

PAIN AWARENESS MONTH

Pain serves an important purpose by alerting you to injuries such as a sprained ankle or burned hand.

Pain has biological, psychological and emotional factors.

Chronic pain can cause feelings such as anger, hopelessness, sadness and anxiety

Chronic pain is associated with over 100 general categories of medical conditions: there are over 100 forms of arthritis alone.

Chronic pain is sometimes the disease itself.

The cost of chronic pain includes not only health care cost, but days missed from work, hours of work lost and lower wages.

Many people living with chronic pain do not have a diagnosis, and many say they do not know what causes their pain.

Chronic pain may continue even with good treatment.

Self-management of chronic pain—becoming educated, problem solving, pain-tracking, pacing oneself and finding ways to cope—adds exponentially to reducing pain and gaining function.

Research shows that people who understand both the science and nuance of their specific pain conditions move and function better, experience less pain and are better able and more likely to maintain a healthy lifestyle.

Wong-Baker FACES® Pain Rating Scale



A FEW EXAMPLES OF PAIN

ACUTE PAIN

BACK PAIN

FIBROMYALGIA

HEADACHES

NEUROPATHIC PAIN

OSTEOARTHRITIS

PAIN DURING
PREGNANCY/LACTATION

ARTHRITIS PAIN

USE OPIOIDS WISELY IF NEEDED

REDUCING PAIN INTENSITY BY ABOUT 30%
IS CONSIDERED A TREATMENT SUCCESS.

SHORT TERM SIDE EFFECTS OF OPIOIDS

CONSTIPATION

DIZZINESS

EUPHORIA

ITCHING

NAUSEA

RESPIRATORY DEPRESSION

RESTLESSNESS

SEDATION

COPING WITH CHRONIC PAIN

Stay Active- It's important to not let pain control your life

Know your limits- Continue your daily activities while knowing your physical limitations

Exercise- Stay healthy with low-impact exercise.

Make social connections- Social support can help lessen depression and anxiety related to pain.

Distract yourself- When pain flares, find ways to distract your mind

Don't lose hope

Follow prescriptions carefully



REFERENCES:

<http://learnaboutyourpain.com/>

<http://www.apa.org/helpcenter/pain-management.aspx>

<http://learnaboutyourpain.com/>

<https://www.theacpa.org/pain-awareness/september-is-pain-awareness-month/>

<https://www.painscience.com/imgs/knob-pain-l.jpg>