Practical Management of Pain, 5th ed.

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This is the fifth edition of a comprehensive textbook edited by five leading pain scientists and clinician-scientists (four anaesthetists and one psychologist, Dr. Dennis Turk). Contributors to the volume represent an impressive list of established authors from many professions and disciplines, including anaesthesiology, psychology, neurology, pharmacology, and physical medicine. *Practical Management of Pain* is written primarily as a comprehensive text (83 chapters, 1,104 pages) for physicians or physician-led teams specializing in pain medicine in the United States. As we know, new understandings of pain science, the nature of the pain experience, and best practices for assessment and management are continually growing, outstripping the previous fourth edition of this text, published (as *Raj's Practical Management of Pain*) in 2008. In this new edition, the editors have tried to include the most recent evidence as well as new chapters on disability assessment, central post-stroke pain, and widespread pain and an updated section on intervention techniques.

The book is divided into nine parts. Part 1, "General Considerations," consists of seven chapters reviewing the history and the current direction of pain care as well as US health care policy related to pain care. Part 2, "Basic Considerations," reviews the neuroscience of pain, including a chapter on pharmacogenetics, a field in which information is growing quickly, and an excellent chapter on the bio-psychosocial aspects of chronic pain. Part 3, "Evaluation and Assessment," is quite comprehensive, covering multiple dimensions of clinical assessment from general musculoskeletal and neurological scanning assessments to psychological, behavioural, and disability measures. It is interesting that it does not include a chapter on quantitative sensory testing, although there is a section on this topic in a later chapter on complex regional pain syndrome. Part 4, "Clinical Conditions," presents the current evidence for the pharmacological and interventional management of common pain conditions; each of its 18 chapters is devoted to a common acute or chronic condition ranging from postoperative pain, headache, and low back pain to cancer pain and specific neuropathic conditions. Some chapters acknowledge the importance of a bio-psychosocial approach, but the concept of a patient-centred approach is not mentioned.

Parts 5–7 focus on specific pain treatments or interventions. Part 5, "Pharmacologic, Psychological, and Physical Medicine Treatments," consists of 16 chapters, including useful chapters

for all professions. Particularly valuable is Turk's chapter on psychological interventions, which reviews current evidence and describes psychological models as well as the family systems perspective. Psychological assessment and management techniques are well described at the level of teaching to a non-psychologist and are helpful for all professions. Part 6, "Nerve Block Techniques," consists of 8 chapters; Part 7, "Interventional Techniques," contains 13 chapters, including one on trigger-point injections.

The chapter titled "Physical Medicine Techniques" is authored by three non-physiotherapists. Although the importance of exercise and the contribution of modalities are made clear, the role of physiotherapists is described only at the level of impairment and activity and is listed in illustrative tables in quite general terms related to technical skills (e.g., "Restore biomechanical dysfunction.... Improve strength ... posture ... gait symmetry ... [and] general aerobic conditioning.... Improve efficiency of activities of daily living.... Decrease edema.... Instruct patients to monitor pain response and to pace activity.... Use back or joint conservation techniques"; p. 639). Although this is useful information for an inter-professional audience, it does not acknowledge the entirety of the physiotherapist's current, pain neuroscience-based role in the comprehensive management of pain, particularly chronic pain and disability. I therefore applaud the editors for adding Harriet Wittnick and Jeanine Verbunt's chapter, "Physical Rehabilitation for Patients with Chronic Pain," which concisely describes a person-centred, goal-oriented rehabilitation approach to chronic pain management. This chapter was refreshing to read and important to share with all professions, including our own.

Parts 8 and 9, "Pain Management in Special Situations and Special Topics" and "Research, Ethics, and Reimbursement in Pain," cover a mix of special topics related to current and future pain care, ethics, and accessibility. The chapters on pain in sickle cell disease, pain management in the critically ill patient, and pain management in the home are topical and relevant to all professions.

Overall, the fifth edition of *Practical Management of Pain* is a fundamental textbook for anaesthesiology residents and anaesthetists who practise pain management. As a physiotherapist, I see this as a useful reference text that I would borrow from the library or from a colleague. It is well written and up to date and contains some excellent chapters that will be useful and informative for anyone who works with people for whom pain limits quality of life.

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