

Team Based Pain Care

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Declaration

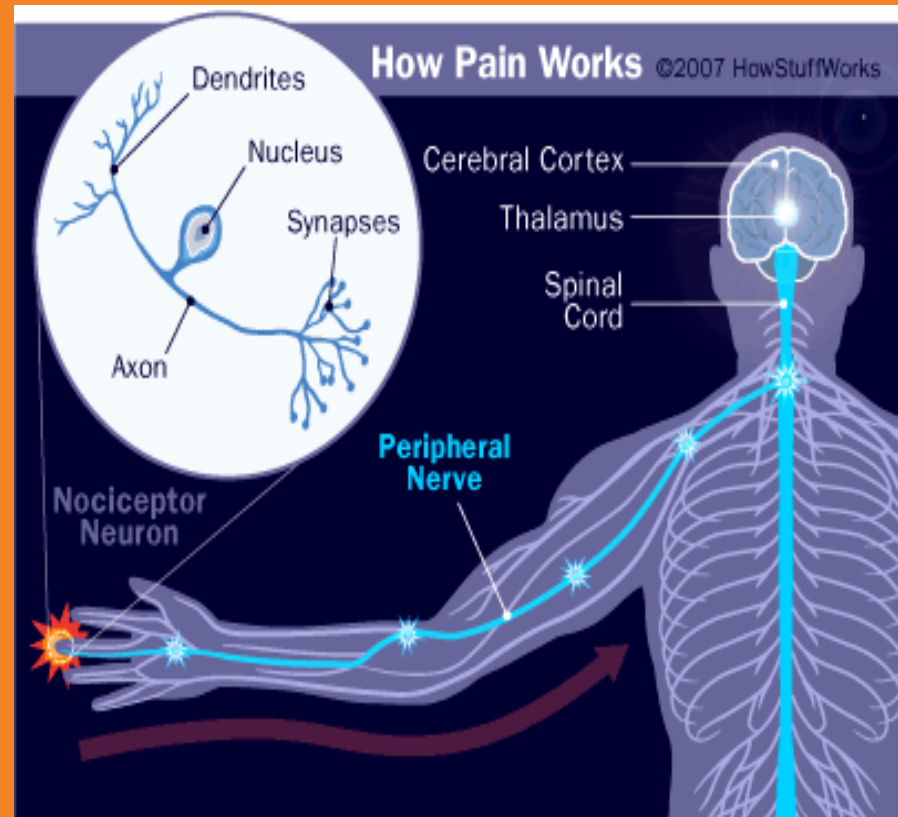
I have no conflict of interest to declare.

Title

What is Pain?

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- Is it Nociception?

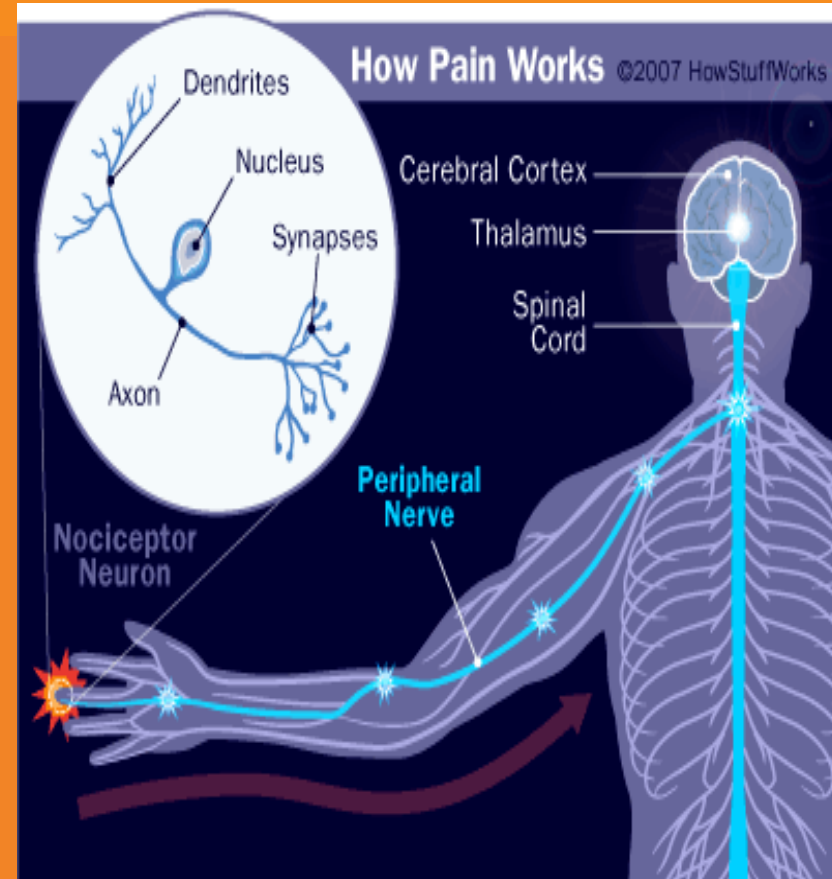


Is it nociception?

- Nociception is the input into the spinal cord and the somatosensory cortex from the periphery.
- Nociception is neither sufficient nor necessary to the experience of pain.
- Pain is more properly seen as an output of the central nervous system.

What is Pain?

- A Biomedical Model?
- Rene' Decarte
- In absence of confirmatory evidence of tissue damage we must conclude that your pain is “All in your head.”



What is Pain?

- A biopsychosocial model?
- Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.

IASP definition (1994)



“Biological contributors are bodily events that activate nociceptors or drive tissue states outside of the safe homeostatic zone.”

Moseley GL, Butler DS (2017) [Explain Pain Supercharged](#), Noigroup Adelaide

“Psychological Contributors are...the things we think, say, believe, predict, feel, and do...”

Moseley GL, Butler DS (2017) [Explain Pain Supercharged](#), Noigroup Adelaide

Biopsychosocial pain

“Social contributors relate to any interactions one has with others and the roles a person plays in his or her social world.”

Moseley GL, Butler DS (2017) [Explain Pain Supercharged](#), Noigroup Adelaide

- *The Neuromatrix Model of Pain; A biopsychosocial model that sees each experience of pain as unique and determined by multiple factors operant at that particular time and place and influenced by similar prior experiences, present state of physical and mental health and social determinants.*

- “So what is Pain Neuroscience Education?”
- Patient education that focuses on the complexity of pain. If pain isn't nociception than “Hurt doesn't necessarily mean Harm”
- Metaphors
- What you think and say and do is very important to your experience of pain and this is what we mean by active treatment on a broader scale.

Pain Rehabilitation

- Pain Rehabilitation focuses on restoring function rather than relieving pain.
- It is not the first step in evaluating and treating painful conditions.
- It should be considered when degree of pain and disability is out of proportion to objective findings or when usual treatment is unsuccessful.

Goal Setting

- For patients in need of intensive pain rehabilitation
- Distinguish chronic pain rehabilitation from biomedical pain treatment.
- Describe integrated treatment model of multidisciplinary pain treatment.
- Help patient identify specific functional goals for treatment.

Anticipate Roadblocks

- Are you saying it is all in my head?
 - No, but what is in our head can affect how we deal with pain. Fear, Anger, Depression etc.
- Are you going to take away my pain meds?
 - They are not a long term answer. They cover up the pain and they are not good in the long run. The longer you take them the harder it will be.
- What if there is something wrong that we haven't found yet?
 - We aren't going to close our eyes to that possibility. We are going to approach management in a stepwise manner which involves the least risk for you and best chance of recovery.

Shared decision making

- What is the biggest problem right now?
 - Work, sleep, mood, weakness, driving, etc...
- What treatments do you want to avoid?
 - Opioids, surgery, antidepressants, things that make you sleepy or gain weight
- Are there social issues playing a role?
 - Issues at work, home, financial, other stressors
- What are you most afraid of?
 - Disability, loss of role in family or at work, recreational activities

Normalizing the Experience

- We are all afraid of pain that is how it works.
- Pain keeps us from overdoing it too soon.
- The goal is to return to normal levels of activity as the body heals.
- It is important to keep a positive attitude.

- **Explain Pain Supercharged** ;Moseley and Butler: NOI Publications, Adelaide 2017
- <https://www.retrainpain.org>: Retrain Pain Foundation, NY, NY
- <https://www.painscience.com>; Paul Ingraham
- ***Recovery Strategies - Pain Guidebook***: Greg Lehman on Line Free Download