

PAIN MANAGEMENT IN THE CANINE PATIENT

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Part 2

EVALUATION OF PAIN

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EVALUATION OF PAIN

- **Oddities about Pain:**
 - Pain tolerance has a genetic component
 - Pain has a psychological component
 - Pain has an emotional component
 - Pain changes
 - Pain is not experienced the same within or between individuals!
 - Pain varies by circumstance
 - Pain varies with physiology & pharmacogenetics!

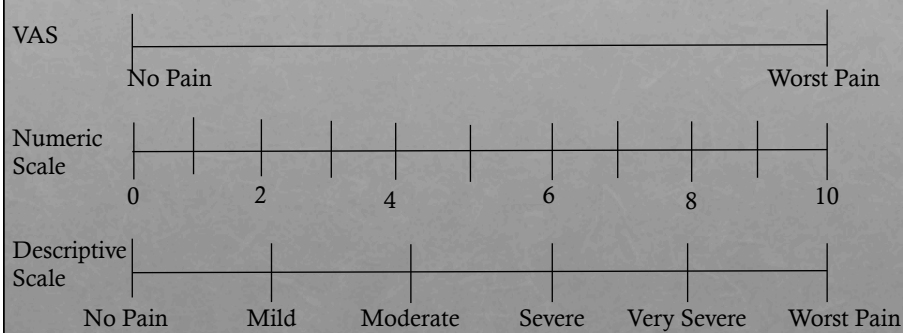
EVALUATION OF PAIN

- **How do we evaluate pain in a non-verbal patient?**
- **Who are WE to say what is painful and what is not?**
- **How can we be objective?**
- **What tests might be easily administered and clinically useful?**

EVALUATION OF PAIN

- **PAIN SCALES**

- Subjective Scoring: (Visual Analogue Scale, Numeric Scale, Numeric Scale...)



EVALUATION OF PAIN

- **Accuracy of these kinds of scales?**
 - BAD in non-self reporting patients (i.e. animals or humans unable to communicate)
 - Do Not Use!



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EVALUATION OF PAIN

- **Better Scales?**
 - *Acute pain:*
 - Glasgow Pain Scale
 - CSU canine & feline scales

EVALUATION OF PAIN

SHORT FORM OF THE GLASGOW COMPOSITE PAIN SCALE

Dog's name _____
 Hospital Number _____ Date / / Time _____
 Surgery Yes/No (write as appropriate) _____
 Procedure or Condition _____

In the sections below please circle the appropriate score in each list and sum these to give the total score.

A. Look at dog in Kennel
 Is the dog?

(i)	(ii)	
Quiet	Ignoring any wound or painful area	0
Crying or whelping	Looking at wound or painful area	1
Groaning	Licking wound or painful area	2
Screaming	Rubbing wound or painful area	3
	Chewing wound or painful area	4

In the case of spinal, pelvic or multiple limb fractures, or where assistance is required to aid locomotion do not carry out section B and proceed to C. Please tick if this is the case then proceed to C.

B. Put lead on dog and lead out of the kennel. **C. If it has a wound or painful area including abdomen, apply gentle pressure 2 inches round the site.**

When the dog rises/walks is it?		Does it?	
(i)		(ii)	
Normal	0	Do nothing	0
Lame	1	Look round	1
Slow or reluctant	2	Flinch	2
Stiff	3	Growl or guard area	3
It refuses to move	4	Snap	4
		Cry	5

D. Overall

Is the dog?		Is the dog?	
(i)		(ii)	
Happy and content or happy and bouncy	0	Comfortable	0
Quiet	1	Unsettled	1
Indifferent or non-responsive to surroundings	2	Restless	2
Nervous or anxious or fearful	3	Hunched or tense	3
Depressed or non-responsive to stimulation	4	Rigid	4

Total Score (i+ii+iii+iv+v+vi) = _____

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GCPS - Short Form:

- Max score = 24
- If needing assistance for locomotion, don't complete the mobility assessment (max score= 20)

EVALUATION OF PAIN

• CSU acute pain scales

Colorado State University Veterinary Medical Center Canine Acute Pain Scale

Date: _____ Time: _____

Present when awake: Anxious or restless, but can be soothed / Not rest-able for pain
 Anxious but still relaxed / Shows little signs, seems relaxed

Pain Scale	Example	Physiological & Behavioral	Response to Disturbance	Body Tension
0		<input type="checkbox"/> Uncharacteristic vocalization <input type="checkbox"/> Restless, restless <input type="checkbox"/> Not characterized by any specific sign <input type="checkbox"/> Intermittent or variable about normal range	<input type="checkbox"/> Withdraws to position of comfort <input type="checkbox"/> Withdraws to position of comfort if possible	Minimal
1		<input type="checkbox"/> Characteristic slightly uncomfortable or restless <input type="checkbox"/> Disturbed easily by our handling	<input type="checkbox"/> Reacts to palpation of wound, wounds site or other body part in bearing around, flexing or withdrawing	None
2		<input type="checkbox"/> Little uncomfortable when resting <input type="checkbox"/> Low tolerance for any and every touch in wound site or other body part <input type="checkbox"/> Intermittent or variable about normal range <input type="checkbox"/> Intermittent or variable about normal range <input type="checkbox"/> Not eager to interact with people or surroundings <input type="checkbox"/> Not easily comforted by our usual handling	<input type="checkbox"/> Flinches, withdraws away, or jumps/leaves area	Mild to Moderate Requires analgesic plan
3		<input type="checkbox"/> Uncomfortable, or crying, growling, barking or whining when touched or handled <input type="checkbox"/> Unable to get up or down or change site to which touch is directed or moving away from touch <input type="checkbox"/> May be unwilling to move all or part of body	<input type="checkbox"/> May be unable to walk or may be unable to walk only if touched or handled <input type="checkbox"/> May be unable to walk or may be unable to walk only if touched or handled	Moderate Requires analgesic plan
4		<input type="checkbox"/> Unusually persistent or increasing vocalization <input type="checkbox"/> May not be able to stand, but willing to walk <input type="checkbox"/> Intermittent, unresponsive to usual handling <input type="checkbox"/> Intermittent, unresponsive to usual handling	<input type="checkbox"/> May be unresponsive to palpation <input type="checkbox"/> May be unresponsive to palpation <input type="checkbox"/> May be unresponsive to palpation	Severe Requires analgesic plan

Comments: _____

Your Clinic Name Here Feline Acute Pain Scale

Date: _____ Time: _____

Present when awake: Anxious or restless, but can be soothed / Not rest-able for pain
 Anxious but still relaxed / Shows little signs, seems relaxed

Pain Scale	Example	Physiological & Behavioral	Response to Disturbance	Body Tension
0		<input type="checkbox"/> Uncharacteristic vocalization <input type="checkbox"/> Restless, restless <input type="checkbox"/> Not characterized by any specific sign <input type="checkbox"/> Intermittent or variable about normal range	<input type="checkbox"/> Withdraws to position of comfort <input type="checkbox"/> Withdraws to position of comfort if possible	Minimal
1		<input type="checkbox"/> Characteristic slightly uncomfortable or restless <input type="checkbox"/> Disturbed easily by our handling	<input type="checkbox"/> Reacts to palpation of wound, wounds site or other body part in bearing around, flexing or withdrawing	None
2		<input type="checkbox"/> Little uncomfortable when resting <input type="checkbox"/> Low tolerance for any and every touch in wound site or other body part <input type="checkbox"/> Intermittent or variable about normal range <input type="checkbox"/> Intermittent or variable about normal range <input type="checkbox"/> Not eager to interact with people or surroundings <input type="checkbox"/> Not easily comforted by our usual handling	<input type="checkbox"/> Flinches, withdraws away, or jumps/leaves area	Mild to Moderate Requires analgesic plan
3		<input type="checkbox"/> Uncomfortable, or crying, growling, barking or whining when touched or handled <input type="checkbox"/> Unable to get up or down or change site to which touch is directed or moving away from touch <input type="checkbox"/> May be unwilling to move all or part of body	<input type="checkbox"/> May be unable to walk or may be unable to walk only if touched or handled <input type="checkbox"/> May be unable to walk or may be unable to walk only if touched or handled	Moderate Requires analgesic plan
4		<input type="checkbox"/> Unusually persistent or increasing vocalization <input type="checkbox"/> May not be able to stand, but willing to walk <input type="checkbox"/> Intermittent, unresponsive to usual handling <input type="checkbox"/> Intermittent, unresponsive to usual handling	<input type="checkbox"/> May be unresponsive to palpation <input type="checkbox"/> May be unresponsive to palpation <input type="checkbox"/> May be unresponsive to palpation	Severe Requires analgesic plan

Comments: _____

EVALUATION OF PAIN

- **Better Scales?**
 - **Chronic pain:**
 - Helsinki Chronic Pain Index
 - Canine Brief Pain Index
 - Cincinnati Orthopedic Disability Index

EVALUATION OF PAIN

• Helsinki Chronic Pain Index

Validated

- Rate your dog's mood
- Rate your dog's willingness to participate in play or interact
- Rate your dog's frequency in vocalization or discomfort behaviour
- Rate your dog's eagerness to walk
- Rate your dog's ability and/or willingness to walk up and/or down stairs
- Rate your dog's ability and/or willingness to run
- Rate your dog's ability and/or willingness to jump
- Rate your dog's ease in lying down
- Rate your dog's rising from a down position
- Rate your dog's ease of movement after a long rest
- Rate your dog's ease of movement during and/or after exercise / walks

EVALUATION OF PAIN

• Canine Brief Pain Inventory

Validated

- Ratings from 0 – 10 on the following:
- Rate the pain at it's worst in the last 7 days
 - Rate the pain at it's least in the last 7 days
 - Rate the average pain in the last 7 days
 - Rate the pain right now
 - Rate your dog's general activity in the last 7 days
 - Rate your dog's enjoyment in life in the last 7 days
 - Rate your dog's ability to rise to standing from lying down in the last 7 days
 - Rate your dog's ability to walk during the past 7 days
 - Rate your dog's ability to run during the past 7 days
 - Rate your dog's ability to climb up (i.e. stairs or curbs) in the last 7 days
 - Over all rating of your dog's quality of life over the last 7 days.

EVALUATION OF PAIN

- **Cincinnati Orthopedic Disability Index**

Validated

- More patient specific:
 1. “Tell us what activities seem to be difficult for your dog?” Open ended answer...
 2. Tell us which of these activities are most troublesome... (Fill in the blanks) Changes or problems related to arthritis in your dog. List up to 5. Rate as No problem; A little; Quite a bit; Severe; or Impossible.
 3. Standard Ortho Questions re Function: (Rank as above)
 - Walking; Running; Jumping; Getting up; Lying down; Climbing stairs; Descending stairs.

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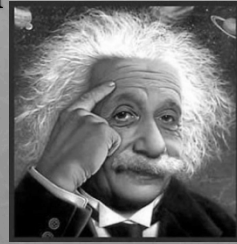
- **Quality of Life Scale (5H-2M)**

- Hurt
- Hunger
- Hydration
- Hygiene
- Happiness
- Mobility
- More good days than bad
- (Rate 1 – 10 in each category)
- Not validated

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EVALUATION OF PAIN

- **How to get started...**
 - Know normal (and what are you expecting)
 - For breed, age, environment, setting, etc
 - Be consistent
 - Pick a scale, become familiar, practice using it
 - Train owners in what to look for as well
 - Re-assess often



EVALUATION OF PAIN

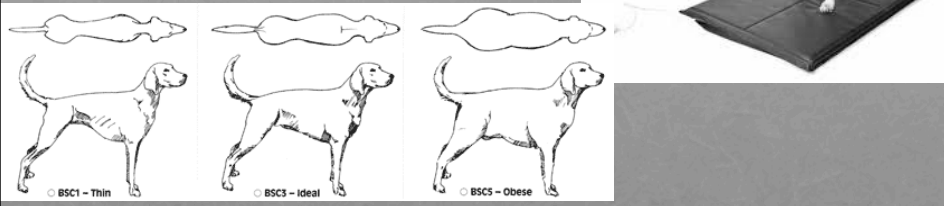
- **Other thoughts from the CLINICAL FIELDS**
 - Can you grade pain on palpation?
 - Can you grade pain on ROM or stretching?
 - Documentation of endfeels
 - Noting muscle tone and texture



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EVALUATION OF PAIN

- **Other thoughts from the CLINICAL FIELDS**
 - Lameness scales
 - Gait or stance evaluation tools
 - Endurance (for walks, etc)
 - Limb circumference
 - Body condition scoring



EVALUATION OF PAIN

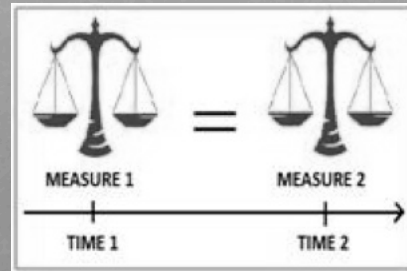
- **Other thoughts from the CLINICAL FIELDS**
 - Timed tests (walking a certain distance)
 - Timed Up and Go test (canine specific)



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EVALUATION OF PAIN

- **Evaluate before treatment intervention**
- &
- **Be sure to Re-Evaluation after your intervention to determine effect.**



Copies of the previously mentioned Scales are in the handouts

EVALUATION OF PAIN

- **NEXT...**
- **Basic Pharmacology**



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