

CDMU sends Rational Drug Bulletin to CDMU member Organisations. CDMU communicated with 50 MOs (Medical officer & Administrator) regarding the information on COVID- 19. Out of 50 MOs representative of 25 MOs response were received that the information are relevant and helpful for getting first-hand information on COVID-19.



Rational Drug Bulletin

Editorial

Pain is observed, assessed and treated differently depending on a person's age, gender and economic status. Pain is the silent epidemic that India's health system is failing to handle. When we think of the big health challenges, we may think of conquering cancer, heart disease, diarrhoea or pneumonia. These are certainly the big killers today. But we probably don't think of mundane daily conditions such as backaches, neck pains or migraines. Pain does not kill people. Yet, every fifth person is likely to be suffering from some kind of pain, according to estimates of the World Health Organisation's Global Burden of Disease study.

More than 20% of the world's people have headaches, more than 13% have migraines, 7% have lower back pains, almost 5% have neck pains, and 3% have osteoarthritis, the study said.

Regardless of age, sex, and region, pain is a significant health issue worldwide. Everybody suffers from some type of pain during life time. Understanding pain as a disease, better diagnosis, and treatment may help to reduce overall health burden associated with pain. Currently, numerous non-pharmacological and pharmacological treatment options are available for the management of pain. The major pharmacological options include paracetamol, nonsteroidal anti-inflammatory drugs (NSAIDs), and opioids. In many cases, combination of analgesics is required for effective pain relief. Unfortunately, no single agent is an ideal choice for all types of patients or no one agent is suitable for all types of pain; hence physician has to choose the best suitable agent from the available options based on different factors including patient dynamics, medicine related factors, and disease related aspects. Patient satisfaction also plays an important role in ensuring compliance with the treatment, especially during long term treatment. Understanding physician's perspective while selecting an analgesic and significant barriers in effective pain management through a systematic approach and addressing them with appropriate measures could help for better outcomes.

Based on the available data and upcoming problem it is the time that our partners working in the remote areas in primary health care should aware of the fact. This edition exclusively deals with pain and its management in primary health care. This issue also has a question and answer section which deals with the queries of the member organization on fungal skin infection.

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