

What a Pain!

Managing the Common, Debilitating Problem of Chronic Pain

THE PAIN STARTS IN MY HUSBAND'S LOWER BACK,
THEN IT TRAVELS UP HIS SPINE TO HIS NECK,
THEN IT COMES OUT HIS MOUTH AND INTO MY EARS.
AND THAT'S WHY I GET THESE HEADACHES.



- THE MYSTERY OF
PAIN

- Pain has an element of blank;
It cannot recollect
When it began, or if there were
A day when it was not.
- It has no future but itself,
Its infinite realms contain
Its past, enlightened to perceive
New periods of pain.
- - Emily Dickinson (1830-1886)

Pain

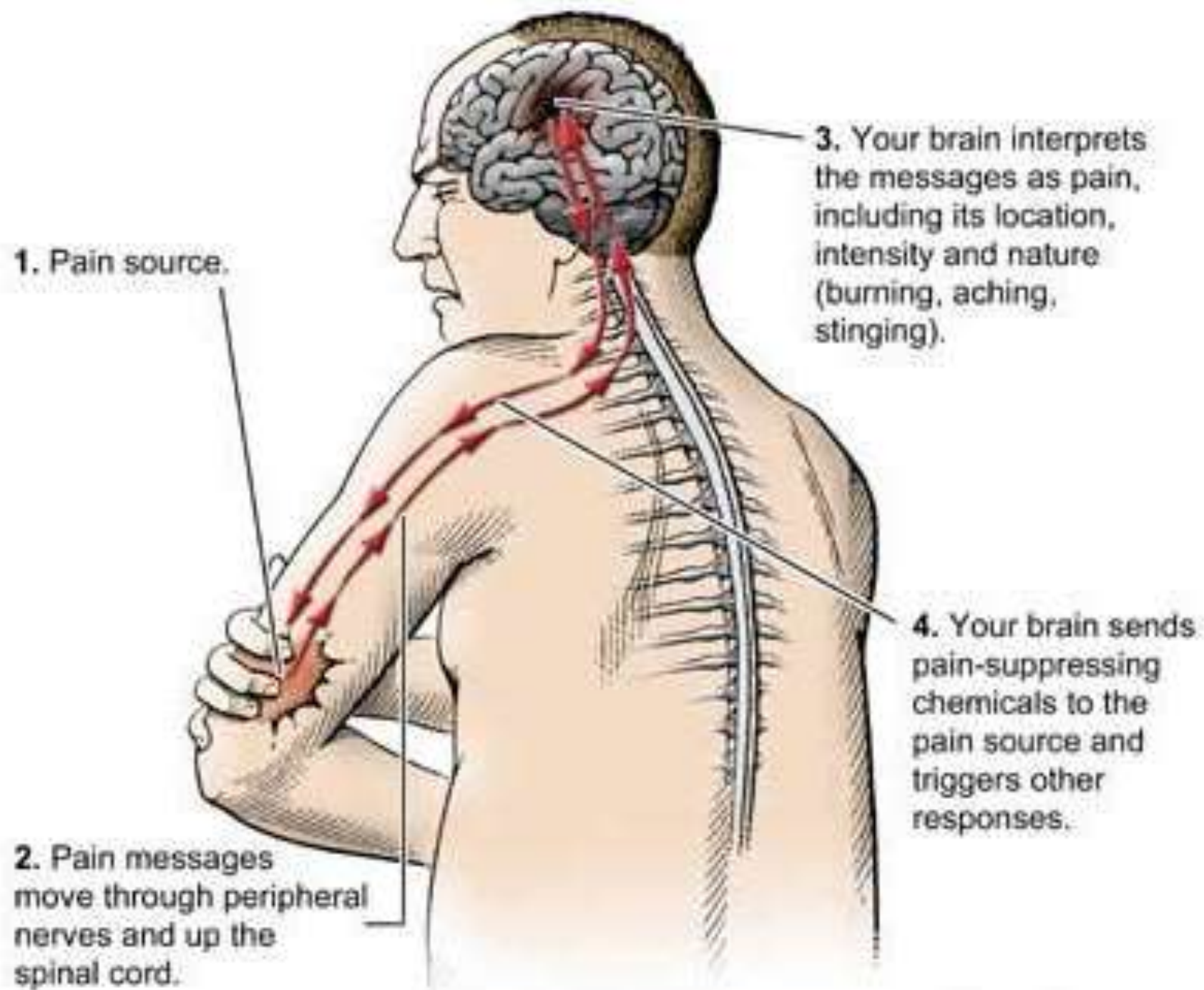
- Unpleasant sensory & emotional experience resulting from actual or potential tissue damage.
- Common reason for seeking health care.
- Occurs with many disorders/diseases.
- Subjective response to both physical & psychological stressors

Importance of Pain

- **Leprosy**
 - Lacking the protection of pain



Pain Pathways



Pain



- **Question:** Isn't pain a normal part of aging?
- **Answer:** No. It is signal to our body that something is going on and it can be managed.

Definition

- ACUTE PAIN
 - Due to an injury, burn, surgery
 - Lasts a short time
 - A warning to the body to seek help





La Côtique

"Hoh! hoh!" "hoh! le vent!" "hoh!"

DESSINÉ PAR M. DE LAUNAY



Gravé par M. de launay

definition

○ CHRONIC PAIN

- Lasts longer than 3-6 months
- Persists beyond the usual healing time for tissue injury
- Occurs despite attempts to find & treat the cause
- Complex interaction of factors
 - Physical, Psychological, Social, Spiritual
- Causes low self-esteem, depression, anger
- Interferes with daily activities / living

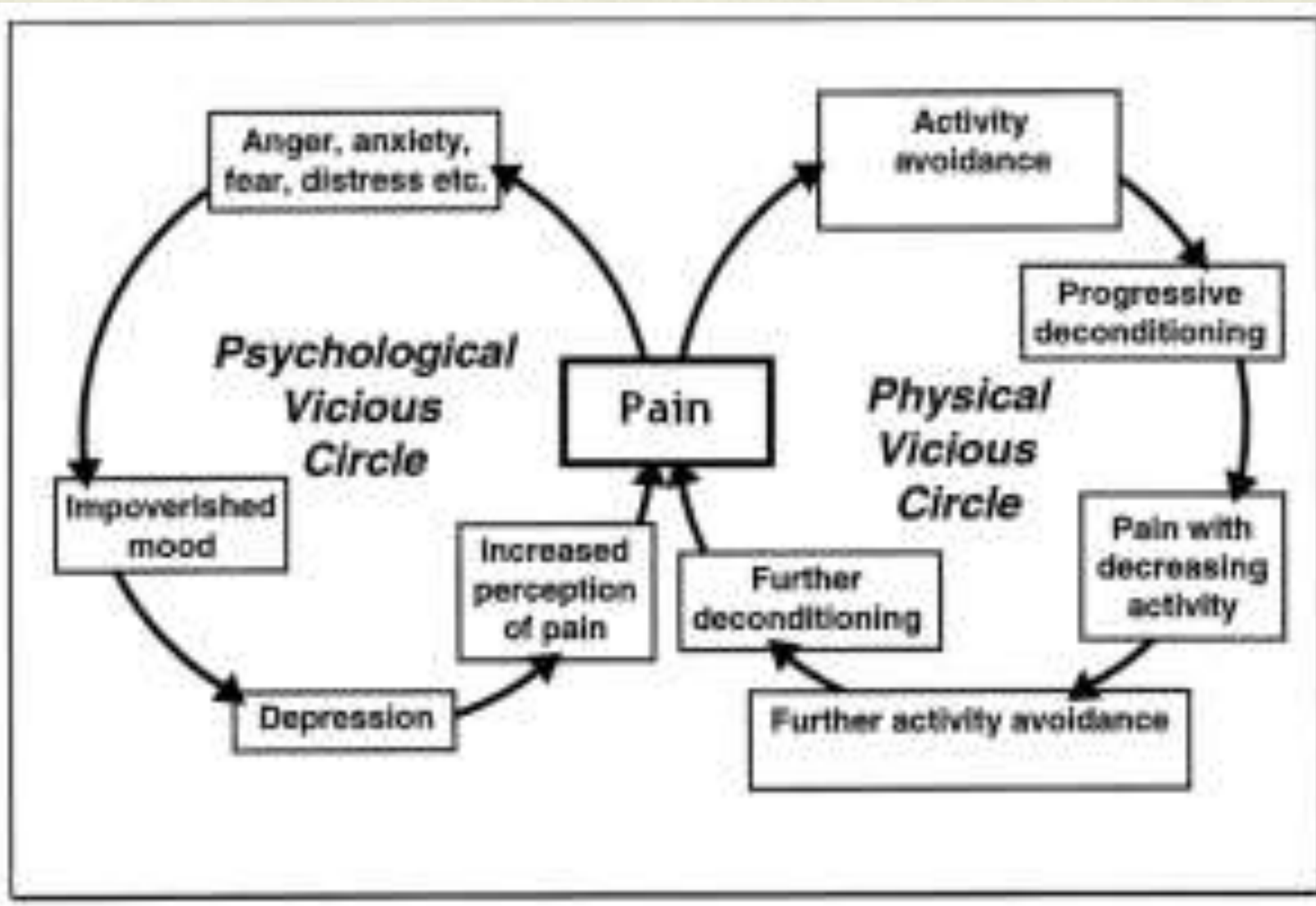
Special Cases

- NEUROPATHIC PAIN
 - Due to a direct injury to a nerve.
 - Nerves continue to send pain messages to the brain, even though the injury is not there anymore.
 - Sharp, “lightning”-like, stabbing, burning, cold, numbness, tingling, weakness.
 - Travels along a path from spine to arms/hands or legs/feet

Special cases

- FIBROMYALGIA
 - Chronic disorder
 - Widespread musculoskeletal pain, fatigue & multiple tender points
 - Associated Symptoms: sleep disturbance, depression / anxiety, “foggy mind”, irritable bowel syndrome

Chronic Pain Cycle



Chronic Pain Cycle



1. CALL DENTIST ABOUT MISSING DENTURES.
2. CALL DOCTOR ABOUT EMBARRASSING NEW DISCOMFORT.



Approach to chronic pain

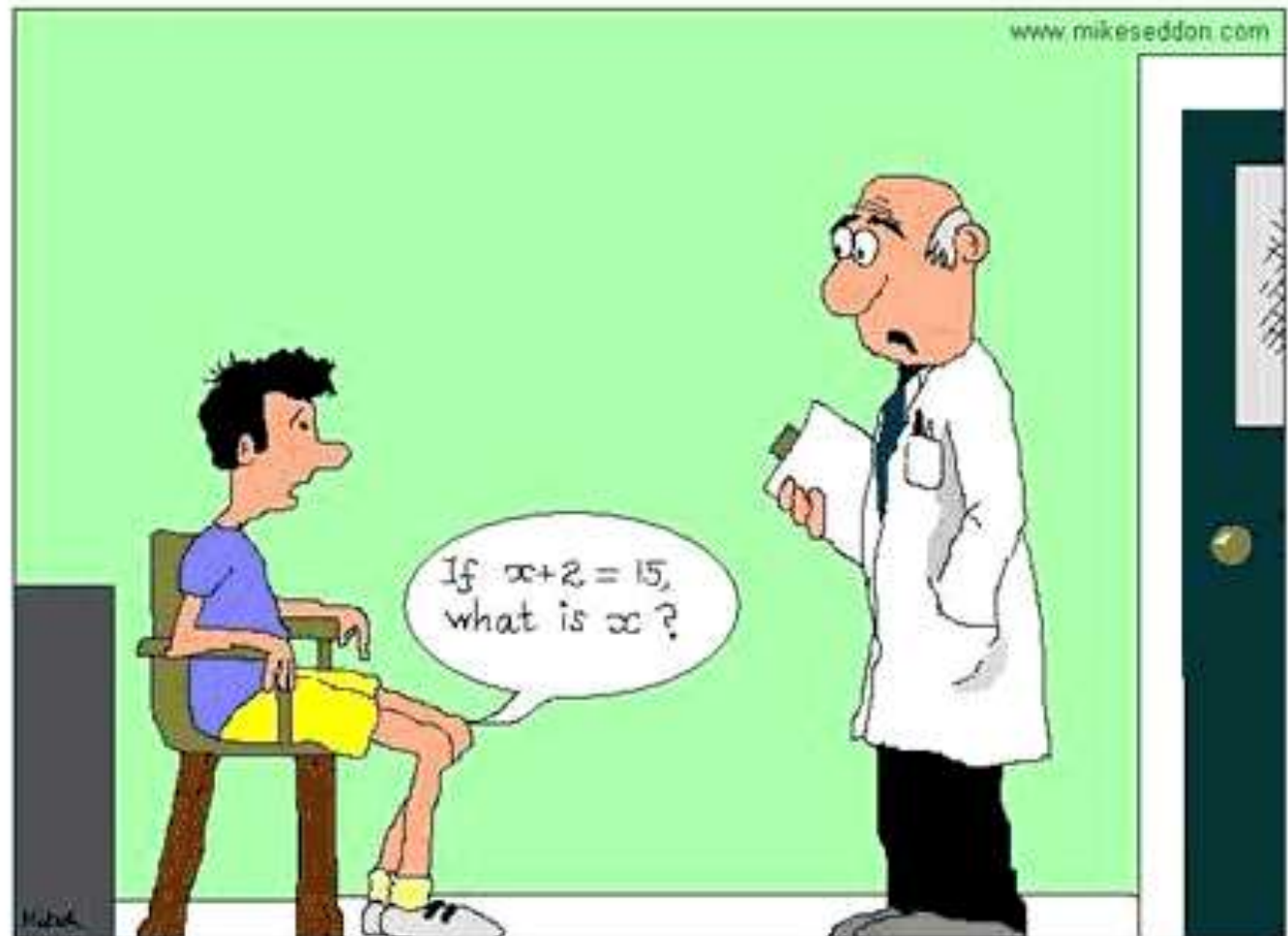
- Pain Assessment:
 - Often underrated.
 - Involves your doctor taking a good history from the patient.
 - Can affect multiple domains including: sensory, physiological, behavioural, mental well-being

Approach to chronic pain

- Definitions:
 - Pain Threshold
 - Pain Tolerance

Vertical Streaming

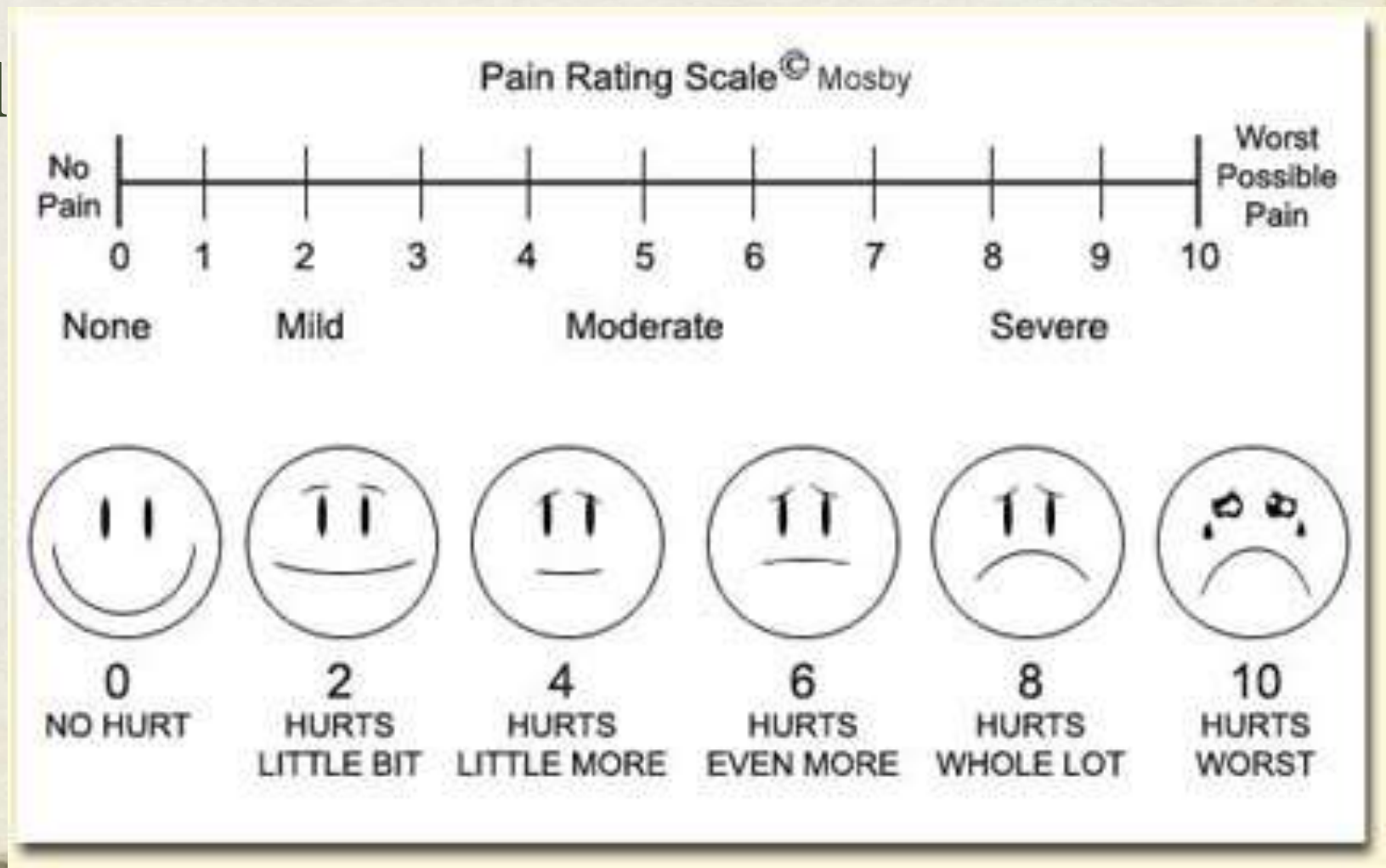
By Mike Seddon



"It's my knee, Doctor. It's still giving me problems."

Approach to Chronic Pain

- SENSORY:
 - Numeric Rating Scale
 - Visual FACES Scale
 - Pain Diary



Approach to Chronic P

● **Question:** How do I tell my doctor about my



- **Answer:** Use a “pain diary” to help explain.
- Where is the pain?
- How often?
- How bad is it (scale from 1 to 10)?
- What the pain feels like (sharp, dull, ache, constant, comes & goes)?
- What makes it better or worse?
- What medications you have taken?

Approach to Chronic Pain

MEDICATION		PAIN LEVEL/ACTIVITY		SIDE EFFECTS	
DAY Date	WHAT Prescribed Medication Dose	WHEN Time Taken	PAIN SCORE Level (1 lowest - 10 highest)	DAILY ACTIVITY	Constipation (C) Nausea (N) Vomiting (V) Other (O)

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"The worst pain I've experienced since my second visit is when I received your bill for the first visit."

Search ID: rde1474

Approach to Chronic Pain

- PHYSIOLOGICAL:

- Body's automatic responses - Heart Rate, Blood Pressure.
- Sweating, clammy skin.
- Nausea, vomiting.
- Shortness of breath / Difficulty breathing.
- Numbness & weakness.
- Increased sensitivity (touch, temperature).
- General feeling of being unwell.

Approach to Chronic Pain

● BEHAVIOURAL / MENTAL WELL-BEING:

● Mood Changes

- Low mood, irritability, anxiety

- Mental fog & confusion due to poor sleep / living with unending pain.

● Sleep Changes

- Pain can cause insomnia or lack of restful sleep

● Fatigue

- Due to poor sleep / lack of sleep & living with daily pain

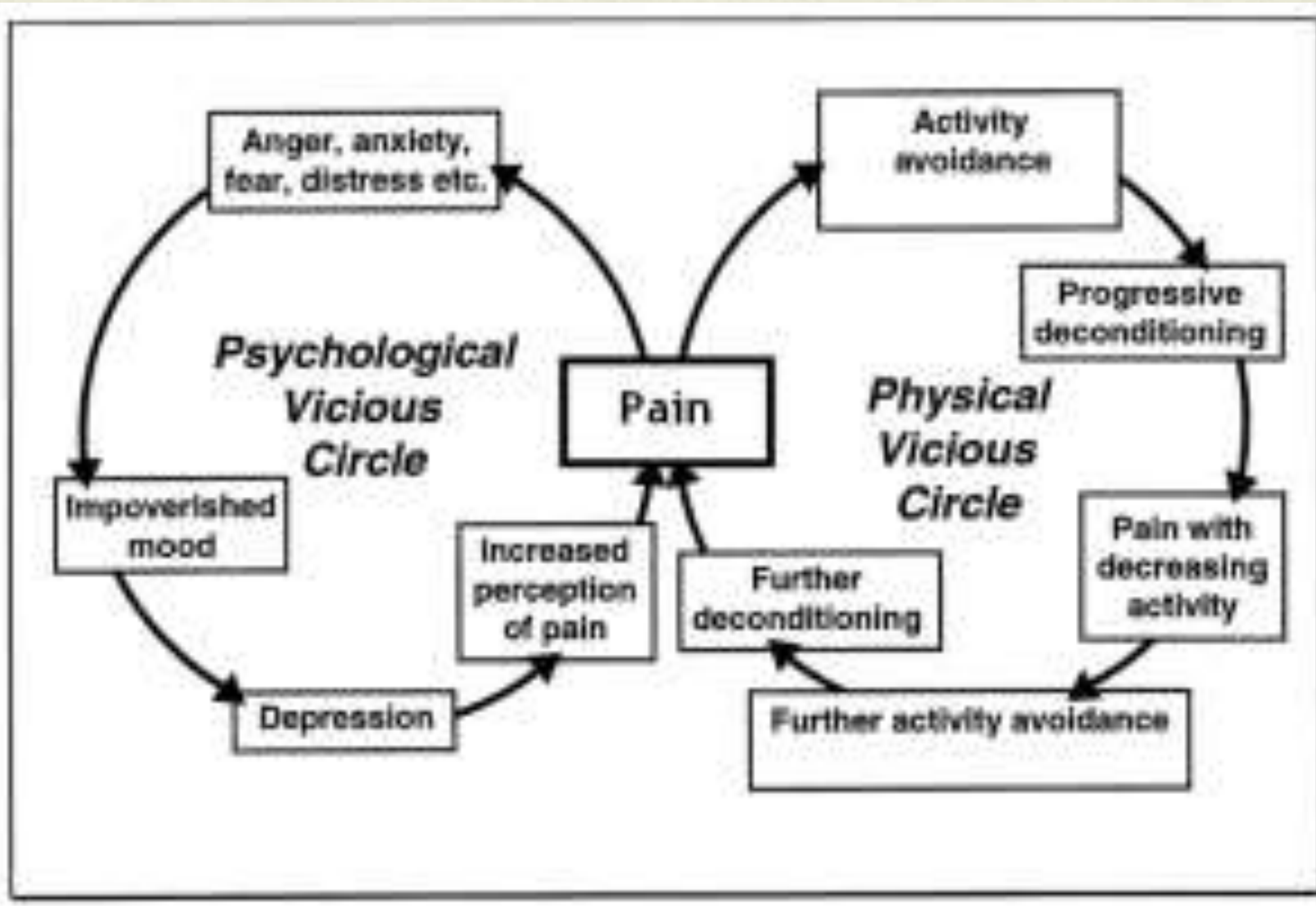
GOALS

- ACUTE PAIN:
 - Eliminate pain
 - Prevent progression to chronic pain

Goals

- CHRONIC PAIN
 - Pain Reduction - not elimination
 - Improved Function
 - Improved Sleep
 - Improved Mood
 - Reconditioning

Chronic Pain Cycle



Tools of Treatment

- Medications
- Body
- Mind



Medications



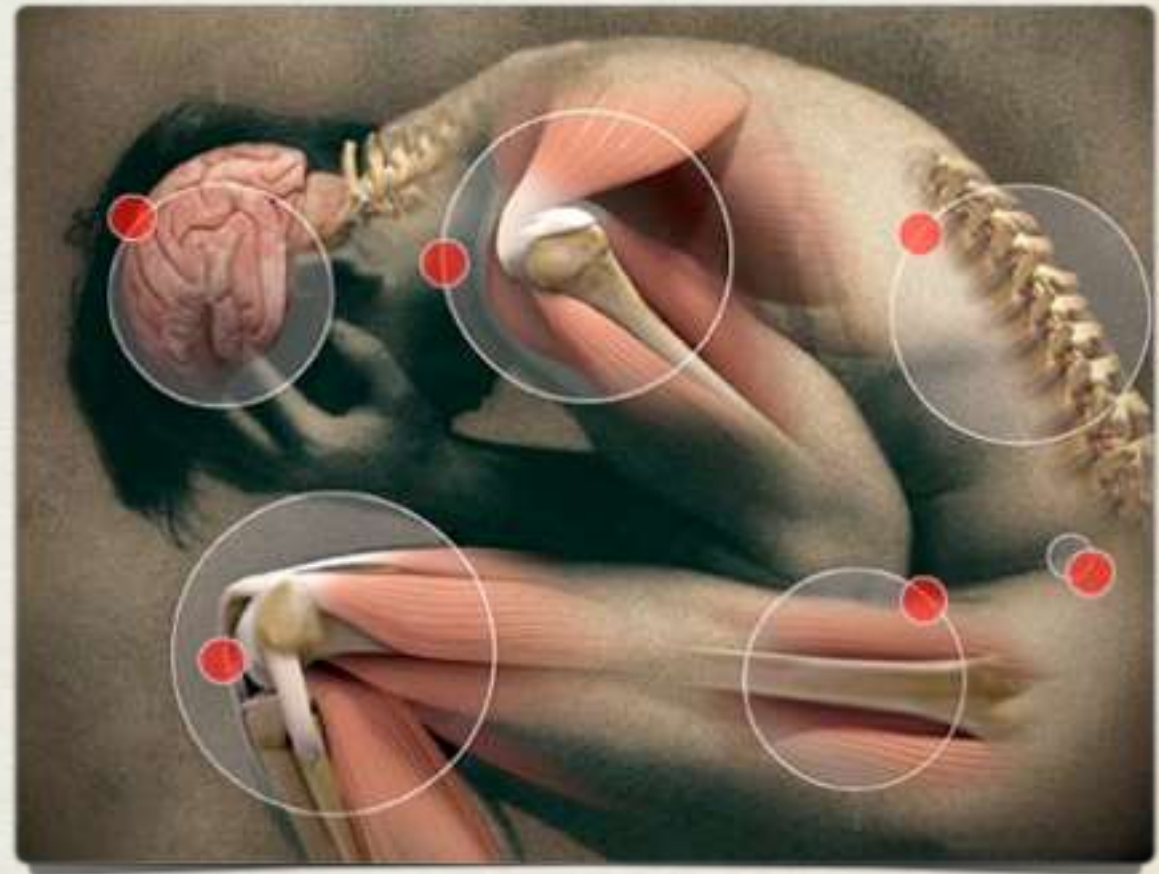
- **Question:** What over-the-counter medications are best?
- **Answer:** First, ask your doctor which one is right for you. The medication may have a negative impact on your liver or kidneys or interact with other medications you are taking.

Medications

- Non Steroidal Anti-Inflammatories (NSAIDs)
 - Act on the brain & nerves
 - Decrease inflammation
 - Decrease pain
 - Decrease fever
 - CAUTION: Stomach, Kidneys
 - Examples: Ibuprofen (Advil, Motrin), Aspirin, Celecoxib

Medications

- Acetaminophen
 - Acts on the brain
 - Decreases fever
 - CAUTION: Liver
 - Example: Tylenol



Medications

- Muscle Relaxants
 - Act on the brain
 - Decrease muscles spasm
 - CAUTION: Drowsiness, Watch out for combination pills

Medications

- Prescription
 - Anti-Inflammatories
 - Anti-Depressants
 - Anti-Seizure
 - Narcotics/Opioids

Medications



- **Question:** Can I get addicted to pain killers?
- **Answer:** Tylenol & anti-inflammatories do not cause addiction but opioids can. Addiction to opioids is rare in older adults.
- **Question:** Why did my doctor prescribe anti-depressants for my pain? I am not depressed!
- **Answer:** Research has shown some evidence that anti-depressants can relieve some types of chronic pain, especially neuropathic pain.

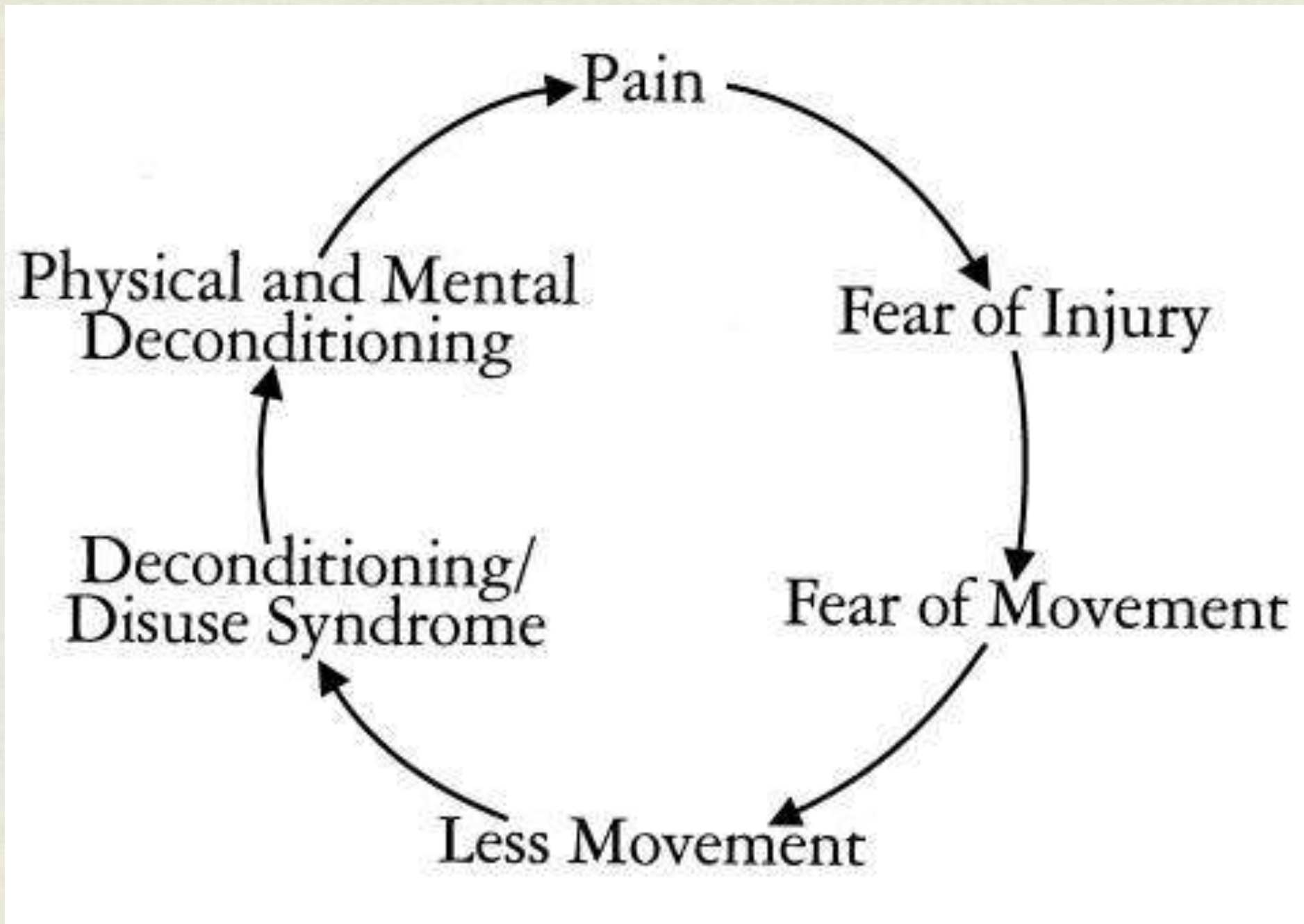
How to take your Pain medications

1. As your doctor told you to!

2. If you take medications on an as needed basis, take them just when the pain starts

- If you wait too long, you will be using the medication to catch up to the pain.
- This is very difficult since the cycle of pain has already begun.
- Catching pain early is the best way to prevent it from getting bad.

Chronic Pain Cycle



Body

- Exercise



Mr. Chops, I believe I've discovered the source of your pain.

Body

- Massage
- Heat / Cold Therapy
- Hydrotherapy
- Therapeutic Touch

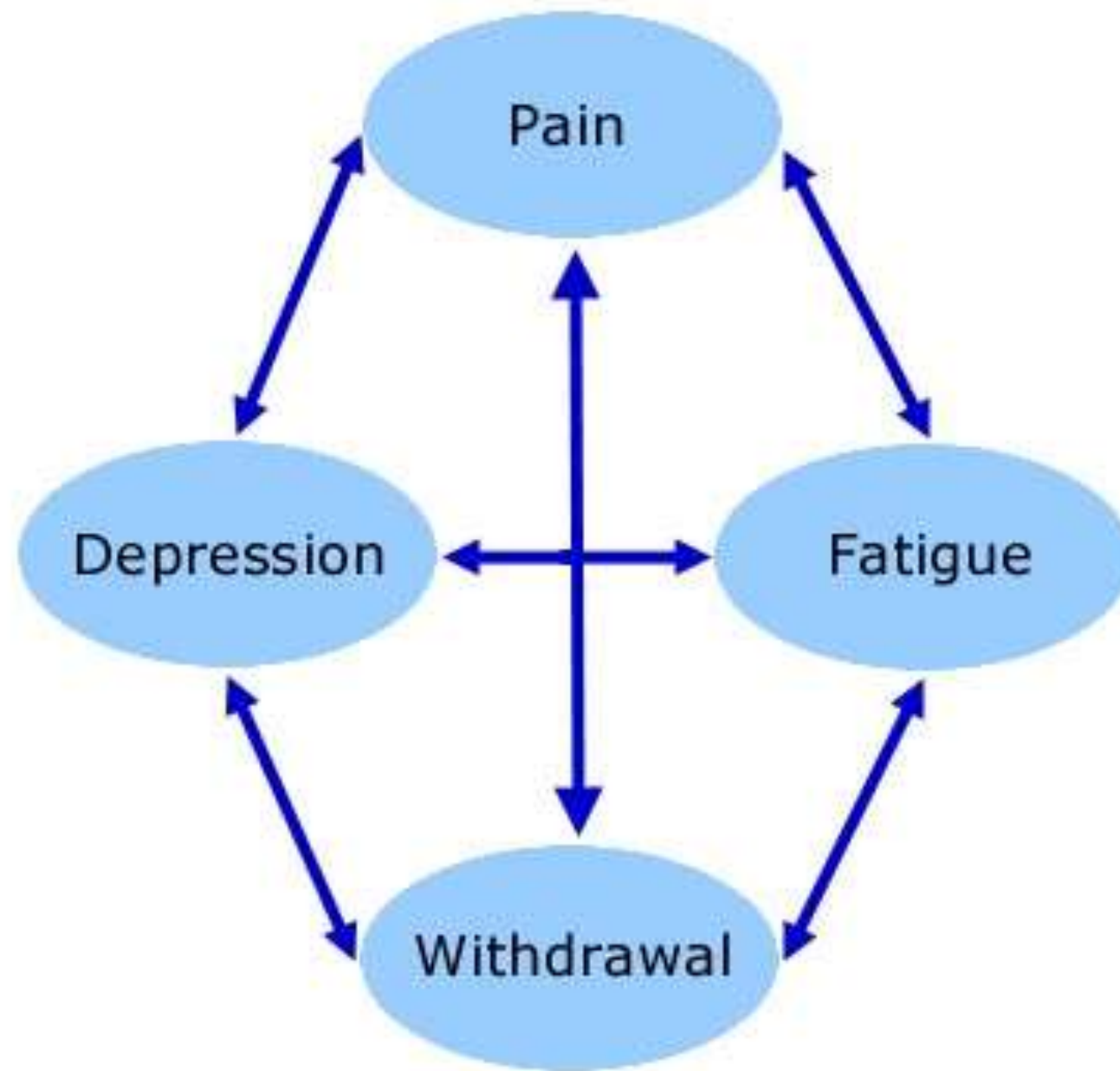
Body

- Occupational Therapy
 - How to pace yourself
 - How to do ordinary tasks differently so you won't hurt yourself
 - How to adapt yourself & your surroundings to your abilities (walkers, banisters, special chairs)

Body

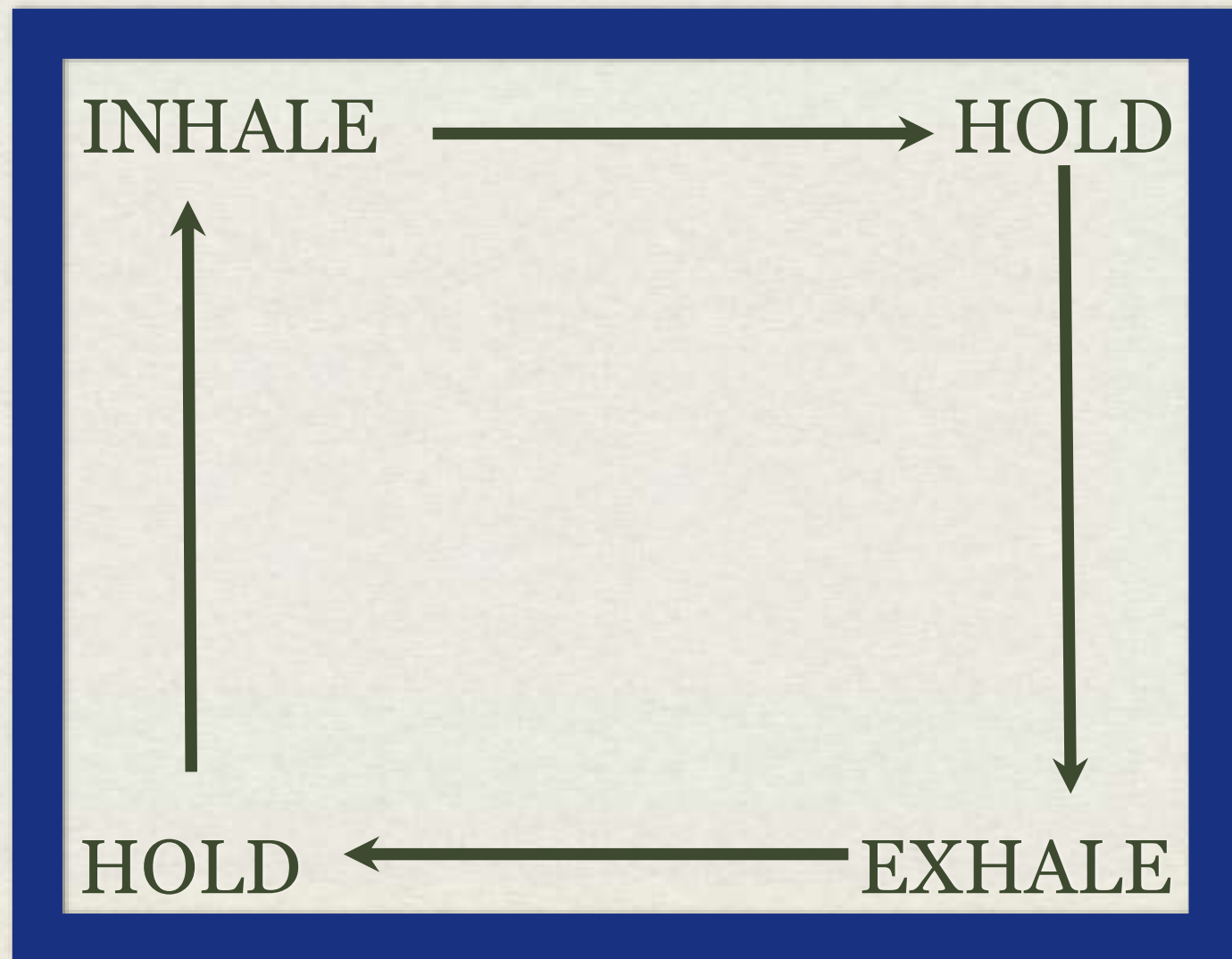
- Physical Therapy
 - Exercises to strengthen important muscles
 - Hands on therapy for pain relief & training of muscle groups
 - Posture correction
 - Advice on fitness & activity management

The Pain Cycle



Body

- Relaxation
 - Breathe



Body

- Relaxation
 - Guided Imagery
 - Relaxation followed by visualization of mental image/peaceful scene
 - Mindful Meditation
 - Focus on specific object or on specific process (eg breathing patterns)

Mind

- Biofeedback Training
- Behavioural Modification
- Stress management
- Hypnotherapy/Hypnosis

RESOURCES

- Canadian Pain Coalition (www.canadianpaincoalition.ca)
- The British Pain Society (www.britishpainsociety.org)
 - Great patient information

Resources

HILLEL M. FINESTONE, M.D.

The Pain Detective

Every Ache Tells a Story

*Understanding
How Stress
and Emotional
Hurt Become
Chronic
Physical Pain*

