## NEI's Master Psychopharmacology Program
### Study Guide: Chronic Pain

<table>
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<th>Subtopic</th>
<th>Benchmarks (You Should Be Able To)</th>
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| **Symptom Presentation and Assessment**       | Define nociception, pain, acute pain, chronic pain, neuropathic pain, allodynia, and hyperalgesia  
Identify disorders characterized by peripheral chronic pain  
Identify and describe symptoms of disorders characterized by central chronic pain  
Identify psychiatric illnesses that include painful somatic symptoms  
Describe techniques for evaluating chronic pain conditions | Additional Resources**  
**Assessment and Management of Chronic Neuropathic Pain (CME video)** |
| **Neurobiology of Symptoms**                  | Differentiate between nerve fibers and the types of sensory stimuli to which they respond  
Explain the neurobiological process of normal nociceptive transduction  
Identify major neurotransmitters associated with pain processing  
Explain the role of voltage-sensitive channels in pain processing  
Identify underlying peripheral and central mechanisms leading to neuropathic pain  
Identify descending inhibitory and facilitatory pain pathways | Additional Resources**  
| **Mechanisms of Chronic Pain Agents**         | Identify and describe mechanisms of action for reduction of peripheral neuropathic pain  
Explain mechanisms for modulation of neurotransmitters in order to reduce central neuropathic pain  
Explain mechanisms for modulation of voltage-sensitive channels in order to reduce central neuropathic pain | Additional Resources**  
Stahl SM. Stahl's illustrated chronic pain and fibromyalgia. New York, NY: Cambridge University Press; 2009. (Chapter 5) |

*You may choose any 24 non-expired Learning Activities to complete the requirements of the Master Psychopharmacology Program. For the full list of Master Psychopharmacology Program requirements, please visit nei.global/mpp.*

**These resources do not count toward the requirements of the Master Psychopharmacology Program and are merely listed here as useful resources for additional study.

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| Clinical Characteristics of Chronic Pain Agents | Identify currently available agents with evidence of efficacy in reducing chronic neuropathic pain  
Differentiate the clinical profiles of agents with evidence of efficacy in chronic neuropathic pain disorders                                                                                                                                 | Additional Resources**  
Chronic pain medication prescribing information/package inserts.                                                                                                                   |
| Treatment Strategies                  | Identify appropriate monotherapies and adjunct treatments for chronic neuropathic pain  
Identify novel mechanisms and strategies being investigated for potential application to chronic pain treatment  
Rationalize preemptive treatment approaches for preventing chronic pain  
Identify methods to screen for and address opioid dependence                                                                                                                                 | Additional Resources**  
Assessment and Management of Chronic Neuropathic Pain (CME video)  
Clinical Update on Migraine Management (CME video)  
Marijuana: Therapeutic Option for Chronic Pain? And Treatment of Opioid Dependence (CME video)  
41-Year-Old Woman With Treatment-Resistant Depression Complicated by Chronic Pain and Gastric Bypass                                                                                           |
| Special Considerations                | Identify chronic pain agents for which treatment recommendations differ based on age  
Explain recommendations for chronic pain medication selection/maintenance in women who are pregnant or breastfeeding  
Identify chronic pain agents for which dosing recommendations are different for individuals with medical complications                                                                                                                                 | Additional Resources**  
Chronic pain medication prescribing information/package inserts.                                                                                                                   |

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