

Pain Management

Pain is a signal in your nervous system that something may be wrong. It is an unpleasant feeling, such as a prick, tingle, sting, burn, or ache. Pain may be sharp or dull. It may come and go, or it may be constant. You may feel pain in one area of your body, such as your back, abdomen, chest, pelvis, or you may feel pain all over.

Pain can be helpful in diagnosing a problem. If you never felt pain, you might seriously hurt yourself without knowing it, or you might not realize you have a medical problem that needs treatment.

There are two types of pain: acute and chronic. Acute pain usually comes on suddenly, because of a disease, injury, or inflammation. It can often be diagnosed and treated. It usually goes away, though sometimes it can turn into chronic pain. Chronic pain lasts for a long time, and can cause severe problems.

Pain management is designed to treat chronic pain and allow a person to live a full, enjoyable life it is described as: The process of providing medical care that alleviates or reduces pain.

Pain is not always curable, but there are many ways to treat it. Treatment depends on the cause and type of pain. There are drug treatments, including pain relievers. There are also non-drug treatments, such as acupuncture, physical therapy, or with antidepressants, which can potentiate some pain medications without raising the actual dose of the drug and which affect the brain's perception of pain, and sometimes surgery. For bedridden patients, simply changing position regularly or using pillows to support a more comfortable posture can be effective.

Massage, acupuncture, acupressure, and biofeedback have also shown some validity for increased pain control in some patients.

Signs & Symptoms of Pain

The following symptoms may indicate that a person is in emotional, physical or spiritual pain.

Emotional

- Forgetfulness
- Poor concentration
- Dull senses
- Lethargy
- Boredom
- Low productivity
- Negative attitude
- Anxiety
- The 'blues'
- Mood swings
- Anger
- Bad dreams
- Irritability
- Crying spells
- Nervous laughter
- Dependency on others

Physical

- Frowning
- Grimacing
- Appetite changes
- Poor sleeping

- Fearful expression
- Teeth grinding
- Fidgeting
- Groaning or moaning
- Crying
- Sighing
- Heavy breathing
- Decreasing activity
- Change in gait
- A loss of function

Spiritual

- Emptiness
- Loss of meaning
- Doubt
- Loss of direction
- Cynicism
- Apathy
- Abandonment
- Worry
- Loss of hope
- Isolation
- Distrust
- “No one cares”
- Guilt
- Loss of hope
- “Why is this happening?”

Information obtained from:

<https://www.hrrv.org/patients-caregivers/resources/guides-resources-caregivers/signs-symptoms-pain/>