
 action 84–7
bereavement, grief, and
 coping with loss 92–3
breaking bad news 90–1
ethics 88–9
in general practice 82–3
information and support
 277
pamidronate 98, 144
pancreatin 185
paracetamol 20
 analgesic ladder 14, 15
back pain 64
 diabetic neuropathy pain
 61
 dysphagia 112
 facial pain 52
 fever and sweating 104
 headache 53, 56, 58
 migraine 56
 multiple sclerosis 182
 muscle pain 101
 osteoarthritis 68
 renal impairment 44, 45
 and tramadol 23
Parkinson's disease 227, 283
passive euthanasia 234
patient–professional
 partnership 13
pelvic inflammatory disease
 (PID) 51
pelvic pain 50–1, 134,
 278, 283
pelvic venous congestion
 51
penicillin V 53, 156
pension credit 242
pensions 240–1
Pension Service 238
peppermint oil 49, 206

percutaneous endoscopic gastrostomy (PEG) 112
 peripheral pain 2
 permitted work 222
 personal capability assessment 222
 Personal Medical Services (PMS) contract 254
 pethidine 28, 219
 phenelzine 165
 phenobarital 38, 149
 phenobarbitone 218
 phenytoin 40, 60, 61, 101
 pholcodine 138
 physical therapies 210–11
 physician-assisted suicide 234, 235
 physiotherapy 211
 Pilates 211
 pilocarpine 109
 piroxicam 109, 112
 pizotifen 56
 plantar fasciitis injection 72, 73
 pneumococcal immunizations
 GMS contract 177, 179, 264–5
 motor neurone disease 177
 Polycal® 107
 post-herpetic neuralgia 60–1, 278, 283
 post-radiation oesophagitis 112
 power of attorney 225
 prednisolone 59, 102, 103, 106, 170, 180
 pre-employment certification 228, 229
 pregabalin 40
 prescribing outside licence 220
 prescriptions for controlled drugs 218
 pressure area care 158, 278
 private certificates, fitness to work 222
 probiotics 209
 problem-solving therapy 212
 prochlorperazine 38, 115
 procurator fiscal 231
 propantheline 109, 177
 propiverine 101
 propranolol 53, 164
 pruritis, HIV 185
 pseudo-bulbar palsy 148
 pseudo-opioid-resistant pain 17
 psychological causes of pelvic pain 51
 pulmonary embolus (PE) 152
 pyrexia 104–5
 HIV 185

Q

quality and outcomes framework (QOF), GMS contract 254–5
 quality indicators, GMS contract 260–1

R

radiographically inserted gastrostomy (RIG) 112
 radiotherapy, and nausea and vomiting 115
 ranitidine 108, 136
 Rebil® 178
 records, and GMS contract 260, 261, 263
 rectal pain 101
 reduced libido 134
 reflexology 203
 Reiki 215
 relaxation 215
 religious beliefs 42–3
 renal impairment 44–5
 research, donation for 233
 Resource® 107
 retention 131
 retirement pension 240
 rifampicin 132
 riluzole 176
 risperidone 161
 road tax exemption 248
 rosemary oil 206

S

St. John's Wort 165, 207
 salbutamol 138, 142, 168
 salivation, excessive 109
 salmeterol 168
 saw palmetto 207
 scientific clinicians 4
 Scopoderm® 192
 seatbelt exemption 226
 selenium 208
 self-harm 284
 semi-opioid-resistant pain 17
 senna 120, 121
 sertraline 164
 sexual health 134–7, 278, 283
 Shiatsu 210
 shingles 60–1
 shoulder joint injection 76, 77
 significant event audit, GMS contract 163, 262, 263
 sildenafil 137
 sinusitis 53
 skin donation 233
 sleep hygiene 160, 161
 smoking 202
 Social Fund payments 244
 social services see benefits and financial support
 sodium chloride 35, 36, 99, 194
 sodium cromoglycate 138
 sodium valproate 40, 56, 101, 149
 soft tissue injections 70–1
 information and support 275
 lower limb 72–3
 upper limb 74–7
 Solpadol® 14
 Sorbsan® 159
 sore mouth 109
 soya 208
 spinal cord compression 99, 100, 149
 constipation 120
 spiritual pain 42–3
 spironolactone 122, 136, 174, 175
 sporting activities, fitness to perform 228, 229
 squashed stomach syndrome 122
 Statutory Sick Pay 245
 sterculia 121
 steroid cards 103, 278
 steroids 102–3
 debility, general 104
 neuropathic pain 41
 and NSAIDs 117
 see also specific drugs
 stoma care 126–7
 stress incontinence 130
 stridor 138, 270
 strong opioids 28–33
 analgesic ladder 14, 15
 bone pain 101
 see also specific drugs
 strontium 101
 subacute obstruction of the bowel 122
 subarachnoid haemorrhage 52, 53
 sucralfate 109, 112, 119, 159
 suicide
 information and support 284
 risk assessment 164
 sulindac 44
 sumatriptan 56, 59
 superior vena cava obstruction 152
 sweating 104–5, 278
 Swedish massage 210
 sympathetically maintained pain 2
 syringe drivers 36–9, 194–7

T

tadalafil 137
 tai chi chuan 210
 talking books 249
 tamoxifen 105, 136
 tea tree oil 206
 Teegel® 109
 telephone adaptations for disabled and elderly people 249
 television licence, free 241
 temazepam 160, 218, 219
 Temgesic® 23, 29
 temperature, normal ranges 105
 temporal (giant cell) arteritis 53, 59
 tenesmus 120, 124
 tennis elbow 70, 71, 76
 tenosynovitis 71, 74
 tension-type headache 53, 58
 terminal phase 188–97
 terminal restlessness 99, 192
 testamentary capacity 225
 tetracycline 109
 thalidomide 104
 theophylline 165, 168, 207
 thrombosis 284
 thyme oil 206
 tiotropium 168
 tizanidine 177, 180
 tolterodine 101, 180
 tramadol 15, 22, 23, 41, 45, 61
 tranexamic acid 119, 132, 140
 transcutaneous electrical nerve stimulation (TENS) 202
 Transtec® 31
 travelling
 with controlled drugs 219
 and stomas 126

triamcinolone hexacetonide 70, 72, 74, 76
 tricyclic antidepressants 40
 trigeminal neuralgia 53, 60, 278, 284
 tropical illness 53
 trospium 101
 tutor-datives 224

U

upper limb injection 74–7
 urge incontinence 130
 urinary fistulae 130
 urinary incontinence 128–31
 aids and appliances 129
 urinary tract infections (UTIs) 100
 urostomy 127

V

vaginal dryness 134
 vaginal soreness 134
 vaginal stenosis 134
 vaginismus 134
 valaciclovir 61
 valerian 206, 207
 vardenafil 137
 venlafaxine 104, 165
 venous thromboembolism 150–2
 multiple sclerosis 180
 verapamil 59
 Veterans Agency 240
 Vicks VapoRub® 206
 vitamins 131, 208
 vomiting 114–15, 275
 HIV 185

W

warfarin 154, 155
 and herbal products 207
 and NSAIDs 117

and St. John's Wort 165, 207

venous thromboembolism 150, 152

war pensions 240

weakness 104

HIV 185

weak opioids 22–3

analgesic ladder 14, 15

see also specific drugs

widowed parent's allowance 241

wills 225

winter fuel payments 241

withholding or withdrawing treatment 88

work, fitness to 222–3

pre-employment certification 228, 229

working tax credit (WTC) 243

World Health Organization analgesic ladder 14, 15

wound care 158–9

X

xylitol 208

Y

yoga 210
 yoghurt 208
 yohimbine 207

Z

zidovudine 184
 zinc 208
 zolpidem 160
 zopiclone 160