**Practice exam 1:**

1. Sandra Alec, aged 27 years, had a cholecystectomy yesterday and today you are reviewing her with the acute pain service. She is currently on a fentanyl PCA with 20 mcg dosing and 5-minute lockout. She has used 400 mcg of fentanyl within the last 24 hours. Requests 27 and doses 20. She is not on any other analgesic agents.

Her surgical team would like to send her home in a few days.

a) Describe your acute management for Sandra

b) Describe the pharmacological considerations that would change if Sandra was:

- Paediatric (under 8 yo)

- Elderly (over 80 yo)

2. Jack Lions, aged 62 years, has been booked for a Whipples procedure next month due to head of pancreas cancer. He has been referred to the pain service to assist him with his pain management until the procedure. Currently he takes Targin 5/2.5 mg BD and does not find it very helpful.

a) Describe the sensory afferent innervation of the pancreas

b) Describe the pathophysiological mechanisms that may produce Jack’s pain

c) Describe interventional therapeutic options that may be available for Jack

3. Sally Myers, aged 82 years, is referred to your chronic pain service following a large haemorrhagic stroke. She has persistent speech difficulties and finds it difficult to communicate. She has left sided complete paraparesis. Her partner, George, is very worried that Sally seems in constant pain.

a) Describe the difficulties and options in the assessment of pain in a non-verbal patient

b) Describe the evidence for post-stroke pain therapeutics

4. ICD-11 was recently released however its uptake remains limited and GP education is rare. You are asked to present to a group of GPs on how the ICD-11 new pain classifications can be applied to the diagnoses of back pain.

a) Describe how the ICD-11 classifies low back pain

b) Explain why these changes have been required and their reasoning

5. Barry Bolt, aged 47 years, was hit by above from a falling boulder while walking along a mine shaft past a mine hole opening. He has an ASIA Grade D T4 spinal cord injury. He has severe constant pain in a band around his chest and in his lower legs. His wife is very worried that he has been angry at home and he is currently fighting with his employer for unpaid work. Barry previously has been treated for bipolar disorder however has remained stable on Lithium long term.

a) Describe Barry’s presentation using the flag system for persistent pain

b) Describe the sensitisation processes that are contributing to:

- Barry’s chest pain

- Barry’s bilateral lower limb pain

6. You receive a phone call from a very concerned GP regarding a regular patient of yours – Esther Dot, aged 62 years. The GP has just heard from another patient that Esther has been selling her fentanyl patches to friends. The GP is worried that they have just prescribed Esther more patches yesterday.

a) Describe the biomedical ethical considerations in the prescription of opioids when they get diverted (four pillars)

b) Detail your immediate suggestions to the GP to manage the situation

c) You take the opportunity to educate the GP. Compare and contrast questionnaires for risk when prescribing opioids

7. Barbara Wright, aged 42 years, has been referred by her GP with widespread pain in multiple locations over her body. She has recently been diagnosed by a rheumatologist and they suggested she should see a pain service.

a) Describe how you would educate Barbara regarding the diagnosis

b) Describe the evidence for non-pharmacological and pharmacological therapy in fibromyalgia

c) Detail the current theories on the pathophysiology of fibromyalgia

8. Tom Jones, aged 27 years, is referred to your PPMS with severe and persistent abdominal pain. He has experienced this pain for the last 5 years and it has been associated with diarrhoea. He explains he has tried may herbal remedies and was focusing on naturopathic health however therapeutics he has tried have not helped. He is now willing to try conventional medical options.

a) Describe the pathophysiology of IBS and the diagnostic criteria

b) Explain in detail the microbiota-gut-brain axis

9. Jack Oldfield, aged 37 years, has been referred by his GP with intermittent severe stabbing pains behind his right eye and an associated headache

a) Describe history questions which will assist you to differentiate between the different headache differential diagnoses

b) Describe the basic management steps for each

c) If Jack’s pain was within his R cheek, you may consider a sphenopalatine block. Explain how this is theorised to assist with pain relief.

10. You are asked to write a protocol and advisory sheet for how your chronic pain service can better provide care to your local indigenous health population. Detail factors which a pain service can incorporate and better support indigenous patients with chronic pain with a consideration to their specific cultural factors.