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PAIN MANAGEMENT



Pain is an unpleasant sensory feeling and emotional experience as narrated by the person experiencing it. It may NOT be directly proportional to amount of injury.

Pain can be described as : Throbbing, Shooting, Stabbing Cramping, Gnawing, Hot-Burning, Aching, Heavy, Tender, Splitting, Tiring-Exhausting, Sickening, Fearful, Punishing-Cruel.

-Acute Pain is pain that has a known cause and occurs for a limited time. Acute pain usually responds to treatment with pain killer medications and treatment of the cause of the pain.

-Chronic Pain is pain that occurs for more than one month after healing of an injury that occurs repeatedly over months, or is due to a lesion that is not expected to heal.

- **Psychogenic pain** is Pain caused, increased, or prolonged by mental, emotional, or behavioral factors.

A person in pain feels the following

- Be less able to function
- Feel tired and lethargic
- Lose your appetite or have nausea
- Not be able to sleep, or have your sleep interrupted by pain
- Experience less enjoyment and more anxiety
- Become depressed, anxious, or unable to concentrate on anything except pain
- Feel a loss of control
- Have a change in appearance

Ask for pain relief before you get too uncomfortable. It is harder to ease pain once it has taken hold.

Your pain may be treated in a number of ways. It depends on the type and location of the pain and what works best for you. The doctors and nurses will assess your pain and decide on the best pain treatment.

Pain relief measures make you as comfortable as possible, especially when moving around and doing things that you need to do to get better

Treatment Modalities for pain include:

a) Medicine-

1) *Drugs (medicines)*

'Painkillers' are possibly the treatment that most people expect to be given when they have pain. Having pain medicines to ease short-term pain is not addictive. However, all medications may produce side effects, so you must tell the medical staff if you feel sick, very sleepy or have any other effects that you think may be caused by the pain medicines

2) *Topical medicines*

Some medicines for pain are available in creams, gels or patches. These are often as effective as tablets, and may have fewer side effects.

3) *Injections*

b) Others- Use of heat, Cool Packs, Current, Ultra sound, Diathermy, Acupuncture, Yoga, Hypnosis, Distraction, Psychotherapy, Bio-Feedback, Relaxation Techniques.

c) Surgery -when necessary