

PAIN MANAGEMENT IN MENTAL HEALTH

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BACKGROUND

In mental health, pain management = difficult:

- psychiatric diseases → may alter pain perception
- drug interactions (DI): psychotropic and analgesic.

AIM & OBJECTIVES

- ① Find guidelines on the management of pain in psychiatry.
- ② Realize a current state of analgesic prescriptions in our psychiatric units.

MATERIALS & METHODS

National data base : HAS, ANSM

International Psychiatry Guidelines : OMS, NICE...

① Bibliographic search

② Observational audit of analgesic prescriptions

National Psychiatry / Pain Guidelines : FFP, Réseau PIC, ANP3SM, CNRD...

Articles, publications, thesis : Pubmed, ScienceDirect, Google Scholar, etc

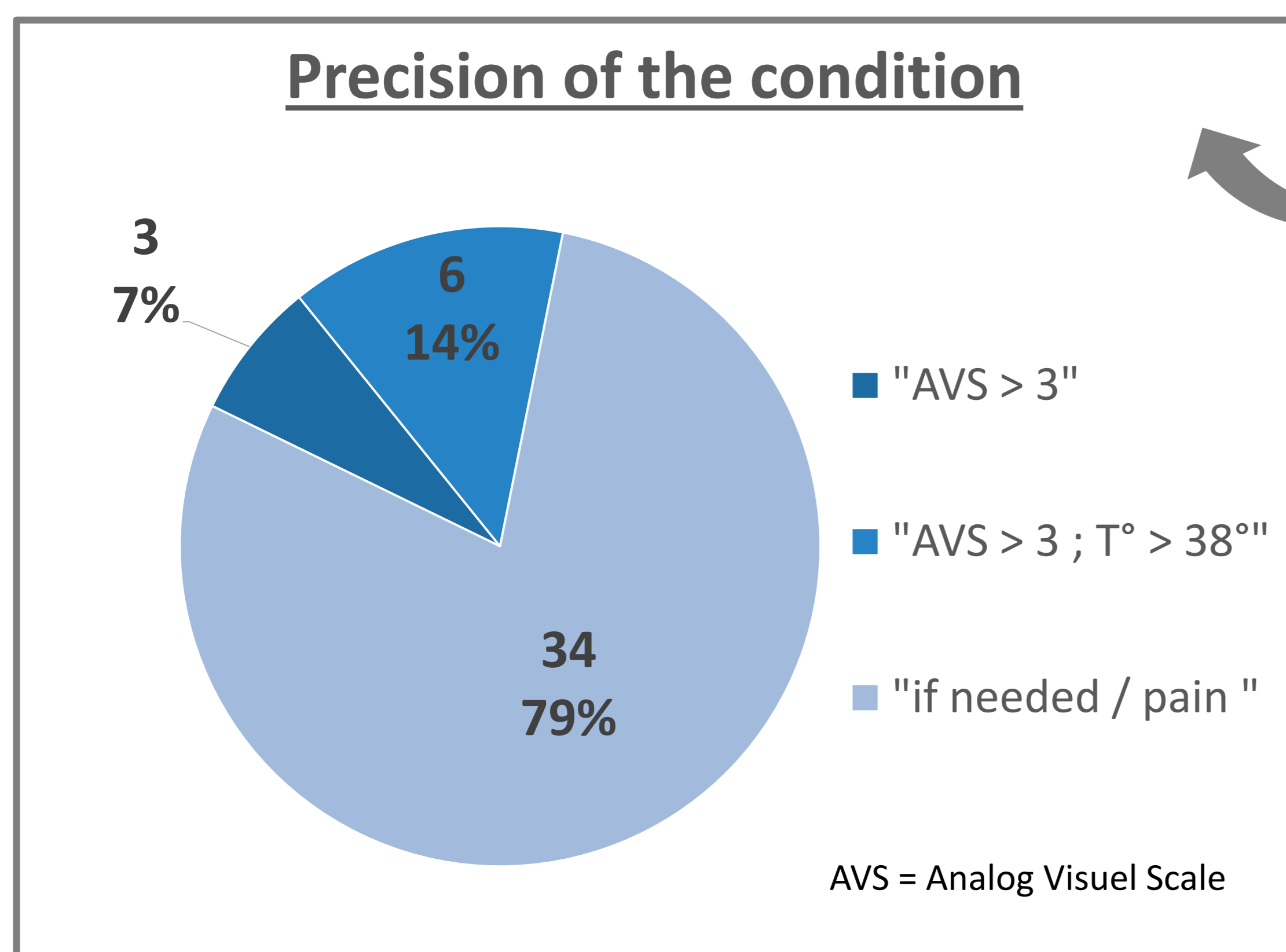
RESULTS

✓ Pain assessment scales in psychiatry **BUT** not specific to this population.

✗ **NO consensus** (national or international) on the therapeutic management of pain in mental health.

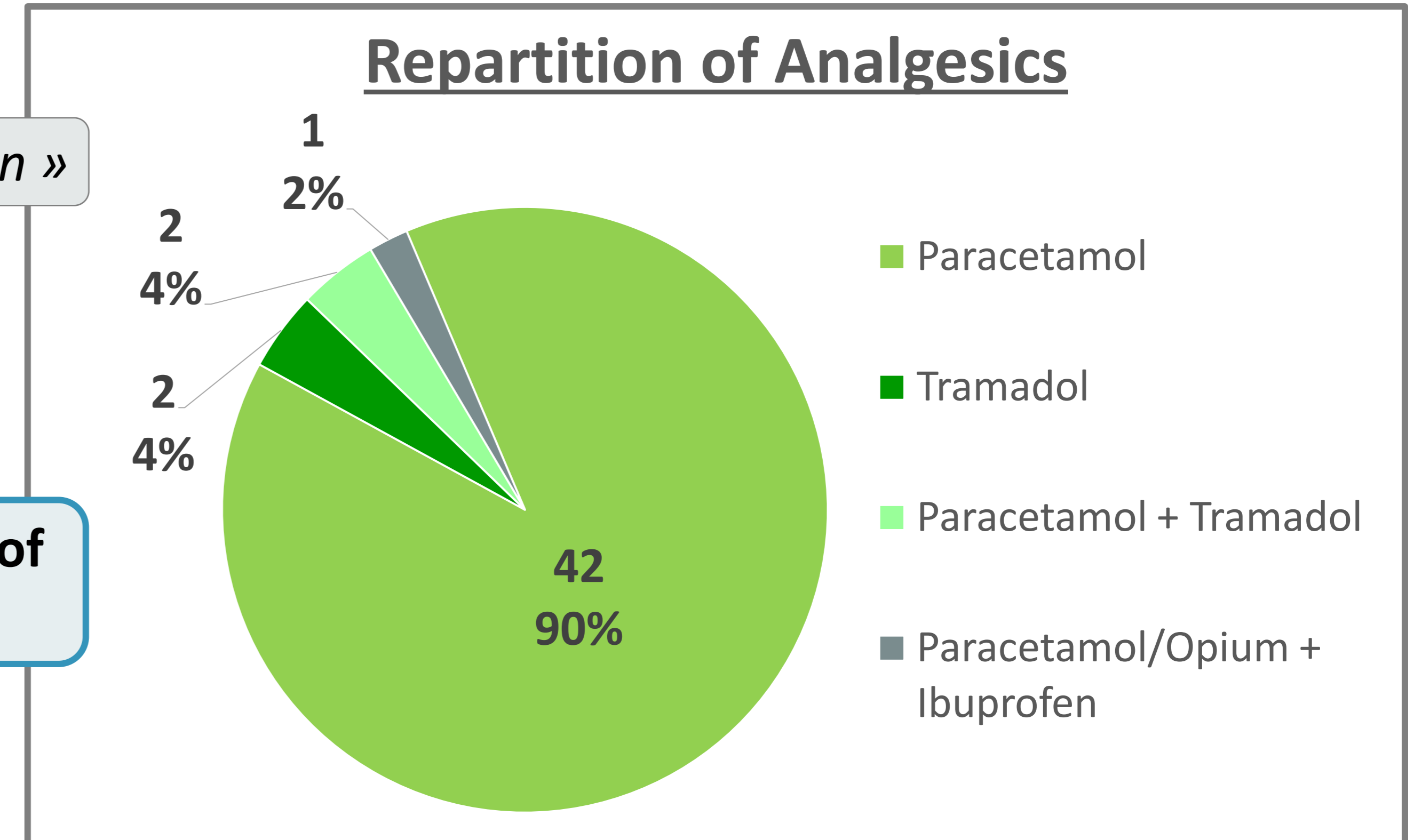
AUDIT : 88 patients → **47 with analgesic (53 %)** :

- Sex ratio men / women = 1.04
- 50 ± 17 years old



90% « if needed / pain »

Paracetamol in 96% of prescriptions



- ✓ - NO drug interaction with psychotropics.
- NO contraindications.



1 prescription tramadol / paroxetine = association not recommended.

CONCLUSION

① A cross-referenced table of DI between analgesics/psychotropics was realized and alternative treatment in case of DI was proposed

② This table, the scales that can be used in psychiatry to assess pain and the possibilities of treatment according to the mental disorder, were presented to psychiatrists during a session.

③ New audit afterwards to observe the evolution of practices after the implementation of the internal prescription guide.

Analgesics	Psychotropics																						
	Acic	Am	Ari	Bro	Car	Chl	Cita	Dul	Esc	Flu	Flu	Flu	Gal	Hal	Hyc	Imi	lpra	Lan	Lév	Lith	Lu		
Alfentanil																							
Amitriptyline																							
Aspirine																							
Buprénorphine																							
Capsaïcine																							
Carbamazépine																							
Clomipramine																							
Codéïne																							
Duloxétine																							
Fentanyl																							
Gabapentine																							
Hydromorphone																							
Ibuprofène																							
Imipramine																							

Legend: ■ contraindicated, ■ Not recommended



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