



**The Hong Kong College of Anaesthesiologists**  
**Final Fellowship Examination in Pain Medicine**  
**Written Examination**  
**Paper One (Compulsory Questions)**  
**24 May 2019 (Friday)**  
**09:00 – 10:30 hrs**

**Instructions:**

- I. This Question Paper carries a total of six short answer questions.
- II. Please answer **ALL** questions and they carry equal marks.
- III. Please write your answer for each question in the appropriate “Pre-labelled” Answer Book
- IV. Record your candidate number and question number on each answer book.
- V. Use ink or ball-point pen.

**Compulsory Questions (answer all questions)**

1. **The relationship of persistent pain to disability is complex. Discuss how persistent pain gives rise to disability and what is known about the way this relationship works.**
  
2. **A marine police officer sustained a fall during duty and had suffered from severe chronic back pain for five years rendering him out of duty. The condition persisted despite treatments including NSAIDs, other CNS medications, physiotherapy and (failed) back surgery. Ultimately, his condition improved with methadone administration such that he could resume his work in the police station (while on chronic potent opioid).**

**Discuss on the justification/decision to use potent opioid in chronic non-malignant pain. (70%) What measures and precautions will you take to oversee the follow-up care of this patient? (30%)**

3. **A 6 year-old boy with unremarkable past health was admitted to hospital for 2<sup>nd</sup> degree scald burn injury over the left thigh 2 days ago. He needed to have daily dressing and cleansing of the wound. He was on Panadol as required. The nursing staff observed that he was calm and playful except during dressing procedure.**

**What are the characteristics associated with 2nd degree burn pain which required frequent cleansing procedures? (50%) How would you manage this patient? (50%)**

4. **What is pseudo-sciatica? (10%) Discuss the causes and predisposing factors for such a condition. (50%) How to distinguish pseudo-sciatica from sciatica? (40%)**
  
5. **Outline the principles of pain management for ERAS (Enhanced Recovery After Surgery) programs. Give examples of the different strategies for each principle.**

6. A 60 year-old male patient was diagnosed with carcinoma of rectum with extensive bony metastases in long bone (neck of femur) and vertebral body. He had the surgical removal of rectal tumour done and was admitted for palliative care management. Patient complained of severe back pain and "incident pain" when sitting up. Pain caused him significant functional impairment and psychological stress. His Numerical Rating Scale (NRS) was > 7.

His analgesic regime was morphine syrup 20mg q4h po but it only provided partial relief for 2 hours. Side effects of nausea and dizziness were reported.

List all pain treatment modalities you would consider for him. (60%) Which opioid regime would you choose? Please justify. (40%)

*(Do not include assessment and investigation in the answer)*

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