

EDPM Recommended reading list Version 1.4 15/02/2019

Please note, the suggestions below provide a good range of reading materials to prepare for the Examination for the European Diploma in Pain Medicine. Not every area is covered exhaustively, and some headings are not yet covered. The reading list is dynamic and will be updated periodically when comprehensive review papers are identified as suitable.

Recommended Review Papers: many of these papers are open access, for others you need personal or institutional access.

Section One: Foundations of Pain Medicine

1.1 Background

1.2 Fundamental Concepts

1.3 Terminology used in Pain Medicine

IASP Terminology

<https://www.iasp-pain.org/Education/Content.aspx?ItemNumber=1698>

1.4 Neurobiology of Pain

Neuroimaging of Pain: Human Evidence and Clinical Relevance of Central Nervous System Processes and Modulation. Anesthesiology. 2018 Jun;128(6):1241-1254

Martucci KT, Mackey SC.

<http://anesthesiology.pubs.asahq.org/article.aspx?articleid=2674194>

Registered candidates for EDPM and EDPP will be provided an English version of the two following review papers:

Le Bars D, Mouraux A, Plaghki L. Physiologie de la douleur : aspects psychophysiologiques et mécanismes périphériques. EMC - Anesthésie-Réanimation 2017;0(0):1-21 [Article 36-020-A-10].

Mouraux A, Plaghki L, Le Bars D. Physiologie de la douleur : mécanismes centraux et contrôles. EMC - Anesthésie-Réanimation 2017;0(0):1-22 [Article 36-020-A-20].

1.5 Research Methodology of Pain

Practical statistics in pain research Korean J Pain 2017 October; Vol. 30, No. 4: 243-249

<http://pdf.medrang.co.kr/paper/pdf/Jkp/Jkp030-04-02.pdf>

Statistical methods and common problems in medical or biomedical science research Int J Physiol Pathophysiol Pharmacol 2017;9(5):157-163

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5698693/pdf/ijppp0009-0157.pdf>

1.6 Bio-psychosocial Aspects of Pain

Pain and emotion: a biopsychosocial review of recent research. J Clin Psychol. 2011 Sep;67(9):942-68. Lumley MA, Cohen JL, Borszcz GS, Cano A, Radcliffe AM, Porter LS, Schubiner H, Keefe FJ. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3152687/>

Evaluating psychosocial contributions to chronic pain outcomes. Prog Neuropsychopharmacol Biol Psychiatry. 2018 Dec 20;87(Pt B):168-182. Meints S.M., Edwards R.R.

<https://www.sciencedirect.com/science/article/pii/S0278584617309855?via%3Dihub>

1.7 Assessment of Pain

Mathioudakis A, Rousalova I, Gagnat AA, et al. How to keep good clinical records. Breathe 2016; 12: 371–375.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5297955/pdf/EDU-0180-2016.pdf>

Assessment of Chronic Pain: Domains, Methods, and Mechanisms

Roger B.Fillingim, John D.Loeser, RalfBaron, Robert R.Edwards

<https://www.sciencedirect.com/science/article/pii/S1526590015008652?via%3Dihub>

Eliciting the Patient's Agenda- Secondary Analysis of Recorded Clinical Encounters

Naykky Singh Ospina, Kari A. Phillips, Rene Rodriguez-Gutierrez, Ana Castaneda-

Guarderas,Michael R. Gionfriddo, Pharm D, Megan E. Branda, and Victor M. Montori

https://www.ncbi.nlm.nih.gov/pubmed?term=eliciting%20the%20patient%20s%20agenda%20secondary%20analysis%20of%20recorded%20clinical%20encounters&cmd=correct_spelling

Outcome Measures, Faculty of Pain Medicine (FPM) of the Royal College of Anaesthetists and the British Pain Society (BPS) 2019

<https://www.rcoa.ac.uk/system/files/FPM-outcome-measures-2019.pdf>

1.8 Management of Pain

Living well with chronic pain: the role of pain-management programmes. BJA Education. 2018 Jan;18.3-7 Gauntlett-Gilbert J, Brook P.

<https://www.sciencedirect.com/science/article/pii/S2058534917301816?via%3Dihub>

MECHANISMS OF ENDOCRINOLOGY: Endocrinology of opioids. Eur J Endocrinol. 2018 Oct 1;179(4):R183-R196. Fountas A, Chai ST, Kourkouti C, Karavitaki N.
<https://ej.e.bioscientifica.com/view/journals/eje/179/4/EJE-18-0270.xml>

European Pain Federation position paper on appropriate opioid use in chronic pain management. Eur J Pain. 2017 Jan;21(1):3-19
O'Brien T, Christrup LL, Drewes AM, Fallon MT, Kress HG, McQuay HJ, Mikus G, Morlion BJ, Perez-Cajaraville J, Pogatzki-Zahn E, Varrassi G, Wells JC
<https://onlinelibrary.wiley.com/doi/full/10.1002/ejp.970>

European Pain Federation (EFIC) position paper on appropriate use of cannabis-based medicines and medical cannabis for chronic pain management. Eur J Pain. 2018 Oct;22(9):1547-1564. Häuser W, Finn DP, Kalso E, Krcevski-Skvarc N, Kress HG, Morlion B, Perrot S, Schäfer M, Wells C, Brill S.
<https://onlinelibrary.wiley.com/doi/full/10.1002/ejp.1297>

Mindfulness-based interventions for chronic pain: Evidence and applications. Asian J Psychiatr. 2018 Feb;32:79-83. Majeed MH, Ali AA, Sudak DM.
<https://www.sciencedirect.com/science/article/pii/S1876201817304276?via%3Dihub>

Ketamine for pain management. Pain Rep. 2018 Aug 9;3(5):e674. Bell RF, Kalso EA
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6181464/>

Using TENS for pain control: the state of the evidence. Pain Management (2014) 4(3), 197–209 Carol GT Vance, 1, Dana L Dailey¹, Barbara A Rake² & Kathleen A Sluka¹*
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4186747/pdf/nihms620660.pdf>

Spinal Cord Stimulation: Clinical Efficacy and Potential Mechanisms. Pain Pract. 2018 Nov;18(8):1048-1067. Sdrulla AD, Guan Y, Raja SN
<https://onlinelibrary.wiley.com/doi/full/10.1111/papr.12692>

Section Two: Pain Medicine Roles in Practice

2.1 Clinician

2.2 Professional

2.3 Scholar

2.4 Communicator

2.5 Collaborator

2.6 Manager (and Leader)

2.7 Health Advocate

Section Three: Managing different Types of Pain

3.1 Acute Pain

ACUTE PAIN MANAGEMENT: SCIENTIFIC EVIDENCE. Fourth Edition 2015. Schug SA, Palmer GM, Scott DA, Halliwell R, Trinca J. ANZCA APM:SE Working Group of the Australian and New Zealand College of Anaesthetists and Faculty of Pain Medicine (2015) <https://fpm.anzca.edu.au/documents/fpm-apmse4-final-20160426-v1-0.pdf>

3.2 Neuropathic and related Pain

Nat Rev Dis Primers. 2017 Feb 16;3:17002. Luana Colloca,1 Taylor Ludman,1 Didier Bouhassira,2 Ralf Baron,3 Anthony H. Dickenson,4 David Yarnitsky,5 Roy Freeman,6 Andrea Truini,7 Nadine Attal,8 Nanna B. Finnerup,9 Christopher Eccleston,10,11 Eija Kalso,12 David L. Bennett,13 Robert H. Dworkin,14 and Srinivasa N. Raja <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5371025/>

Carpal tunnel syndrome BMJ. 2014 Nov 6;349:g6437. Middleton SD, Anakwe RE. <https://www.bmj.com/content/349/bmj.g6437.long>

3.3 Pain related to cancer

Management of cancer pain in adult patients: ESMO Clinical Practice Guidelines Ann Oncol. 2018 Oct 1;29(Supplement_4):iv166-iv191. Fallon M, Giusti R, Aielli F, Hoskin P, Rolke R, Sharma M, Ripamonti CI; ESMO Guidelines Committee https://academic.oup.com/annonc/article/29/Supplement_4/iv166/5046945

Standards for the management of cancer-related pain across Europe-A position paper from the EFIC Task Force on Cancer Pain.

Bennett MI, Eisenberg E, Ahmedzai SH, Bhaskar A, O'Brien T, Mercadante S, Krčevski Škvarč N, Vissers K, Wirz S, Wells C, Morlion B. <https://www.ncbi.nlm.nih.gov/pubmed/30480345>

Drewes AM et al. Pain in pancreatic ductal adenocarcinoma: A multidisciplinary, International guideline for optimized management. Pancreatology. 2018 Jun;18(4):446-457. doi: 10.1016/j.pan.2018.04.008. Epub 2018 Apr 22. <https://www.ncbi.nlm.nih.gov/pubmed/29706482>

3.4 Musculoskeletal Pain

Osteoarthritis. Nat Rev Dis Primers. 2016 Oct 13;2:16072. Martel-Pelletier J, Barr AJ, Cicuttini FM, Conaghan PG, Cooper C, Goldring MB, Goldring SR, Jones G, Teichtahl AJ, Pelletier JP <https://www.nature.com/articles/nrdp201672>

3.5 Neck and Back Pain

Chronic low back pain: pharmacological, interventional and surgical strategies

Nat Rev Neurol. 2013 Aug;9(8):462-73. Morlion B

<https://www.nature.com/articles/nrneurol.2013.130>

Low back pain and sciatica: summary of NICE guidance. BMJ. 2017 Jan 6;356:i6748

Bernstein IA, Malik Q, Carville S, Ward S

<https://www.bmj.com/content/356/bmj.i6748.long>

Evaluation and Treatment of Low Back Pain: A Clinically Focused Review for Primary Care Specialists. Mayo Clin Proc. 2015 Dec;90(12):1699-718. Hooten WM, Cohen SP

<https://www.sciencedirect.com/science/article/abs/pii/S0025619615008046?via%3Dihub>

Safe Use of Epidural Corticosteroid Injections: Recommendations of the WIP Benelux WorkGroup. Pain Pract. 2018 May 14

Van Boxem K, Rijdsdijk M, Hans G, de Jong J, Kallewaard JW, Vissers K, van Kleef M,

Rathmell JP, Van Zundert J <https://onlinelibrary.wiley.com/doi/full/10.1111/papr.12709>

3.6 Fibromyalgia Syndrome and Chronic Widespread Pain

Fibromyalgia. Nat Rev Dis Primers. 2015 Aug 13;1:15022

Häuser W, Ablin J, Fitzcharles MA, Littlejohn G, Luciano JV, Usui C, Walitt B

<https://www.nature.com/articles/nrdp201522>

Diagnostic confounders of chronic widespread pain: not always fibromyalgia. Pain Rep. 2017 Apr 30;2(3):e598 Häuser W, Perrot S, Sommer C, Shir Y, Fitzcharles MA.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5741304/>

3.7 Headache and Orofacial Pain

Headache. Am J Med. 2018 Jan;131(1):17-24. Rizzoli P, Mullally WJ.

<https://www.sciencedirect.com/science/article/pii/S0002934317309324?via%3Dihub>

The pathophysiology of migraine: implications for clinical management

Lancet Neurol. 2018 Feb;17(2):174-182. Charles A

<https://www.sciencedirect.com/science/article/pii/S1474442217304350?via%3Dihub>

Is burning mouth syndrome a neuropathic pain condition? Pain. 2018 Mar;159(3):610-613

Jääskeläinen SK <https://insights.ovid.com/pubmed?pmid=29257770>

Burning Mouth Syndrome: Aetiopathogenesis and Principles of Management.

Feller et al. Pain Research and Management Volume 2017, Article ID 1926269, 6 pages

<https://www.ncbi.nlm.nih.gov/pubmed/29180911>

Diagnosis, pathophysiology, and management of cluster headache. *Lancet Neurol.* 2018 Jan;17(1):75-83 Hoffmann J, May A.

<https://www.sciencedirect.com/science/article/pii/S1474442217304052?via%3Dihub>

Zakrzewska JM. Differential diagnosis of facial pain and guidelines for management. *Br J Anaesth.* 2013;111(1):95-104. <https://www.ncbi.nlm.nih.gov/pubmed/23794651>

Durham J, Newton-John TR, Zakrzewska JM. Temporomandibular disorders. *BMJ.* 2015;350:h1154. <https://www.ncbi.nlm.nih.gov/pubmed/25767130>

Preventing and treating medication overuse headache *Pain Rep.* 2017 Jul; 2(4): e612. Alstadhaug KB1,2, Ofte HK1, Kristoffersen ES3,4.

<https://www.ncbi.nlm.nih.gov/pubmed/29392227>

Excellent collection of reviews on facial pain/
Special edition on facial pain *Cephalalgia* 2017, Vol. 37(7) 603
DOI: 10.1177/0333102417704605

Neuropathic orofacial pain: Facts and fiction Lene Baad-Hansen et al.

<https://www.ncbi.nlm.nih.gov/pubmed/28403646>

3.8 Visceral Pain

Visceral Pain. *Annu Rev Physiol.* 2018 Oct 31. doi: 10.1146/annurev-physiol-020518-114525. [Epub ahead of print] Grundy L, Erickson A, Brierley SM

<https://www.annualreviews.org/doi/abs/10.1146/annurev-physiol-020518-114525>

Primary care management of chronic pelvic pain in women. *Cleve Clin J Med.* 2018 Mar;85(3):215-223. Bonnema R, McNamara M, Harsh J, Hopkins E.

<https://www.mdedge.com/ccjm/article/159521/womens-health/primary-care-management-chronic-pelvic-pain-women>

Chronic Pelvic Pain in Women. *Am Fam Physician.* 2016 Mar 1;93(5):380-7

Speer LM, Mushkbar S, Erbele T. <https://www.aafp.org/afp/2016/0301/p380.html>

Recent advances in managing chronic prostatitis/chronic pelvic pain syndrome

F1000Res. 2017 Sep 25;6. pii: F1000 Faculty Rev-1747. Sandhu J, Tu HYV

<https://f1000research.com/articles/6-1747/v1>

Towards a neurobiological understanding of pain in chronic pancreatitis: mechanisms and implications for treatment. *Pain Rep.* 2017 Oct 25;2(6):e625

Olesen SS, Krauss T, Demir IE, Wilder-Smith OH, Ceyhan GO, Pasricha PJ, Drewes AM

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5741325/>

Guidelines for the understanding and management of pain in chronic pancreatitis.

Pancreatology. 2017 Sep - Oct;17(5):720-731. Drewes AM, Bouwense SAW, Campbell CM, Ceyhan GO, Delhaye M, Demir IE, Garg PK, van Goor H, Halloran C, Isaji S, Neoptolemos JP, Olesen SS, Palermo T, Pasricha PJ, Sheel A, Shimosegawa T, Szigethy E, Whitcomb DC, Yadav D; Working group for the International (IAP – APA – JPS – EPC) Consensus Guidelines for Chronic Pancreatitis.

<https://www.sciencedirect.com/science/article/pii/S142439031730515X?via%3Dihub>

Törnblom H, Drossman DA. Psychotropics, Antidepressants, and Visceral Analgesics in Functional Gastrointestinal Disorders. *Gastroenterol Rep*. 2018 Nov 5;20(12):58
doi: 10.1007/s11894-018-0664-3.

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Törnblom+H%2C+Drossman+DA.+Psychotropics%2C+Antidepressants%2C+and+Visceral+Analgesics+in+Functional+Gastrointestinal+Disorders>.

3.9 Complex Regional Pain Syndromes, Type I and II

Complex regional pain syndrome-up-to-date. *Pain Rep*. 2017 Oct 5;2(6):e624

Birklein F, Dimova V <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5741324/>

Standards for the diagnosis and management of Complex Regional Pain Syndrome: results of a European Pain Federation task force. Goebel A. et al. *European Journal of Pain*. 2019

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Standards+for+the+diagnosis+and+management+of+Complex+Regional+Pain+Syndrome%3A+results+of+a+European+Pain+Federation+task+force.+A.+Goebel>

3.10 Pain in Hereditary Connective Tissue Disorders

Pain management in the Ehlers-Danlos syndromes. *Am J Med Genet C Semin Med Genet*. 2017 Mar;175(1):212-219. Chopra P, Tinkle B, Hamonet C, Brock I, Gompel A, Bulbena A, Francomano C. <https://onlinelibrary.wiley.com/doi/full/10.1002/ajmq.c.31554>

Section Four: Special Patient Populations

Chronic pain during pregnancy: a review of the literature. *Int J Womens Health*. 2018 Apr 9;10:153-164. Ray-Griffith SL, Wendel MP, Stowe ZN, Magann EF

<https://www.dovepress.com/chronic-pain-during-pregnancy-a-review-of-the-literature-peer-reviewed-article-IJWH>

4.1 Pain in Older Adults

Pain management in older adults *Medicine*, Volume 41, Issue 1, 2013, pp. 34-38

Patricia Schofield https://ac.els-cdn.com/S1357303916302262/1-s2.0-S1357303916302262-main.pdf?_tid=694b21cc-5ccc-4806-8377-f11e2911bcbc&acdnat=1551106444_2908d594e2da97244f43e3d501b16483

4.2 Pain in Infants, Children and Adolescents

Update in the Treatment of Chronic Pain within Pediatric Patients Curr Probl Pediatr Adolesc Health Care. 2017 Jul;47(7):167-172. Rabin J, Brown M, Alexander S
<https://www.sciencedirect.com/science/article/pii/S1538544217301220?via%3Dihub>

4.3 Pain and Problem Substance Use

Risk Factors for Opioid-Use Disorder and Overdose Lynn R. Webster, MD
Anesth Analg 2017;125:1741–8 <https://www.ncbi.nlm.nih.gov/pubmed/29049118>

