Introduction

DR ANDREW DAVIES
Introduction

WELCOME

Croeso
Failte
Bem vinda
Velkommen
G’day
Nau mai
Bienvenue
Housekeeping

- Assistance
- Catering
- “Networking session”
- Phones / pagers
- Fire alarm
Acknowledgments

- Guildford Advanced Courses team
- RSCH SPCT
- Sponsors
  - BD
  - ConvaTec
  - Ethypharm
  - Grunenthal
  - Kyowa Kirin
Acknowledgements

Name: ANDREW DAVIES

- BD sticker
- ConvaTec sticker
- Grunenthal sticker
- Kyowa Kirin sticker
Acknowledgements
Evidence-based medicine
Evidence-based medicine

“The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research”.

Sackett et al, 1996
Evidence-based medicine

“The practice of evidence-based medicine means applying all of the evidence, and not just the evidence that supports your convictions or clinical practice.”
Evidence-based medicine

An assessment of the efficacy and tolerability of a ‘double dose’ of normal-release morphine sulphate at bedtime

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Abstract: This study was a prospective, randomized, open crossover study comparing a double dose (DD) of normal-release (NR) morphine at bedtime with a single dose (SD) of NR morphine at bedtime and 4 h later. Twenty patients completed the study. Four patients required breakthrough analgesia during the SD phase of the study, whilst 11 patients required breakthrough analgesia during the DD phase of the study (P < 0.01). Moreover, all of the pain scores were worse during the DD phase (overnight pain, P < 0.01; morning pain, P < 0.01), and some of the opioid-related side effect scores were worse during the DD phase (nausea, P = 0.03; vivid dreams, P = 0.05). This study does not support the European Association for Palliative Care (EAPC) recommendations on the use of a double dose of NR morphine at bedtime. Palliative Medicine 2002; 16: 507–512

Key words: dose–response relationship; drug guidelines; morphine
Evidence-based medicine