Update on the diagnosis, classification and treatment of peripheral neuropathic pain

Andrew SC Rice

Imperial College London, United Kingdom

This Refresher Course presentation will cover recent developments in the diagnosis, classification and treatment of peripheral neuropathic pain. It will draw on key guidelines and other publications published by International Association for the Study of Pain (IASP) and its Special Interest Group on Neuropathic Pain (NeuPSIG). The style and content of the lecture will be tailored towards providing useful information for clinicians and a framework for colleagues to take home and use in their daily clinical practice.

The starting point will the 2011 revision of the IASP definition of neuropathic pain. The speaker will describe how this definition can be used by the clinician to ask two simple, but critical, questions:

1. Is a lesion or disease of the somatosensory system?
2. Is the pain neuropathic?

The discussion will then flow into a description of the diagnostic grading system that was naturally developed from the definition. By using this system each patient can be described as having "possible", "probable" or "definite" neuropathic pain. The speaker will describe how this approach can be easily and rapidly used in the context of a routine clinical consultation.

The World Health Organisation's publication "International Classification of Disease" (ICD) is the long-established global standard for medical coding and disease classification. ICD is often used to plan healthcare policy and set research priorities at international and local levels. In some healthcare systems an accurate ICD code is an important tool for efficient re-imbursement at practice level. Thanks to investment by IASP, and the efforts of many members, the 2018 11th Revision (ICD-11) for the first time includes a comprehensive pain classification. The speaker will demonstrate the ease of locating appropriate codes for neuropathic pain using the online version of ICD-11.

The workshop will then go on to describe the 2015 NeuPSIG treatment guidelines for neuropathic pain. These were developed from a robust and exhaustive systematic review and meta-analysis of the evidence. Finally, the session will end with a look into the future to see how current research, especially around biomarker discovery, is establishing a framework for developing personalized medicine approaches for treatment of neuropathic pain, at the individual patient level.