

# EFIC® European Diploma in Pain Medicine Recommended Reading List

## *Section One: Foundations of Pain Medicine*

### **1.2 Fundamental concepts**

CanMEDS is a competency framework designed by the Royal College of Physicians and Surgeons of Canada and comprises seven roles, or thematic groups of competencies, integrated by physicians on a daily basis. For more information see <http://rcpsc.medical.org>

Classification of Chronic Pain, Second Edition, IASP Task Force on Taxonomy, edited by H. Merskey and N. Bogduk, IASP Press, Seattle, 1994. Updates were made to selected sections in 2011 and 2012. The material will be updated on a periodic and continual basis by IASP's experts. The book is no longer available in a print version. The contents are freely available for download from the IASP website.

### **1.4 Neurobiology of pain**

Chapters 5,7,8,9 in Wall & Melzack's Textbook of Pain, by S McMahon, M Koltzenburg, I Tracey and D C. Turk, 6th Edition

### **1.6 Bio-psychosocial aspects of pain**

German Curriculum for Pain Management Psychotherapy. Access from:  
[http://www.dgpsf.de/fileadmin/user\\_upload/downloads/Allg/Curriculum\\_Germany\\_Translation\\_160302.pdf](http://www.dgpsf.de/fileadmin/user_upload/downloads/Allg/Curriculum_Germany_Translation_160302.pdf)

Klinger, R., Hasenbring, M., Hürter, A. & Pfingsten, Multiaxial Pain Classification – Psychosocial Dimension (MASK-P)

[www.dgpsf.de/fileadmin/user\\_upload/downloads/MASK\\_P\\_dt\\_26-04-2011.pdf](http://www.dgpsf.de/fileadmin/user_upload/downloads/MASK_P_dt_26-04-2011.pdf)

Core Standards for Pain Management Services (CSPMS) in the UK. Faculty of Pain Medicine of the Royal College of Anaesthetists, October 2015, Chapter 5 Pain Management Services Team

International Classification of Functioning, Disability and Health (ICF), access in <http://who.int/classifications/icf/en/>

## *Section Two: Pain Medicine Roles in Practice*

No reading materials

## Section Three: Managing Different Types of Pain

### 3.1 Acute pain

#### Textbook

Acute Pain Management - Scientific Evidence 4th edition. 2015  
Freely available for download. Search using the name of the book.

#### Journal articles

Baumbach P, Götz T, Günther A, Weiss T, Meissner W. Prevalence and Characteristics of Chronic Intensive Care-Related Pain: The Role of Severe Sepsis and Septic Shock. *Crit Care Med.* 2016 Jun;44(6):1129-37.

Chou R, Gordon DB, de Leon-Casasola OA, Rosenberg JM, Bickler S, Brennan T, Carter T, Cassidy CL, Chittenden EH, Degenhardt E, et al. Management of Postoperative Pain: A Clinical Practice Guideline From the American Pain Society, the American Society of Regional Anesthesia and Pain Medicine, and the American Society of Anesthesiologists' Committee on Regional Anesthesia, Executive Committee, and Administrative Council. *J Pain.* 2016 Feb; 17(2):131-57.

Kalliomäki ML, Puolakka P, Huhtala H, Sisto T, Järvelä K. Bedside diagnosis of persistent post-sternotomy pain. *Acta Anaesthesiol Scand.* 2016 Aug;60(7):969-76.

Thomazeau J, Rouquette A, Martinez V, Rabuel C, Prince N, Laplanche JL, Nizard R, Bergmann JF, Perrot S, Lloret-Linares C. Predictive Factors of Chronic Post-Surgical Pain at 6 Months Following Knee Replacement: Influence of Postoperative Pain Trajectory and Genetics. *Pain Physician.* 2016 Jul;19(5):E729-41.

### 3.2 Neuropathic and related pain

#### Textbook

Section VII: Clinical States/Neuropathic Pain in: *Wall & Melzack's Textbook of Pain*, by S McMahon, M Koltzenburg, I Tracey and D C. Turk, 6th Edition

#### Journal articles

Attal N, Bouhassira D. Pharmacotherapy of neuropathic pain: which drugs, which treatment algorithms? *Pain.* 2015 Apr;156 Suppl 1:S104-14.

Haanpää M, Attal N, Backonja M, Baron R, Bennett M, Bouhassira D, Cruccu G, Hansson P, Haythornthwaite JA, Iannetti GD, Jensen TS, Kauppila T, Nurmikko TJ, Rice AS, Rowbotham M, Serra J, Sommer C, Smith BH, Treede RD. NeuPSIG guidelines on neuropathic pain assessment. *Pain.* 2011 Jan;152(1):14-27.

Treede RD, Jensen TS, Campbell JN, Cruccu G, Dostrovsky JO, Griffin JW, Hansson P, Hughes R, Nurmikko T, Serra J. Neuropathic pain: redefinition and a grading system for clinical and research purposes. *Neurology.* 2008 Apr 29;70(18):1630-5.

### 3.3 Pain related to cancer

#### Textbook

Gebhardt, R., Berr Tj., Burton, AW. Cancer pain. Chapter 39. In: *Staats, P. & Wallace, M. Pain Medicine and Management: Just the Facts.* 2nd edition.

### **Journal articles**

Caraceni A et al. Use of opioid analgesics in the treatment of cancer pain: evidence-based recommendations for EAPC. *Lancet Oncol* 2012;13:e58-68.

Paice JA, Bell RF, Kalso EA, Soyannwo OA. *Cancer pain from molecules to suffering*. IASP press, 2010

Ripamonti, C. I., Santini, D., Maranzano, E., Berti, M., Roila, F. on behalf of the ESMO Guidelines Working Group. Management of cancer pain: ESMO Clinical Practice Guidelines. *Annals of Oncology* 23 (Supplement 7): vii139–vii154, 2012

### **3.4 Musculoskeletal pain**

### **3.5 Neck and back pain**

### **3.6 Fibromyalgia Syndrome and Chronic Widespread Pain**

#### **Journal articles**

Albrecht PJ, Hou Q, Argoff CE, Storey JR, Wymer JP, Rice FL. Excessive peptidergic sensory innervation of cutaneous arteriole-venule shunts (AVS) in the palmar glabrous skin of fibromyalgia patients: implications for widespread deep tissue pain and fatigue. *Pain Med*. 2013 Jun;14(6):895-915.

Clauw D.J. Fibromyalgia A Clinical Review *JAMA*. 2014;311(15):1547-1555.

Häuser W, Hagl M, Schmierer A, Hansen E. The Efficacy, Safety and Applications of Medical Hypnosis. *Dtsch Arztebl Int*. 2016 Apr 29;113(17):289-96

Macfarlane GJ, Kronisch C, Dean LE, Atzeni F, Häuser W, Fluß E, Choy E, Kosek E, Amris K, Branco J, Dincer F, Leino-Arjas P, Longley K, McCarthy GM, Makri S, Perrot S, Sarzi-Puttini P, Taylor A, Jones GT. EULAR revised recommendations for the management of fibromyalgia. *Ann Rheum Dis*. 2016 Jul 4.

Perrot S. Fibromyalgia syndrome: a relevant recent construction of an ancient condition? *Curr Opin Support Palliat Care*. 2008;2(2):122-7.

Rief W, Zenz M, Schweiger U, Rüddel H, Henningsen P, Nilges P Redefining (somatoform) pain disorder in ICD-10: a compromise of different interest groups in Germany. *Curr Opin Psychiatry*. 2008 21(2): 178-181.

Wolfe F, Clauw DJ, FitzCharles MA, Goldenberg DL, Hauser W, Katz RS, et al. Fibromyalgia criteria and severity scales for clinical and epidemiological studies: a modification of the ACR preliminary diagnostic criteria for fibromyalgia. *J Rheumatol* 2011;38:1113–22.

### **3.7 Headache and Orofacial Pain**

#### **Text Book**

Headaches. Diagnosis and Management of Headaches in Young People and Adults. NICE Clinical Guidelines, No. 150. National Clinical Guideline Centre (UK). London: 2012 Sep.

### **Journal articles**

Bair E, Gaynor S, Slade GD, Ohrbach R, Fillingim RB, Greenspan JD, Dubner R, Smith SB, Diatchenko L, Maixner W. Identification of clusters of individuals relevant to temporomandibular disorders and other chronic pain conditions: the OPPERA study. *Pain*. 2016 Jun;157(6):1266-78.

Balasubramaniam R, Klasser GD. Orofacial pain syndromes: evaluation and management. *Med Clin North Am*. 2014 Nov;98(6):1385-405.

Durham J, Newton-John TR, Zakrzewska JM. Temporomandibular disorders. *BMJ*. 2015 Mar 12;350:h1154.

Forde G, Duarte RA, Rosen N. Managing Chronic Headache Disorders. *Med Clin North Am*. 2016 Jan;100(1):117-41.

Schiffman E et al International RDC/TMD Consortium Network, International association for Dental Research; Orofacial Pain Special Interest Group, International Association for the Study of Pain. Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) for Clinical and Research Applications: recommendations of the International RDC/TMD Consortium Network and Orofacial Pain Special Interest Group. *J Oral Facial Pain Headache*. 2014 Winter;28(1):6-27.

### **3.8 Visceral Pain**

#### **Textbooks:**

Giamberardino, M.A. *Visceral Pain: Clinical, Pathophysiological and Therapeutic Aspects*, OUP Oxford; 2009

Kapural, Leonardo (Ed.) *Chronic Abdominal Pain. An Evidence-Based, Comprehensive Guide to Clinical Management*, SPRINGER 2015

Pasricha, P.J., Willis, W.D., Gebhart, G.F. *Chronic Abdominal and Visceral Pain: Theory and Practice*. CRC Press 2006

#### **Journal articles:**

De Winter BY, Deiteren A, De Man JG. Novel nervous system mechanisms in visceral pain. *Neurogastroenterol Motil*. 2016 Mar;28(3):309-1

Hanno PM, Erickson D, Moldwin R, Faraday MM; American Urological Association. Diagnosis and treatment of interstitial cystitis/bladder pain syndrome: AUA guideline amendment. *J Urol*. 2015 May;193(5):1545-53.

Koop H, Koprdoва S, Schürmann C. Chronic Abdominal Wall Pain. *Dtsch Arztebl Int*. 2016 Jan 29;113(4):51-7.

Johnson AC, Greenwood-Van Meerveld B. The Pharmacology of Visceral Pain. *Adv Pharmacol*. 2016;75:273-30

Nader A, Candido KD. Pelvic pain. *Pain Pract*. 2001 Jun;1(2):187-96

### 3.9 Complex Regional Pain Syndrome

#### Journal articles

Borucki AN, Greco CD. An update on complex regional pain syndromes in children and adolescents. *Curr Opin Pediatr.* 2015 Aug;27(4):448-52.

Harden RN, Oaklander AL, Burton AW, Perez RS, Richardson K, Swan M, Barthel J, Costa B, Graciosa JR, Bruehl S; Reflex Sympathetic Dystrophy Syndrome Association. Complex regional pain syndrome: practical diagnostic and treatment guidelines, 4th edition. *Pain Med.* 2013 Feb;14(2):180-229.

Maihöfner C, Seifert F, Markovic K. Complex regional pain syndromes: new pathophysiological concepts and therapies. *Eur J Neurol.* 2010 May;17(5):649-60.

### 3.10 Pain in hereditary connective tissue disorders (HDCT)

#### Textbook

Hakim A, Keer R, Grahame R. 2010. *Hypermobility, Fibromyalgia, and Chronic Pain.* Elsevier, Churchill-Livingston, London

#### Journal articles

Castori M, Morlino S, Celletti C, Ghibellini G, Bruschini M, Grammatico P, et al. Re-writing the natural history of pain and related symptoms in the joint hypermobility syndrome/Ehlers-Danlos syndrome, hypermobility type. *Am J Med Genet A.* 2013;12(10):6.

Mulvey MR, Macfarlane GJ, Beasley M, Symmons DP, Lovell K, Keeley P, et al. Modest association of joint hypermobility with disabling and limiting musculoskeletal pain: results from a large-scale general population-based survey. *Arthritis Care Res.* 2013;65(8):1325-33.

Pacey V, Tofts L, Adams RD, Munns CF, Nicholson LL. Quality of life prediction in children with joint hypermobility syndrome. *J Paediatr Child Health.* 2015;26(10):12826

## Section Four: Special Patient Populations

#### Journal articles

Abdulla A, Adams N, Bone M, Elliott AM, Gaffin J, Jones D, Knaggs R, Martin D, Sampson L, Schofield P. Guidance on the management of pain in older people. *Age Ageing.* 2013; 42: Suppl 1 i1-57. doi:10.1093/ageing/afs200.

Keefe FJ, Porter L, Somers T, Shelby R, Wren AV. Psychosocial interventions for managing pain in older adults: outcomes and clinical implications. *British journal of anaesthesia.* 2013 Jul 1;111(1):89-94.

Pieper, M.J.C., van Dalen-Kok A.H., Francke, A.L., van der Steen, J.T., Scherder, E. J.A., Husebø, B.S., Achterberg, W.P. (2013) Interventions targeting pain or behaviour in dementia: A systematic review. *Ageing Research Reviews*, 12, 4: 1042–1055.

Hadjistavropoulos T, Herr K, Turk DC, Fine PG, Dworkin RH, Helme R, Jackson K, Parmelee PA, Rudy TE, Lynn Beattie B, Chibnall JT, Craig KD, Ferrell B, Ferrell B, Fillingim RB, Gagliese L, Gallagher R, Gibson SJ, Harrison EL, Katz B, Keefe FJ, Lieber SJ, Lussier D, Schmader KE, Tait RC, Weiner DK, Williams J. An interdisciplinary expert consensus

statement on assessment of pain in older persons. Clin J Pain. 2007 Jan;23(1 Suppl):S1-43.

Lints-Martindale AC, Hadjistavropoulos T, Lix LM, Thorpe L. A comparative investigation of observational pain assessment tools for older adults with dementia. Clin J Pain. 2012

## 4.2 Pain in infants, children and adolescents

### Textbook

McGrath. P.J. (editor) Oxford Textbook of Paediatric Pain Edited (2014)

### Journal articles

Landry BW, Fischer PR, Driscoll SW, Koch KM, Harbeck-Weber C, Mack KJ, Wilder RT, Bauer BA, Brandenburg JE. Managing Chronic Pain in Children and Adolescents: A Clinical Review. PM R. 2015 Nov;7(11 Suppl):S295-315.

Shah RD, Cappiello D, Suresh S. Interventional Procedures for Chronic Pain in Children and Adolescents: A Review of the Current Evidence. Pain Pract. 2016 Mar;16(3):359-69

Sieberg CB, Manganella J. Family Beliefs and Interventions in Pediatric Pain Management. Child Adolesc Psychiatr Clin N Am. 2015 Jul;24(3):631-45.

Zernikow B, Michel E, Craig F, Anderson BJ. Pediatric palliative care: use of opioids for the management of pain. Paediatr Drugs. 2009;11(2):129-51

Excellent video that is worth watching, not as much from an academic perspective as from an educational perspective - <https://youtu.be/KgBwVSYqfps>

## 4.3 Problematic substance use

### Textbooks

Portenoy, R.K., Lussier, D., Kirsh, K.L. and Passik, SD. Pain and Addiction, Chapter 17, pages 367- 395. In: Frances R. J, Miller, S.I., Mack, A.H (eds). Clinical Textbook of Addictive Disorders 3rd edition, 2011. The Guildford Press

Stannard, K., Coupe M, Pickering T. Opioids in Non- cancer Pain, Oxford Pain Management Library- Handbook, 2nd Edition

### Journal articles

Holmes, D. Prescription drug addiction: the treatment challenge, The Lancet 2012; 379:17-18

Kotalik J. Controlling pain and reducing misuse of opioids: ethical considerations. Can Fam Physician. 2012 Apr;58(4):381-5, e190-5

Jansson, L. M., Velez, M. Neonatal abstinence syndrome. Current Opinion in Pediatrics: April 2012 - Volume 24, Issue 2, 252–258

Wu LT, Woody GE, Yang C, Blazer DG. J How do prescription opioid users differ from users of heroin or other drugs in psychopathology: results from the National Epidemiologic Survey

on Alcohol and Related Conditions. *Addict Med.* 2011 Mar;5(1):28-35.

### **Links to existing curricula**

Core Standards for Pain Management Services (CSPMS) in the UK. Faculty of Pain Medicine of the Royal College of Anaesthetists, October 2015