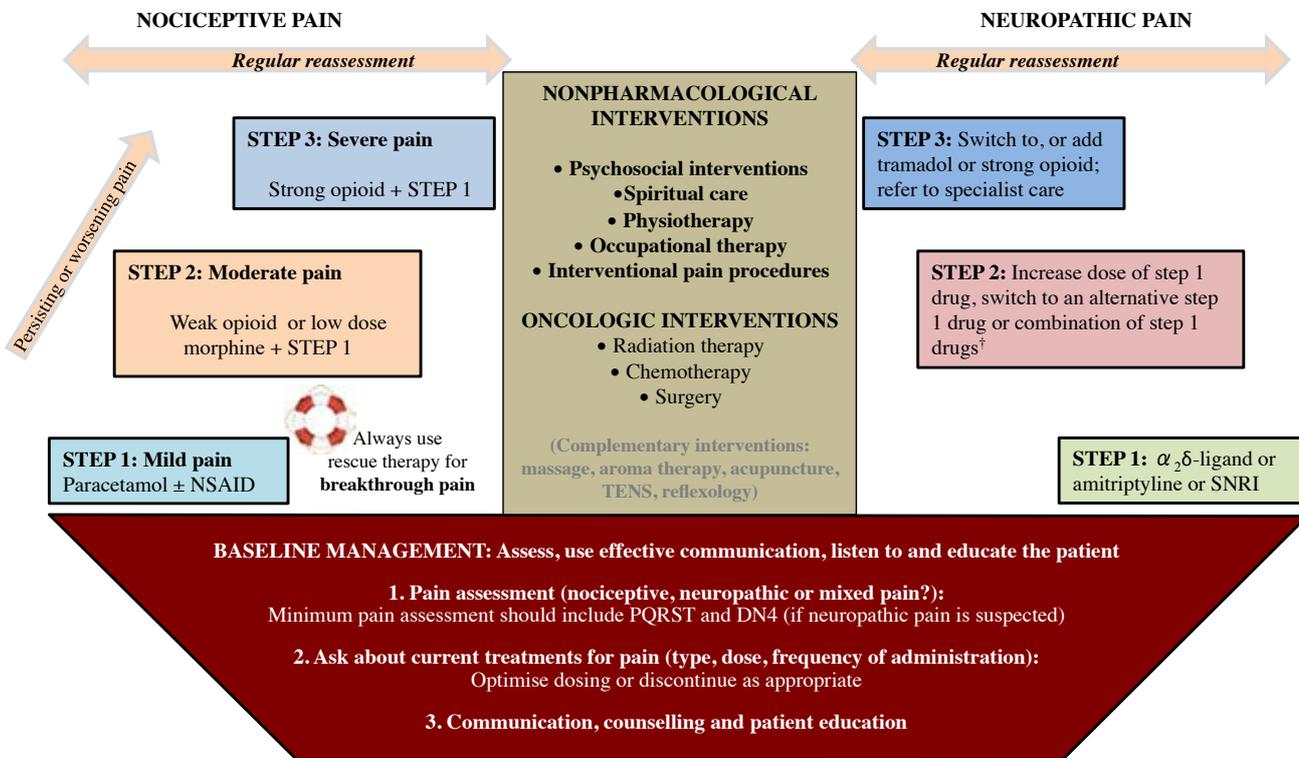


# Stepwise Healthcare Interventions for Pain (SHIP)



The Stepwise Healthcare Interventions for Pain (SHIP) model for pain management, including an analgesic ladder for nociceptive pain (left) and a stepwise pharmacotherapeutic approach to neuropathic pain (right). Mixed pain may require a combination of treatments from both sides of the diagram. Communication, counselling and patient education should be initiated at the first consultation and continued throughout the duration of management. Other psychosocial interventions (social interaction, spiritual counselling, recreational activities, relaxation therapy, imagery), nonpharmacological approaches to pain management and specific interventions for the cancer should be initiated at any step when they are indicated or where they will improve the patient's quality of life. See text for details.

†Rational combinations for neuropathic pain are amitriptyline +  $\alpha_2\delta$ -ligands, or SNRI +  $\alpha_2\delta$ -ligands. NSAID: nonsteroidal anti-inflammatory drug;  $\alpha_2\delta$ -ligand: gabapentin or pregabalin; SNRI: serotonin noradrenalin reuptake inhibitor (duloxetine or venlafaxine); TENS: transcutaneous electrical nerve stimulation.