

Pain

Common Types of Pain

Link to [Analgesic Ladder](#)

Link to [Adjuvants](#)

Bone pain

- Radiotherapy
- NSAIDs
- Strong opioids
- Corticosteroids
- Biphosphonates
- Consider pathological fracture.

Nerve pain (neuropathic)

- Consider radiotherapy
- TENS may help
- Dexamethasone 8mg o.d. - trial for 3-5 days; stop if no response or reduce to maintenance dose
- Anticonvulsants
- Antidepressants
- Specialist advice for further management (seek specialist advice)

Visceral pain.e.g. liver capsule pain

- NSAIDs
- Dexamethasone

Tenesmus – persistent rectal or bladder spasms

- Nifedipine 10-20mg t.d.s.

Musculo-skeletal pain / spasm

- Heat e.g. wheat bag
- Massage
- Baclofen
- Diazepam

Bowel colic

- Treat any underlying constipation
- Hyoscine butylbromide (buscopan) 10-20mg oral or s/c t.d.s. or via CSCI

Non-pharmacological pain control

- Radiotherapy/ chemotherapy / hormone therapy
- TENS (*link to guidelines for the use of TENS machine*)
- Therapeutic massage

- Relaxation & visualisation
 - Physiotherapy
 - Complementary therapies
 - Counselling
 - Heat
 - Neural blockade/ spinal analgesia
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