

Pain

- "An unpleasant sensor and emotional experience associated with actual....."

How do we measure pain?

- Biomedical approaches - heart rate etc.
- Verbal report
 - "Pain is whatever the person says it is and exists whenever the person says it does..."
 - "To have great pain is to have certainty, to hear that another person has pain is to have doubt"
 - Self-report pain scales
 - unidimensional scales
 - e.g., numerical rating scale (NRS) to measure pain severity
 - face scales, often used to assess childhood pain, face expressions, depend on people's pain tolerance
 - multidimensional scales (sensory, affective)
 - e.g., McGill pain questionnaire, check off any of the words that describes their pain
- Pain behaviour
 - Facial/audible expressions
 - Distortions of posture or gait
 - Negative effect
 - Avoidance of activity

How do we experimentally induce pain?

- pain in the lab (pg. 288-289)
 - Cold pressor task
 - people put their arm in ice cold water, ask them how early they feel the pain, pain tolerance, and intensity
 - Ischemic pain task
 - ischemia = insufficient blood flow
 - anxiety component
 - Capsaicin (subcutaneous injection)
 - capsaicin = irritant agent found in hot chili peppers

Techniques for Pain Management: A Multidisciplinary Approach

- Multidisciplinary pain programs
 - psychiatrist
 - social worker
 -
- Cognitive behavioural therapy for chronic pain
 - pain experience
 - thoughts
 - behaviour
 - feelings
 - they can make pain worse or better
- Fear avoidance model of musculoskeletal pain
 - ON CONNECT!!

Before accepting people into a program

- Readiness to adopt a self-managing approach
 - pro contemplation
 - I have tried everything that people have recommended to manage my pain
 - contemplation
 - I have been thinking that the way I cope with my pain could improve
 - action
 - I am developing new ways to cope with my pain
 - maintenance
 - I have learned some good ways to keep my pain problem from interfering with my life
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Relaxation

- Diaphragmatic breathing, progressive muscle relaxation, visualization, meditation
- Rationale:
 - reduce stress/distress
 - reduce muscle tension
 - release of endogenous opioids
- Better for acute pain & episodes of severe pain

Hypnosis

- "State of inner absorption, concentration and focused attention"
- one of the oldest pain relief technique
- common misconception, people only do things that they would ordinarily do
- relaxation -> hypnotic suggestions
- self-hypnosis

Hypnosis: Does it work?

- Versus control group, a little more relaxation, and less pain
- versus other relaxation techniques, it is similar to other techniques
- acute vs. chronic pain, more useful for acute pain and procedures

Virtual reality therapy (Patterson & Hoffman)

- Pain requires conscious attention
- strategies to distract people when they are wound cleaning for severely burned individuals
- virtual reality technology, snow world, increased level of comfort and less pain
- Nintendo vs. Virtual Reality, virtual reality has lower ratings of pain, unpleasantness, anxiety
- Brains are responding less to pain as well, works better for acute pain than chronic

The Mirror Box for Phantom limb pain

- put mirror in a box, and put the hands in the mirror, and it looks as if the other hand is moving accordingly to the existing hand
- pain can be a construct of the mind, visual signals for the brain to send back feedback signals
- trick the brain that you are unclenching your phantom limb
- does not work for all patients

FINAL EXAM !!!

50 Multiple questions

20-25 questions: pre-midterm 2

25-30 questions : postOmidterm 2

5 short answer questions (4-7 marks each)

HIV stigma

Tylenol study

lectures, guest speakers...

1 question: 1 midterm material

1 question: 2 midterm material

3 questions: post midterm 2

Above two studies need to know details of for short answer, and the other studies are needed for multiple choice