Chatting About Pain

Ohio Pain Initiative

Power Over Pain Series

Session 1

Pain Facts

- 75 million Americans suffer with pain
- More than 50 million cancer & non-cancer persons suffer with chronic pain
- Each year 25 million have acute pain from injury or surgery

Pain Facts

- 2 out of 5 persons with severe pain cannot work
- 3 out of 5 persons have problems with daily activities because of pain

Acute Pain

- Temporary – less than 3 months
- Usually severe in intensity
- Signals that body tissue has been injured by disease or trauma
- Usually will cause a change in vital signs: ↑ blood pressure, pulse and respirations
- May be easily treated/controlled
- If not treated, may lead to chronic pain

Chronic Pain

- Pain that lasts longer than 3 months
- Ranges from mild to severe in intensity
- May be disease/injury related or
- Cause may not be known
- Usually does not cause a change in vital signs: blood pressure, pulse & respirations
- Usually more difficult to control

Chronic Pain

- May require complex treatment
  - Multiple medications
  - Multiple non-medication treatments:
    - examples: heat, cold, physical therapy
  - Combination of medication & non-medication treatments

Types of Chronic Pain

- Non-cancer pain (non-malignant)
  - Arthritis
  - Back pain
  - Diabetic neuropathy
  - Fibromyalgia
  - Headaches: migraine, temporal arteritis, etc
- Cancer pain (malignant)
  - Many kinds – depends on type and location of cancer and treatments

Focus of this Program

- Impact of pain on health and wellness
- Responsibilities for pain management
- Effective ways to communicate pain

Results of Unacceptable Pain

- Tiredness
- Anxiety
- Depression
- Anger
- Worry
- Loneliness
- Stress
- Higher risk of infection
- Slower healing
- More pain
- Muscle tightness
- Others

Unrelieved Pain Interferes With

- Daily activities such as dressing, toileting, bathing, etc.
- Interest in work or play
- Sleeping
- Eating
- Sexual activity
- Overall health & well-being

You Need to Know That...

- There are effective methods of reducing and/or relieving pain
- Early pain treatment can prevent or reduce long term problems – including chronic pain

What You Should Expect

Your Health Care provider will:

- Recognize your pain
- Believe your report of pain
- Evaluate your pain thoroughly
- Tell you test results and any possible causes of pain

What You Should Expect

Your Health Care provider will:

- Discuss treatment options
  - benefits
  - limitations/risks
- Include you & your family in decisions about your pain management program
- Refer you to a specialist as needed

What Is Expected of You:

- Speak up! Start the pain conversation!!

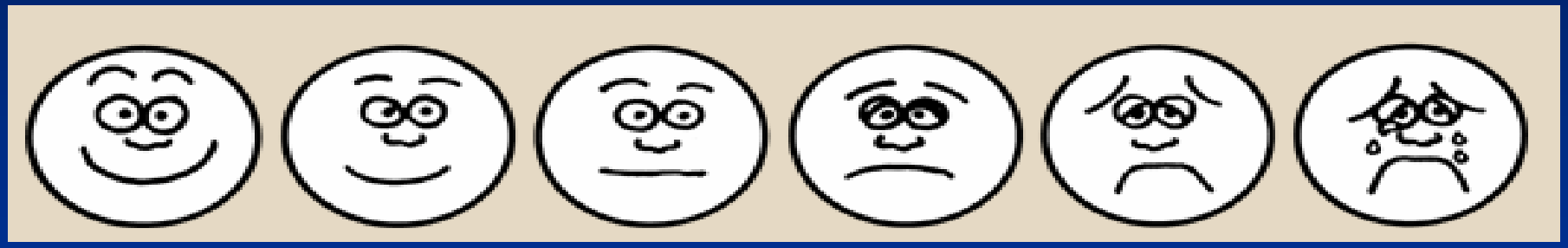
- Tell your health provider you have pain.
- Tell them where it hurts, if it moves and where it moves to.

Continue The Conversation: Describe what the pain feels like:

- Sharp
- Aching
- Burning
- Like it's asleep
- Tight
- Pulling
- Like a knife stabbing or cutting
- Stabbing
- Twisting
- Shooting
- Like it's on fire
- It's like a bad tooth ache (or other comparison)
- Others

Continue The Conversation: Rate your pain:

- How much does it hurt?



0	2	4	6	8	10
No pain	Mild	Discom-forting	Distressing	Horrible	Excru-ciating
	Mild	Moderate	Severe	Very Severe	Worst Possible

Continue The Conversation:

- Explain what makes the pain worse
  Ex: stress, anger
- Explain what makes the pain better
  Ex: lying down rather than sitting
- Tell what things you have tried in the past and if they made the pain worse or better
- Discuss how the pain affects your daily activity &/or life style

Continue The Conversation

- How much does the pain upset you?

  0----------2----------4----------6----------8----------10

  Not at all Extremely

- Talk about any strong emotions that effect the pain
  - Does stress or anger make the pain worse?

Continue The Conversation:

- Tell your health provider about past or present addiction problems:
  - alcohol, narcotics, tranquilizers, etc.
- You may need to retry therapies
  - Even if they haven't worked in the past
  - Your pain may have changed
  - The therapy may have improved

Continue The Conversation: Discuss your concerns

- Will I become addicted to pain medicines?
- Will pain medicines make me lose control?
- Are there things I can do instead of or in addition to medicines?
- What if the pain doesn't go away?
- Will I seem like a complainer or an addict if I ask for different pain medicine?

Communication Tips: Start a Pain Journal

- Write down even slight changes in pain in response to medicines/treatments
- Include:
  - Where it hurts
  - Describe your pain
  - Rate your pain (0 to 10)
  - Treatment/Medicines used
  - Response to treatment/medicines
- Record at least 3 to 4 times/day

Communication Tips: Start a Pain Journal

Day Date Time	Where hurts	Feels like	Rating 0 -10	Doing what, when started	Treatment Medicine	Worked: Yes NO

Communication Tips:

- Write down your questions before talking with your healthcare provider
- Take notes while talking with your healthcare provider
- Take someone with you – “Two sets of ears are better than one.”
- Take responsibility for your pain & set goals
- Check with your healthcare provider to see if your goals are realistic.

Being a Team Player

- Develop a plan with your healthcare provider
  - Be realistic about what you can & will do.
- Get ordered tests done in timely manner
- Follow instructions
  - Take meds as ordered – *no more, no less*
  - Follow through with your pain management program: exercises, therapies, relaxation, etc.

Being a Team Player

- Report response to all treatments & drugs
  - Are you able to stick to the plan?
  - How are the medicines working?
  - Are you having any side effects?
    - Constipation
    - Drowsiness
    - Upset stomach
    - Others
  - Are the side effects tolerable to you?

Being a Team Player

- How are the non-medicine treatments working?
- Are you trying anything else for the relief or your pain?
- In your journal, record response to treatments, feelings about treatments & any side effects you are experiencing.

Being a Team Player

- If having problems with any medicine or treatment, call or make an appointment with the healthcare provider.
- For your appointment:
  - Explain to the person making appointment that you need a longer time with doctor
  - Bring your pain journal
  - Report any visits to other doctors, ER, urgent care
- Keep scheduled appointments
- Ask if a specialist would be helpful

In Summary

- Pain relief has a **positive impact** on your life and health
- **Responsibility** for pain management lies with you and your healthcare team
- **Communication** is key to painting your pain picture – giving you

Power Over Pain