



**The Hong Kong College of Anaesthesiologists
Final Fellowship Examination in Pain Medicine**

Written Examination

Paper Two (Optional Questions)

24 May 2019 (Friday)

11:00 – 12:30 hrs

Instructions:

- I. This Question Paper carries a total of nine short answer questions.
- II. Please answer **SIX** 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.

Optional Questions (choose 6 out of 9 questions)

1. You are asked to consult on a patient planned for open thoracotomy to decorticate a restricted right lung which has extensive pleural scarring from a haemothorax suffered in an assault some years earlier. The patient is a 42 year-old male, from a low socioeconomic background, who has limited education but had been able to work in manual jobs until last year when his shortness of breath had stopped him. He has been diagnosed with Post-Traumatic Stress Disorder as a result of the assault 5 years ago, which was perpetrated by his brother as a result of a long-standing family dispute.

The surgeon is concerned that his post-operative pain will be difficult to manage and has asked you to assess him before surgery with the intention of optimizing his perioperative management.

What are the main risk factors to determine the risk of chronic post-surgical pain (CPSP)? (50%)

How do they apply to this particular patient? (50%)

2. List the mechanisms causing neck pain related to smart phone use (text neck syndrome). (70%) After ruling out other major pathologies, how would you manage your patient? (30%)
3. A 50 year-old male construction site worker has suffered from chronic low back pain for 5 years. He would like to take part in a pain rehabilitation program organized in one of the public hospitals. How would you explain to him about the pain rehabilitation program in general?
4. What is pulsed radiofrequency treatment? Please discuss its principle, proposed mechanism of actions and clinical applications.

5. Describe different Pain Coping Models that a patient with persistent pain may use to deal with their pain. Include relevant Psychometric instruments to measure pain coping in your answer.

6. A 62 year-old lady complains of pain over right lower limb extending from buttock to dorsum of right foot for 6 months. Pain is not relieved by NSAIDs and Pregabalin. She comes for advice on options available, particularly whether she should go for acupuncture or have an epidural injection.
 - a. How would you explain to the patient about the evidence on the effects of acupuncture? (30%)
 - b. Patient returns 2 weeks later and says acupuncture did not provide lasting pain relief. She heard of chiropractic treatment and wishes to have your advice. How would you advise her? (30%)
 - c. If you like to recommend an epidural injection, how would you explain your recommendation? (40%)

7. A middle-aged female expatriate comes to see you with moderate intermittent to severe abdominal pain and constipation. She was diagnosed to have irritable bowel syndrome previously (IBS) a few months ago before coming over to this city. Please discuss your management to her pain condition.

8. Give an account of opioid hyperalgesia including the definition, clinical manifestation, pathophysiology and treatment options.

9. Briefly outline the IASP Classification of chronic pain for ICD-11. Contrast with International Classification of Headache Disorders (ICHD), with particular reference to chronic secondary headache or orofacial pain.

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