

Coming Clean

Cathryn Kemp & James Bennett

South Thames Acute Pain Group Annual Meeting

November 8th 2018

Brighton



Brighton and Sussex
University Hospitals
NHS Trust



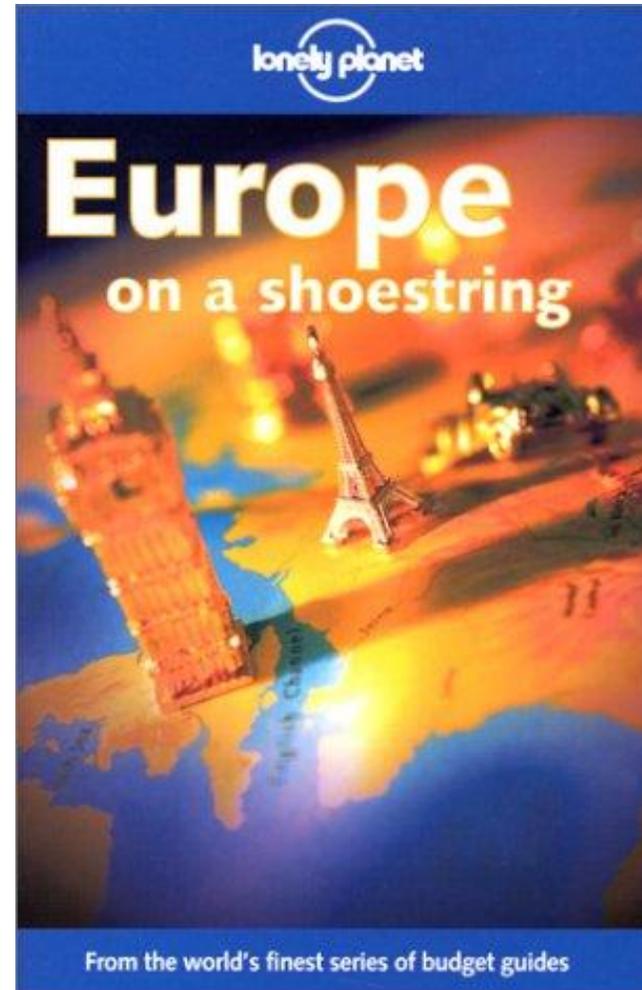
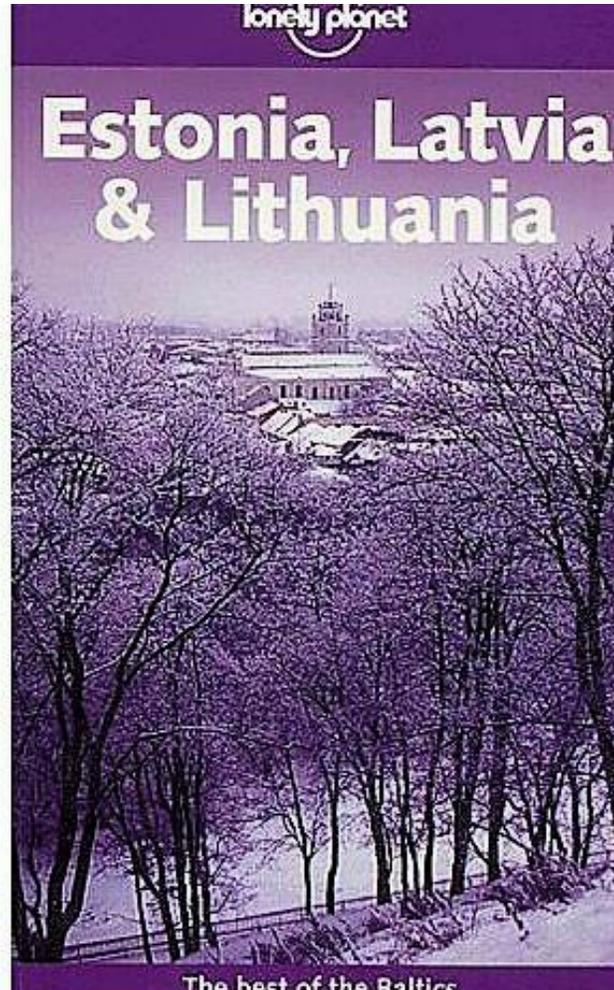
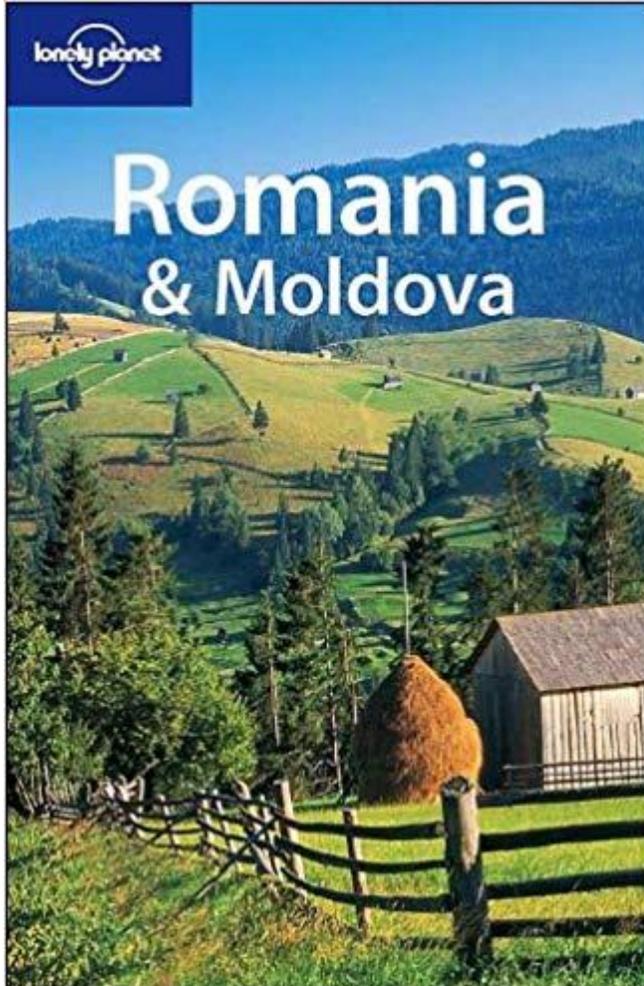
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Cathryn Kemp

THE PEOPLE

Mirror

NEWS OF THE WORLD



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The pain of pancreatitis

- ‘My life has been a whirlwind of deadlines and adrenaline rushes, travel to the far reaches of the planet, short trips with friends – so many bizarre and exhilarating moments and it has all come to this. This horrible place. This is not my life.’
- “Stuck in a time machine which has stalled, propelling me back and forth within my own personal groundhog day”
- ‘None of us really knows anything about suffering or incapacity until it happens to us’



Addiction to Fentanyl

- “I never crunch the lozenge, I treat each one with respect. Holding the white plastic stick firmly, making it last as long as I can manage. Then, as the white lump of medicine finally shrinks and falls from the stick, I reluctantly pull the tube from my mouth, sucking the tiny grooves which screwed the drug on, licking the spirals to salvage any white stuff that is still lodged within its coils – this way, the dose can last for ten minutes per lozenge”.
- “Never seem to be feel that I have had enough. I am always wanting the next lozenge”.



Rehab

- “Outside there is a crowd of ten or so people, mostly men, shuffling in the cold air, dragging hard on rolled up cigarettes. I have just walked through them, my gaze held downwards, not wanting to make eye contact with these people, these druggies.”
- “I absolutely don’t belong here”



Withdrawal

- “This yearning feeling is something I can’t control. When the itch starts in the back of my brain, when my body starts to ask for another dose, I am utterly in its power. If I leave it too long between doses, then something else starts. The longing becomes a shivery, restless urgency: a psychological, emotional and physical fusion of craving and wanting which soon advances into something more sinister, more frightening”.
- “Whether it is pain or withdrawal, they both stalk me 24 hours a day so I keep chasing round inside the wheel, trapped in a place from which there is no clear way out”.



Last dose

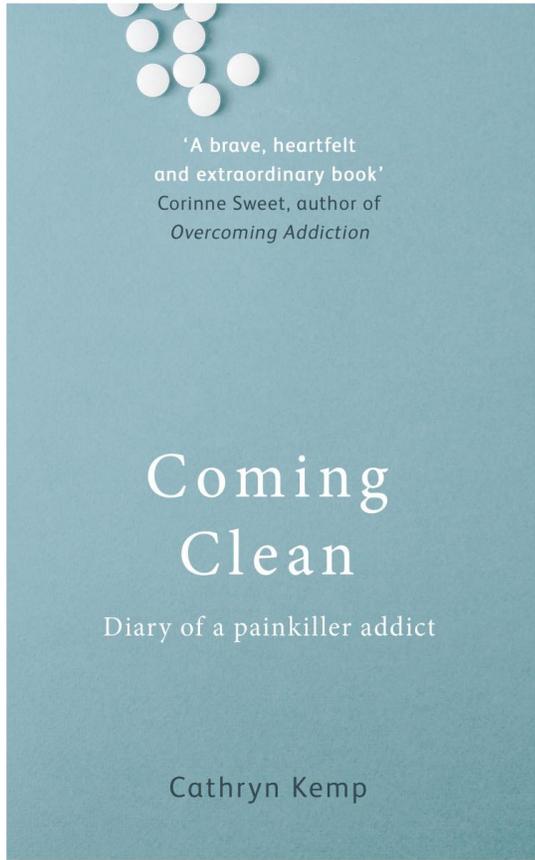
- “Fentanyl was my best friend, my worst enemy, my lover, and destroyer, my numb friend and blind enemy. It was my gentle joy and my worst self and it is leaving me. I hold the last lozenge I will ever take in my hand. It is a hand which trembles and curls tightly round the white plastic stick which holds the solid white medicine. It is a medicine which has held me spellbound, for two years, yet it promises very little tonight. It is not nearly enough to register in my sickened body, but it is all I have”



Drug related deaths in England & Wales

Substance	Number of Deaths				
	2012	2013	2014	2015	2016
Any opioid	1290	1592	1786	1989	2038
Heroin	579	765	952	1201	1209
Methadone	414	429	394	434	413
Oxycodone	37	51	51	51	75
Fentanyl	22	22	40	34	58
Pregabalin	4	33	38	90	111
Gabapentin	8	9	26	49	59
Paracetamol	182	226	200	197	219





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www.painkillerfree.co.uk
www.painkiller-addict.com



Cathryn Kemp: Painkiller Addict
PAIN Painkiller Addiction Information
Network



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“It is a mystery how the human spirit is spun of such fragile material and yet can withstand such enormous destructive forces”.



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