

Overview of Pain

Objectives:

Broad overview of pain

Definition of pain

- ▶ Pain is “an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage” (International Association for the Study of Pain, 2012 ; Mersky, 1986, p. 5217).
- ▶ “Pain is always subjective” (International Association for the Study of Pain, 2012).
- ▶ Pain “is unquestionably a sensation in a part or parts of the body, but it is also always unpleasant and therefore also an emotional experience” (International Association for the Study of Pain, 2012).
- ▶ Pain is “whatever the experiencing person says it is, existing whenever he says it does” (McCaffery, 1968, p. 95).
- ▶ North American Nursing Diagnosis Association (NANDA) Nursing Diagnoses places pain management definitions in the Domain of Comfort, Class 1 Physical Comfort. This class is defined as “Sense of well-being or ease and/or freedom from pain” (Herdman & Kamitsuru, 2014, p. 435). The following diagnoses are listed in Class 2 Environmental Comfort:
 - ▶ 1. Impaired comfort: “Perceived lack of ease, relief and transcendence in physical, psychospiritual, environmental, cultural, and/or social dimensions” (p. 437).
 - ▶ 2. Readiness for enhanced comfort: “A pattern of ease, relief, and transcendence in physical, psychospiritual, environmental, and/or social dimensions, which can be strengthened” (p. 438).

Overview of Types of Pain

1. Pain that is protective

- a warning system essential to detect and minimize contact with noxious stimuli
- called nociceptive pain

2. Pain that is adaptive and also protective

- heightens sensory sensitivity
- assists in the healing of injuries
- called inflammatory pain

3. Pathological pain that is not protective

- due to abnormal functioning of the nervous system
- not a symptom of a disorder, a disease state of the nervous system
- can occur after damage to the nervous system (neuropathic pain)

Acute Pain

Sharp and sudden

Lasts less than 3-6 months

Acute pain can be caused by specific injuries(broken bones, burns or cuts, surgery) to the body.

As your injury/surgery site heals, you feel less and less pain. The pain usually ends after the underlying cause is treated or has been resolved. Other times, it can have a longer-lasting effect and cause severe pain.

Unrelieved acute pain can progress to chronic pain

Chronic Pain

an ongoing pain from an injury or due to a medical issue.

lasts longer than the expected time frame or persists beyond the usual recovery period, thought to be between 3-6 months.

Acute vs. Chronic Pain

Many patients have a mixture of pain types

ACUTE

- A warning sign
- Time limited, diminishes as healing takes place
- Causes usually known
- May be changes in vital signs

CHRONIC (Persistent)

- Purposeless, cyclical, irreversible
- Persists > 3-6 months
- Vegetative, depressive signs
- Objective signs may be absent

Examples of Pain

Acute Pain

- ▶ Surgical pain
- ▶ Trauma pain

Chronic pain

- ▶ Low back pain/Neck pain
- ▶ Myofascial pain
- ▶ Neuropathic pain conditions
- ▶ Headaches
- ▶ Musculoskeletal pain
- ▶ Persistent Abdominal and Pelvic pain syndromes

Ways to Classify Pain

- Intensity: mild, moderate, severe
- Duration: acute, chronic (persistent)
- Pathophysiology: nociceptive, inflammatory, neuropathic, mixed
- Type or Syndrome: e.g., cancer, low back pain, fibromyalgia, migraine, sickle cell

Nurses' role

- ▶ Work collaboratively with an interdisciplinary team
- ▶ Obtain a comprehensive history- including previous experience and effective pain management
- ▶ Collaborate with patient on setting safe, realistic goals
- ▶ Pain assessment and reassessment
- ▶ Implement pharmacologic and nonpharmacologic measures for pain management
- ▶ Provide education
- ▶ Evaluate pain management plan

Treatment options:

Nonpharmacologic

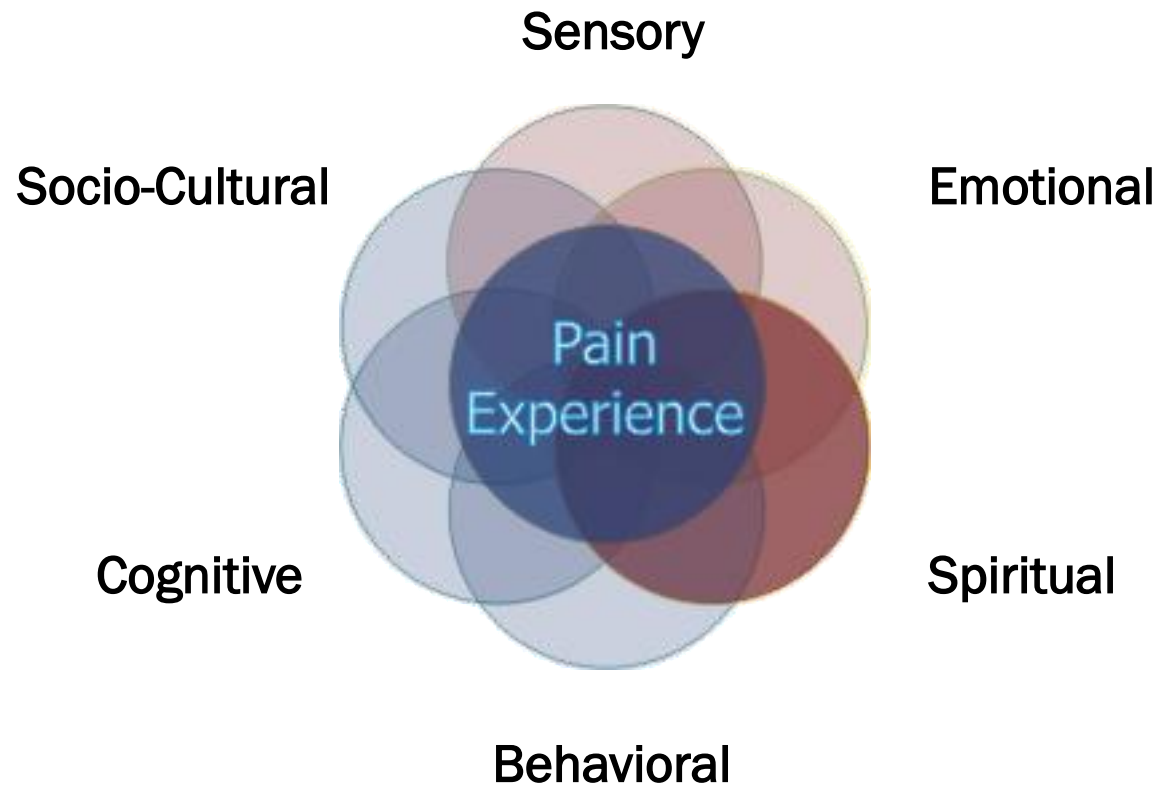
Nonpharmacologic

- ▶ Preventative measures: identify risk factors and education on preventive features (body, lifestyle, emotions, social , spiritual, mind)
- ▶ Physical modalities (PT/OT/AT, art therapy, music therapy, heat/ice, psychological services, etc)
- ▶ Interventional based treatments

Pharmacology

- ▶ NSAIDS
- ▶ COX-2 inhibitors
- ▶ Acetaminophen
- ▶ Opioids
- ▶ Antidepressants
- ▶ Antiseizure medications
- ▶ Muscle relaxants/anti-spasms
- ▶ Topicals

Pain: A Multidimensional Experience



Questions