Pain Management and Humane Endpoints
Alicia Z. Karas
Published online: 04 Jun 2010.

To link to this article: http://dx.doi.org/10.1207/s15327604jaws0203_11

PLEASE SCROLL DOWN FOR ARTICLE

Taylor & Francis makes every effort to ensure the accuracy of all the information (the “Content”) contained in the publications on our platform. However, Taylor & Francis, our agents, and our licensors make no representations or warranties whatsoever as to the accuracy, completeness, or suitability for any purpose of the Content. Any opinions and views expressed in this publication are the opinions and views of the authors, and are not the views of or endorsed by Taylor & Francis. The accuracy of the Content should not be relied upon and should be independently verified with primary sources of information. Taylor and Francis shall not be liable for any losses, actions, claims, proceedings, demands, costs, expenses, damages, and other liabilities whatsoever or howsoever caused arising directly or
indirectly in connection with, in relation to or arising out of the use of the Content.

This article may be used for research, teaching, and private study purposes. Any substantial or systematic reproduction, redistribution, reselling, loan, sub-licensing, systematic supply, or distribution in any form to anyone is expressly forbidden. Terms & Conditions of access and use can be found at http://www.tandfonline.com/page/terms-and-conditions
Held in Washington, DC November 2 through 3, 1998, the workshop focused on the “science, ethics, assessment and alleviation of pain, stress and distress in animals involved in research.” Four U.S. organizations sponsored the 1½ day conference. Sponsors were the Johns Hopkins Center for Alternatives to Animal Testing, the National Institutes of Health Office for Animal Care and Use, the National Institutes of Health Office for Protection from Research Risks, and the National Academy of Sciences Institute for Laboratory Animal Research. Approximately 100 participants met for the series of presentations held in the extraordinary setting of the National Academy of Sciences Auditorium.

A large body of faculty members were there, made up of experts in the fields of ethics, policy, pain assessment and alleviation, stress, and formulation of humane endpoints. Setting the context of the conference, the opening speakers addressed the subjects of ethical issues and public opinion concerning pain in nonhuman animals involved in research. A number of sessions regarding the biology, assessment, and alleviation of pain and stress followed. Concluding presentations on the 1st day centered on the current U.S. policy regarding pain and distress in animal research and the international efforts to “harmonize” the standards of laboratory animal welfare.

A statement on the perspectives of the ever influential animal welfare constituency opened the 2nd day. Turning to more practical issues, speakers focused on the rapidly expanding, internationally studied field of refinement in research animal use, stressing an account of Internet resources that has made them more accessible.
Additional speakers addressed the topic of implementation, suggesting methods (pain assessment techniques) and mechanisms (Institutional Animal Care and Use Committee [IACUC] oversight) to enact the ideals and objectives of refinement issues. During the final segment, speakers discussed the problem of humane endpoint implementation in the areas of toxicology testing, genetic manipulation, and infectious-disease research. The presentation of the Canadian Council on Animal Care (1998) document, *Guidelines on: Choosing an Appropriate Endpoint in Experiments Using Animals for Research, Teaching and Testing*, provided an overview for this segment. This impressive document, together with a number of other informative materials, was made available to conference participants in the conference reference room.

IACUC members, laboratory animal veterinarians, investigators, policy makers, and members of regulatory agencies participated in the conference. I attended, wearing the hat of an IACUC member urgently seeking information and guidance on the issue of humane endpoints. I found the presented material useful for consideration and application by any IACUC member needing to grapple with these subjects.

On the other hand, the title of the conference, "Pain Management and Humane Endpoints," may have been misleading to some. Although issues surrounding animal pain were covered, participants were not educated on how to manage pain in laboratory animals per se. In separate segments, speakers reviewed the science of pain physiology and current thinking on pain management in children. The how-to aspect of pain management was a discipline of veterinary medicine under study by several of the lecturers of the conference. It was not a subject that could be taught in 1 or 2 hr.

Two speakers from the United Kingdom demonstrated innovative techniques and resources that could inspire laboratory animal workers to set up monitoring procedures and direct investigators in methods to reduce pain and distress. Flecknell told the attendees they could learn to detect and treat pain in a laboratory rodent. Morton discussed setting up laboratory animal assessment schemes. One might, however, expect that, in a workshop entitled "Pain Management and Humane Endpoints," the attendees would be exposed to sufficiently detailed and specific information to teach them how to manage pain.

The conference provided a glimpse of the progress being made in an area of crucial importance to laboratory animal welfare, and showed the attendees how they could carry out refinements in their own settings. The current worldwide body of information on this subject, however, is certainly too large to cover in a conference of this length. Other than the excellent work of the Canadian Council on Animal Care, the significant efforts made by countries other than the U.S. were not featured in detail. Fortunately, the Johns Hopkins Center for Alternatives to Animal Testing created a web site, Altweb (http://altweb.jhsph.edu/science/meetings/pain), devoted to resources on animal research alternatives. By accessing...
Altweb, those who missed the conference can benefit from the presentations and expertise of the faculty, and appreciate the foresight of the conference planners who put together a comprehensive overview of the subject matter. The site contains lecture material from each speaker, and the information is well suited for education of fellow IACUC members or investigators.

The conference succeeded in raising consciousness on the great possibilities for and feasibility of reducing the amount of pain and distress suffered in animal research. Areas considered included more careful monitoring, the administration of analgesics, and a fundamental change in study design by replacing death as an endpoint.

REFERENCE