

Contents

<i>Contributors' biographies</i>	xi
<i>Foreword 1 - Professor Judy Watt-Watson, University of Toronto, Canada</i>	xv
<i>Foreword 2 - Professor Kim Manley, Head of Practice Development, Royal College of Nursing</i>	xvii
<i>Preface</i>	xix
<i>Acknowledgement</i>	xxi
1 Introduction to advancing practice in pain management	1
<i>Eloise Carr and Martin Christensen</i>	
Introduction	1
Advanced practice	1
The context of pain management: definitions and prevalence	5
Advancing practice in pain management	6
Bringing together advanced practice and pain management	7
Conclusions	8
2 Nurse-led femoral nerve block service for patients with fractured neck of femur	11
<i>Mandy Layzell</i>	
Introduction	11
Pain control	12
Under-treated pain	13
Pharmacokinetics	13
Pharmacodynamics	13
Changes in pain perception	13
Assessment of pain	14
Analgesic drugs and the elderly	14
Femoral nerve block	15
Benefits of FNB	15
Risks of FNB	16
Rationale for a nurse-led service	16
Developing the service	17
Protocol development and training	17
	 v

vi *Contents*

Patient information sheet	18
Patient group directions	18
Data collection and evaluation of the service	19
Training	19
Problems encountered with the training	19
Challenges in implementing a new service	20
Evaluation of the 1-year pilot study	21
Service feedback from staff	23
Service feedback from patients	23
Justifying the advanced nursing contribution	23
Conclusions	25
Acknowledgements	26
3 New directions in acute pain management: ketamine	29
<i>Gillian Chumbley</i>	
Introduction	29
Developing the service	33
Challenges in implementing a new service or area of practice development	37
Evaluation of using ketamine for pain relief	38
Justifying the advanced nursing contribution	40
Conclusions	42
4 Developing a nurse-led clinic for the treatment of neuropathic pain	45
<i>Eileen Mann</i>	
Introduction	45
Definitions and causes of neuropathic pain	45
Prevalence of neuropathic pain	46
A proposal and rationale for a nurse-led clinic for sufferers of neuropathic pain	47
Identifying stakeholders	50
Developing a business plan	51
Assessment tools	52
The challenges and reality	54
Evaluation of the service	57
Justifying the advanced nursing contribution	58
Conclusions	58
Appendix 1: Original business plan	59
Appendix 2: Text of an open letter to all local general practitioners informing them of the proposal to commence a nurse-led clinic for painful diabetic neuropathy	63
Appendix 3: Example of a typical letter to a general practitioner, at the time pregabalin was not available for prescription	64

5	Nurse-led strategies to improve patient safety in acute pain management	71
	<i>Felicia Cox</i>	
	Introduction	71
	Media exposure	72
	Injectable medicines	72
	Intravenous opioid PCA	72
	Epidural analgesia	73
	Analgesic medicines and risk	74
	Nursing contribution to medicines management	74
	New role	74
	Blurring of roles	75
	Developing the service	75
	Oral and PCA analgesia	77
	Challenges in implementing the changes in practice	84
	Ongoing evaluation and audit	87
	Justifying the advanced nursing contribution	88
	Conclusions	89
6	Developing an acupuncture service for chronic pain	93
	<i>Ruth H Heafield, Christine M Haigh, Christine M Barnes and Elaine Beddingham</i>	
	Introduction	93
	Rationale for setting up an acupuncture clinic for pain management	94
	Staff development: education and maintaining competencies	102
	Clinical governance	105
	Conclusions	109
	Editors' note	109
7	The advanced nurse practitioner: developing alliances	113
	<i>Ruth Day and Dee Burrows</i>	
	Introduction	113
	Alliances and strategic alliances	113
	Changing workplaces	114
	Skill acquisition	114
	Developing entrepreneurial services in pain management	115
	The challenge of forming alliances to enable implementation	119
	The challenge of maintaining standards	121
	Advanced nursing practice and strategic alliances	123
	Conclusions	124
	Acknowledgements	125

viii *Contents*

8	An overview of advanced nursing practice in the development of pain clinics in primary care: new ways of working	127
	<i>Paul Bibby</i>	
	Introduction	127
	Background – an overview of the provision of pain services	128
	Developing the service	129
	Challenges	132
	Evaluation	134
	Conclusions	139
	Appendix 1: Pain clinic audit	140
9	Development of nurse-led pain management programmes: meeting a community need	143
	<i>Dee Burrows</i>	
	Introduction	143
	Developing the service	145
	Challenges in implementing the service	150
	Maintaining standards and evaluating the service	153
	Justifying the advanced nursing contribution	158
	Conclusions	159
	Appendix 1	159
	Red flags indicative of possible serious spinal pathology	159
	Psychosocial yellow flags – the beliefs and behaviours which may predict poor outcome and which pain management programmes address	159
	Acknowledgements	160
10	Nurse prescribing in acute and chronic pain management	163
	<i>Trudy Towell and Martin Christensen</i>	
	Introduction	163
	Acute pain	165
	Chronic pain	165
	Rationale for service development	167
	Evaluation use of audit and CPD	172
	Justifying the advanced nursing contribution to develop nurse prescribing in pain management	176
	Conclusions	177
11	Nurses leading the development of interprofessional education in pain management	181
	<i>Ann Taylor</i>	
	Introduction	181
	Developing a formal educational qualification in pain	184

Contents **ix**

Challenges in establishing and managing an interprofessional course	187
Evaluation and the use of audit	189
Justifying the advanced nursing contribution	191
Conclusions	192

12 New knowledge for advancing practice in pain management **195**

Martin Christensen and Eloise Carr

Introduction	195
Advancing practice in pain management	202
Conclusions	204

<i>Index</i>	207
--------------	-----

