

## **Practical approach to Pain Assessment in Laboratory Animals**

Tutor **Prof. Paul Flecknell**  
Comparative Biology Centre  
Medical School, Newcastle University, UK

*Please bring your Laptop or smartphone or tablet - you will need to be able to access the internet via your web-browser.*

### **Day 1 (September 26<sup>th</sup> 2019)**

- 10:00 Coffee and Registration  
10:15 Introduction and use of interactive devices  
10:30 What is pain and distress?  
This seminar will discuss what we know about pain and distress in people and animals, and give an introduction to the physiology of pain and nociception.  
11:15 Why we need to assess pain and distress, and how to do it  
This seminar will give an overview of how methods of assessing pain and distress have evolved, and provide an up-to-date summary of the methods that can be used in a range of different species.  
12:00 Practical exercises in pain assessment of rodents and rabbits I  
This interactive session will enable participants to practice the pain scoring techniques described earlier, focusing on assessing animal behavior.  
13:00 Lunch  
14:00 Practical exercises in pain assessment of rodents and rabbits II  
15:00 Using scoresheets for assessing animal welfare  
This seminar will discuss how we can assess distress and the general welfare state of animals, and how the use of score sheets can provide more structured and reliable assessments.  
15:45 Tea  
16:15 Practical exercises with scoresheets  
This interactive session will enable participants to practice developing and using score sheets to assess animal welfare.  
17:00 Close

### **Day 2 (September 27<sup>th</sup> 2019)**

- 9:00 How do analgesics work?  
This seminar will explain how different types of analgesic act to reduce or eliminate pain. It will link this information with the seminars on pain physiology, and pain perception, (from Day 1)  
10:00 Analgesics - what to give, when and how  
This seminar will review the practicalities of managing pain in a research setting.  
11:00 Coffee  
11:30 What else can we do to reduce pain and distress?  
This seminar will review methods of reducing, avoiding or alleviating pain and distress by improving perioperative care, providing high standards of animal care, and by refinement of research procedures.  
12:30 Lunch  
13:30 Practical exercises in refinement  
This interactive session will enable participants to apply all the information given during the workshop to "Refine" some examples of research techniques.  
14:30 Using analgesics in a research environment - problems and pitfalls  
This seminar will review some of the reasons for the low level of use of analgesics in research animals, and explain how some of these barriers to effective pain relief can be overcome.  
15:30 General discussions and question and answer session  
16:00 Close