

Chapter 20: Pain



NATIONAL DEPARTMENT OF HEALTH



AFFORDABLE MEDICINES DIRECTORATE
ESSENTIAL DRUGS PROGRAMME



PRIMARY HEALTHCARE STANDARD TREATMENT
GUIDELINES AND ESSENTIAL MEDICINES LIST
2020-4 REVIEW CYCLE



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EVIDENCE

Please access the National Essential Medicines List Committee (NEMLC) report for detailed evidence (including rationale, references and costings) informing decision-making on medicine addition, amendments and deletions:

- Knowledge Hub: <https://knowledgehub.health.gov.za/elibrary/hospital-level-adults-standard-treatment-guidelines-stgs-and-essential-medicines-list-eml>
- NHI webpage: <https://www.health.gov.za/nhi-edp-stgs-eml/>

DISCLAIMER

This slide set is an implementation tool and should be used alongside the most recently published STG available on the EML Clinical Guide Application. This information does not supersede or replace the STG itself.



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Medicine Amendments



DESCRIPTION

20.5 Breakthrough Pain

Medicine/ Management

MORPHINE

Decision

Added with new STG guidance



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Medicine Amendments



DESCRIPTION

20.2 Acute Pain

Medicine/ Management

Decision

PARACETAMOL, Oral

Amended

500 mg–1 g, 4–6 hourly as required (to a maximum of 4g in 24 hours)

TRAMADOL, Oral

Amended

50-100 mg, 6 hourly as a starting dose (Doctor prescribed)

MORPHINE, Oral

Amended

Starting dose: 5 mg (maximum 0.2 mg/kg) 4 hourly

MORPHINE, IM

Amended

5-10 mg, 4–6 hourly when required (Doctor prescribed)

MORPHINE ,SOLUTION

Added

Medicine Amendments



DESCRIPTION

20.3 Chronic, Non-cancer Pain

Medicine/ Management

Decision

PARACETAMOL, Oral

Amended

500 mg–1 g, 4–6 hourly as required (to a maximum of 4g in 24 hours)

TRAMADOL, Oral

Amended

50-100 mg, 6 hourly as a starting dose (Doctor prescribed)

AMITRIPTYLINE, Oral

Amended

Amitriptyline, oral, 10 mg at night (Doctor initiated).



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Medicine Amendments



DESCRIPTION

20.4 Chronic Cancer Pain

Medicine/ Management

Decision

PARACETAMOL, Oral (children)

Amended

500 mg–1 g, 4–6 hourly as required (to a maximum of 4g in 24 hours)

TRAMADOL, Oral

Amended

50-100 mg, 6 hourly as a starting dose (Doctor prescribed)

MORPHINE, Long acting oral

Amended

12 hourly (Doctor prescribed). Start with 10–20 mg/dose

AMITRIPTYLINE, Oral

Amended

Amitriptyline, oral, 10 mg at night (Doctor initiated).

METOCLOPRAMIDE, Oral

Retained



Thank you

<https://www.knowledgehub.org.za/content/standard-treatment-guidelines-and-essential-medicines-list>



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