

Free Online Resource for Developing Countries Available Now!

A pain management guide for developing countries is now available as a PDF to download free of charge from the IASP website!

Written as a result of a 2008 grant to support health care providers in developing countries, *Guide to Pain Management in Low-Resource Settings* is offered without cost as part of IASP's educational mission. Edited by Andreas Kopf, MD (Germany), and Nilesh B. Patel, PhD (Kenya), the book was written by a multidisciplinary and multinational team of authors.

Practitioners in settings with limited resources will benefit from easy-to-read information about simple and cost-effective approaches that can provide maximum effects in managing pain in their patients. Using case reports that illustrate typical cases in the low-resource (often rural) setting in developing countries, chapters written by world-renowned experts in both research and clinical fields cover such topics as:

- Physiology and psychology of pain
- Principles of palliative care
- Management of patients with specific pain problems including various types of cancer, AIDS, sickle cell anemia, neuropathic pain, back pain, and visceral pain
- Setting up a pain management program, including accessing resources for ensuring opioid availability and setting up guidelines that meet local requirements
- Integration of traditional medicines and modern pharmacotherapy (with consideration of the most cost-effective and readily available options)
- Pain management techniques such as nerve blocks and radiation therapy

While a print version is not available, the book (or individual chapters) may be downloaded, printed, and distributed for educational purposes free of charge. Visit the IASP website now to download this valuable resource:

www.iasp-pain.org/LowResourceGuide