

Jordan Initiative for Pain Management

Pain management in the world generally and in the developing countries precisely is still below the required standard. The statistics of the WHO and World Council for Drug Control indicate that the percentage of pain relief drugs usage in the developing countries is less than the developed countries. There are 50% of cancer patients suffering from constant pain and more than 60% of these patients are in the third world. Whereas, no Arab country is within the first fifty countries in the global level for pain management.

According to what has been mentioned and in the light of the statistics on pain relief drug usage, Jordan Pain Society invited a number of health sectors representatives and who are related to the opioids to participate in a seminar concerning pain management in Jordan on 3/11/2010 at the Intercontinental Hotel Amman.

Three main axes were discussed during the seminar:

1. The status qua of pain management in Jordan.
2. The obstacles that prevent the usage of opioids in pain relief and providing a wider variety.
3. Suggested solutions to increase pain management percentage in Jordan and providing different qualities and quantities of opioids and analgesics.

Status qua:

According to the current situations of pain management in Jordan, the indices are still below the global standards. Whereas:

- ❖ The average per capita consumption of morphine is 2mg per year, relatively little to the global average, which amounts to 5.5mg per capita per year.
- ❖ Jordan's annual share of morphine that is used for pain relief amounts to 35kg per year but only 10kg per year are actually consumed.
- ❖ The percentage of patients who receive palliative treatments for pain does not exceed 5% of patients who suffer from chronic diseases and need palliative medicine.

Barriers and obstacles:

Pain management has become urgent medical and human necessity because of its important role in the patients psychological and health condition. People are usually skeptic of pain relief drugs because of their adverse effects. They might cause hypoventilation, death or addiction. It has been scientifically proved that these drugs are innocent of these popular misconceptions.

This means when the pain causes are gone the patient can gradually stop taking drugs. The most important reasons that prevent the patient from receiving the appropriate treatment are:

- ❖ The patient's fear of addiction or getting use to the treatment.
- ❖ The patient's refusal to complain for fear of bad impression that he's a nag.
- ❖ Legal and social barriers. The negative look to patients who have chronic diseases such as cancer or patients who take morphine.
- ❖ The scarcity of morphine and opioids in drug stores.

There are also some barriers concerning the medical team which are the failure of the doctor and nurse in evaluating and controlling the patient's pain and the fear of legal and administrative repercussions.

Recommendations:

Based on what has been reviewed on obstacles and barriers, the gathering have agreed on the hereunder recommendations:

1. Support Jordan Pain Society to achieve its goals regarding the necessity of pain management and using opioids and analgesics.
2. Pursuing the ratification of medicine and pharmacy law amendment draft concerning Opioids and dealing with them.
3. Coordinating with Jordan Food and Drugs Administration to provide opioids and analgesics measuring up with the needs and annual statistics.
4. Abiding laws, Regulations and instructions of dealing with analgesics. Cooperating with JFDA to control the usage of sedative and analgesics to ensure no misuse and facilitate its use for scientific and remedial purposes compliance to the recommendations of the WHO and World Council for Drug Control.
5. Providing analgesics and Opioids and using them in all the kingdoms private and public hospitals.
6. Entering the pain management concept to teaching curriculums for medicine, nursing, pharmacy and psychiatry and social services in Jordan universities.
7. Coordinating with local medicinal manufactures to possibly provide needed amounts of Opioids and analgesics for local use and the medicinal sector in order to be able to provide different alternatives for Opioids and opium.
8. Conducting educational and cautionary courses for medical staffs regarding pain management and Opioids and analgesics usage.
9. Coordinating with the concerned authorities to create a team of doctors trained to manage pain.
10. Rely on the patient's rights document as a basis for pain management and a vested right for patients.

11. Coordinating and exchanging expertise with concerned organizations and institutions on local, regional and global levels.
12. Supporting and encouraging establishing specialized clinics in hospitals for pain management.
13. Preparing a national document for pain management.
14. Creating a data base for pain in Jordan and encouraging conducting scientific researches and studies in this field.