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## **Transdermal approach to pain relief: Present and future**

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The management of chronic and acute pain relief has always been a challenge for the anaesthesiologists. One of the various modalities of pain relief is transdermal approach. The goals of transdermal pain relief are; firstly, to deliver local concentrations of medication higher than possible through the oral or parenteral routes; secondly, to reduce side effects and drug interactions through avoidance of systemic absorption and renal and/or hepatic exposure. There are various advantages of pain relief through transdermal approach. There are minimum GI upsets with drugs such as opioids and NSAIDS, action is local and site specific, easy to titrate for an individual patient, rapid onset of action and high concentration of the drug in the tissues that requires analgesia. Moreover, transdermal is the perfect route for nil per os patients. Transdermal medications are ideal for conditions like postoperative pain, osteoarthritis, musculoskeletal pain, localized or acute Injury, diabetic neuropathy, neuropathic pain and fibromyalgia. More stress is being laid on efficacy and safety of the transdermal delivery. Also, more precise drug delivery, with duration lasting for longer days are being investigated.

### **Biography**

S K Malhotra completed MD (Anaesthesia) from Postgraduate Institute of Medical Education and Research Chandigarh (PGIMER), India. Presently he is designated as Professor, Department of Anaesthesia and Intensive Care, PGIMER, Chandigarh, India. He was a Past President of Indian chapter of International Trauma Anesthesia and Critical Care Society and Member of several scientific societies related to Anaesthesia and on Editorial Board of three Anaesthesia and Critical Care journals. He has published about 104 scientific papers in both national and international journals. He was the examiner and expert to 8 universities as well as National Board of Examination. He has special interests in airway management, acute pain services and trauma.

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