Pain is one of the most common reasons that people seek medical attention in the United States today, with an estimated 100 million people suffering from a pain-related condition at any given time. In the year 2000, pain was designated as the “fifth vital sign” giving people the right to have their pain assessed and treated by their healthcare providers. A number of ethical dilemmas have surfaced since, including the increased prescribing of opioid medications for patients with chronic pain, along with abuse, misuse, and addiction related to these medications. The “opioid epidemic” has led to the dilemma of balancing the safe, compassionate and effective treatment of chronic pain and negative outcomes associated with the increased use of medications used to achieve these goals. Palliative sedation likewise offers blessings and burdens to both the physician and the patient. Sedation at the end-of-life forces physicians to evaluate the relevance of the “Double Effect” in situations in which sedation might be considered a path to euthanasia. Finally, physician-assisted suicide (PAS) forces both medicine and society to confront the moral and legal reasoning about ending one’s life. Expansion of the criteria for PAS to elderly who are infirmed, but not “terminally ill” within the definition of hospice, to adults who suffer from unrelenting major depression, and to children suffering a painful terminal disease are but three categories deserving of deep thought and discernment about a physician’s own moral compass in traversing such challenging landscapes. These four topics, supplemented with short documentary videos, key scientific readings, and student-led vigorous class discussion, constitute the approach employed in this MCS selective.

Instructor

Kevin L. Zacharoff, MD, FACIP, FACPE, FAAP
Department of Preventive Medicine
Stony Brook School of Medicine
Ethics Committee Chair St. Catherine of Siena Medical Center
Member of The Anesthetic and Analgesic Advisory Committee to the Food and Drug Administration

Syllabus

This course will consist of four 2-hour sessions devoted to exploring ethical dilemmas associated with (1) managing chronic cancer/non-cancer-related chronic pain; (2) aberrant drug-related behaviors associated with prescription pain medications; (3) the use of medications for sedation euthanasia; and (4), issues related to physician-assisted suicide.

Despite the high prevalence of pain in our society, with almost one of every two medical visits being related to a pain-related complaint, only 4% of medical training programs in North America have a specific curriculum devoted to the assessment and management of pain. The single most prescribed medication in the United States annually is Vicodin® (containing hydrocodone), followed by the entire class of cholesterol-lowering medications, the statins. In many states in our country, pain-medication related deaths outnumber those attributed to motor vehicle accidents, creating a tremendous societal conflict of pain management vs. overuse of prescription pain medications.
This course will allow for exploration and in-depth discussion of the intersection of the burden of chronic pain in our society (both medical and economic) and the burden of prescription pain medication abuse, misuse, addiction, overdose, and death. Primary readings (as a PDF) on pain management will be assigned a week in advance.

The majority of prescription pain medications are not prescribed by pain management experts, but by clinicians in Family Medicine and Internal Medicine. The educational deficits coupled with the medical need present unique challenges for physicians today. Segments of the documentary entitled “The Oxycontin Express” will be viewed. Primary readings (in PDF format) on aberrant drug-related behaviors associated with prescription pain medication will be assigned a week in advance.

The term “palliative sedation” remains a broad umbrella with imprecise ethical boundaries that some consider preclude and others consider include euthanasia. Perhaps it is the unique complexities of each patient’s situation and contextual background that explain the imprecision of such determinations. Physicians do not get to choose the details but must work to advance their skills in understanding the shared goals of end-of-life care, care that may be required by the young, adults, and the elderly. Segments of an episode of House, M.D. entitled Informed Consent” will be viewed. Primary readings (as a PDF) on palliative sedation in end-of-life care will be assigned a week in advance.

Physician-assisted-suicide remains a controversial area in medical ethics in society. Does legislation legalizing PAS immunize a physician from his/her own ethical/moral considerations of euthanasia. Even in countries/states in which PAS is “legal”, who is responsible for the ultimate decision? Is there culpability in the act of PAS? Does withholding PAS place a special burden upon the physician? Segments of PBS FRONTLINE entitled The Suicide Tourist and HBO documentary How to Die in Oregon will be viewed. Primary readings (as a PDF) on physician-assisted-suicide will be assigned a week in advance.

In combination with required viewings and readings prior to sessions, clinically-relevant presentations led by student members of the group will provide opportunities for both education and engaging debate surrounding these pertinent and controversial issues.

**Educational Objectives:**

At the conclusion of this course students will have the ability to:

1. Understand ethical issues related to the safe and effective management of patients with pain;
2. Probe problems associated with, and solutions to the “opioid crisis” in the United States today
3. Evaluate the roles of both healthcare providers and patients in navigating pain and medication-related dilemmas
4. Discern the ethical/moral issues surrounding palliative sedation in end-of-life care
5. Discern the ethical/moral reasoning to support and deny use of physician-assisted suicide
6. Identify scholarly readings and resources to assist in navigating issues of pain, drugs, and ethics

**Evaluation:**

1. Attendance at all (4) discussion sessions will be mandatory.
2. One or two student members of the group (depending on group size) will lead each class discussion.
3. All students will participate regularly in discussions in which they are not facilitating.
4. Each student will write a single essay (single space, 2-3 pages in length) on one of the four prime topics introduced. The specific focus of the essay should be a discussion of how the student’s personal

Last updated on: 5/25/17
perspective has been impacted by the viewings, readings, and class discussions. Regarding their future practice in medicine, what might they do to impact change in this area of pain, drugs, and ethics?

### Outline

**Week 1 – Pain: The Fifth Vital Sign**

**Week 2 – Aberrant Drug-Related Behaviors and Chronic Pain**
3. The documentary entitled “The Oxycontin Express”.

**Week 3 – Palliative Sedation at the End-of-Life**

**Week 4 – Physician-Assisted Suicide**

### Class Size

Minimum 6; Maximum 12