

**Fiona MacPherson**

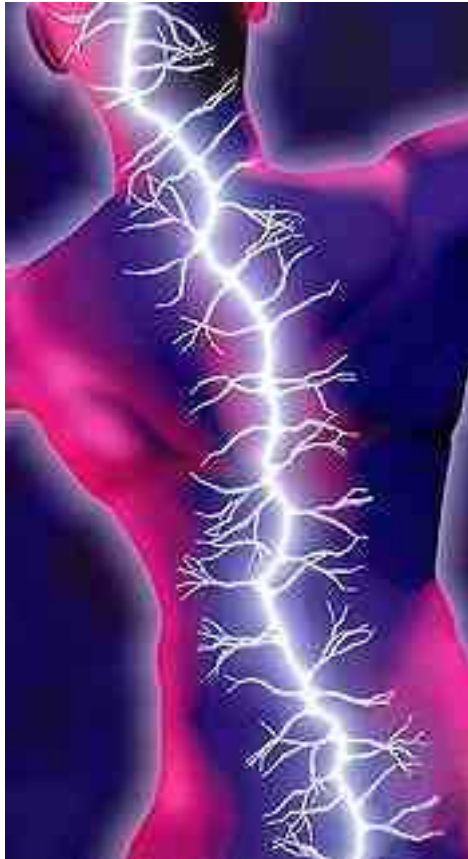
**Chronic Pain Nurse Specialist  
NHS Lothian**







# Chronic Pain is common



18.1% of people in Scotland  
have Chronic Pain

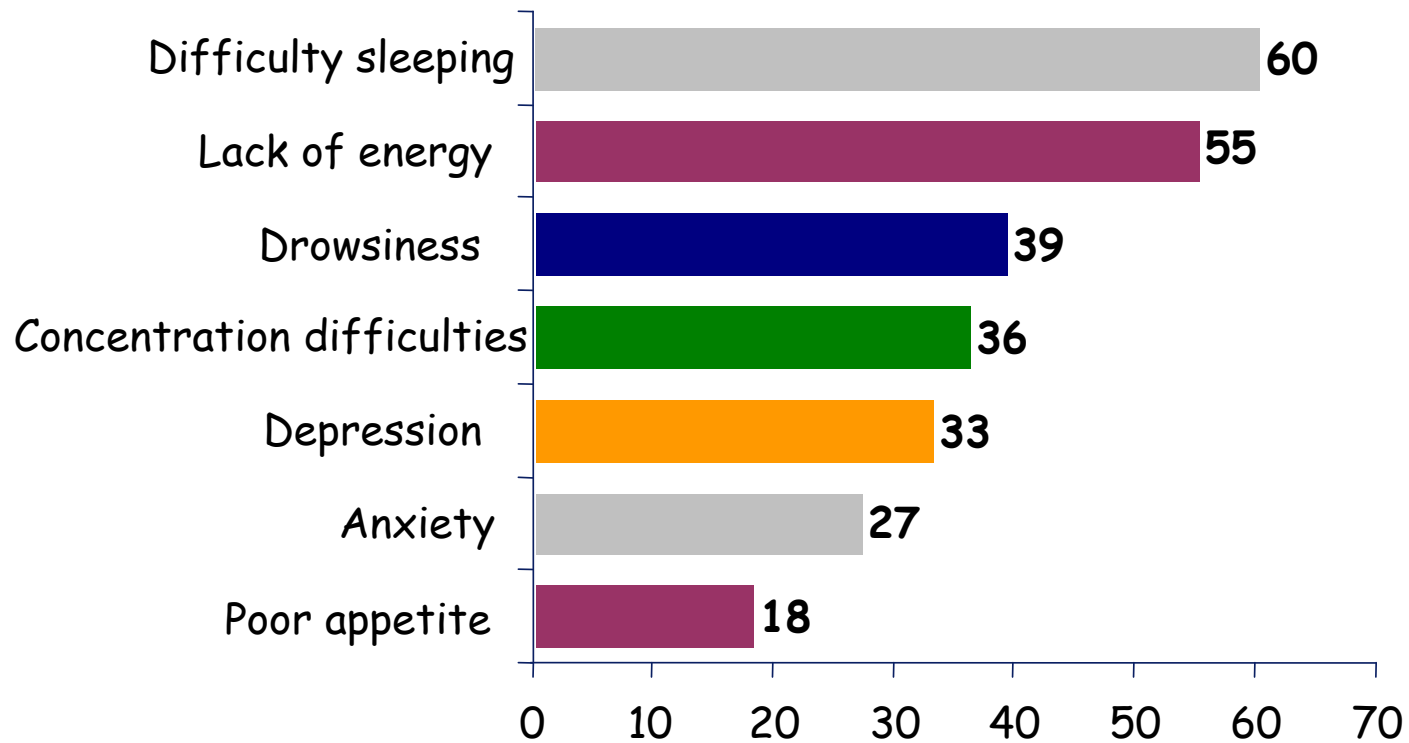
That is 1 in 5 people

# Chronic Pain

- -----is pain which has continued for at least 3 months and is unlikely to resolve spontaneously. Ref (IASP)
- "Pain is what the person says it is and hurts when they say it does-----"

Ref (McCaffery and Beebe)

# Pain changes our brain functions



% patients with moderate to very severe discomfort due to symptoms (n=126)

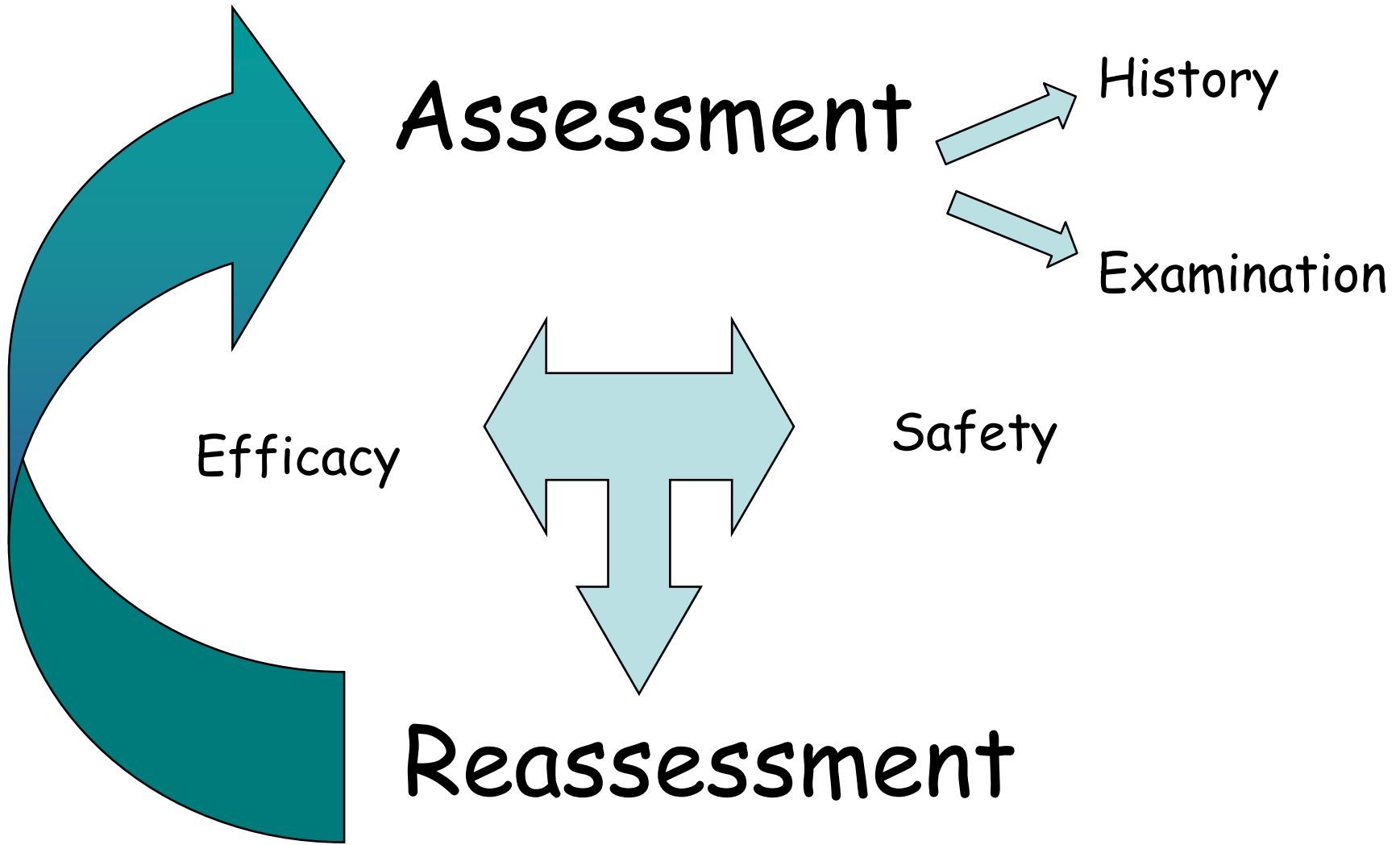
# Chronic Pain Conditions

- Musculoskeletal Origin
- Neuropathy following Surgery
- Post-herpetic Neuralgia
- Osteoarthritis
- Rheumatoid Arthritis
- Peripheral Neuropathy



# Why measure pain & effects of pain ?

- Translates a subjective experience into an objective description
- Gives a baseline from where a plan of care can be devised
- Allows ongoing evaluation of the care and effectiveness of treatment interventions



# Pain Assessment

- Visual analogue scales (VAS)

No Pain

Worst Pain

0

10

The patient is asked to mark a point on a line

that they feel best represents their pain

# Pain Assessment

- **Verbal Rating Scale**

No Pain   Mild   Moderate   Severe   Worst



# Pain Assessment

- Numerical Rating Scale

No Pain

Worst Pain

0 1 2 3 4 5 6 7 8 9 10

# Management of Chronic Pain

- Drug Therapy
- Injections
- TENS
- Physiotherapy
- Acupuncture
- Relaxation & Distraction
- Aromatherapy  
massage
- Pain Management  
Programmes

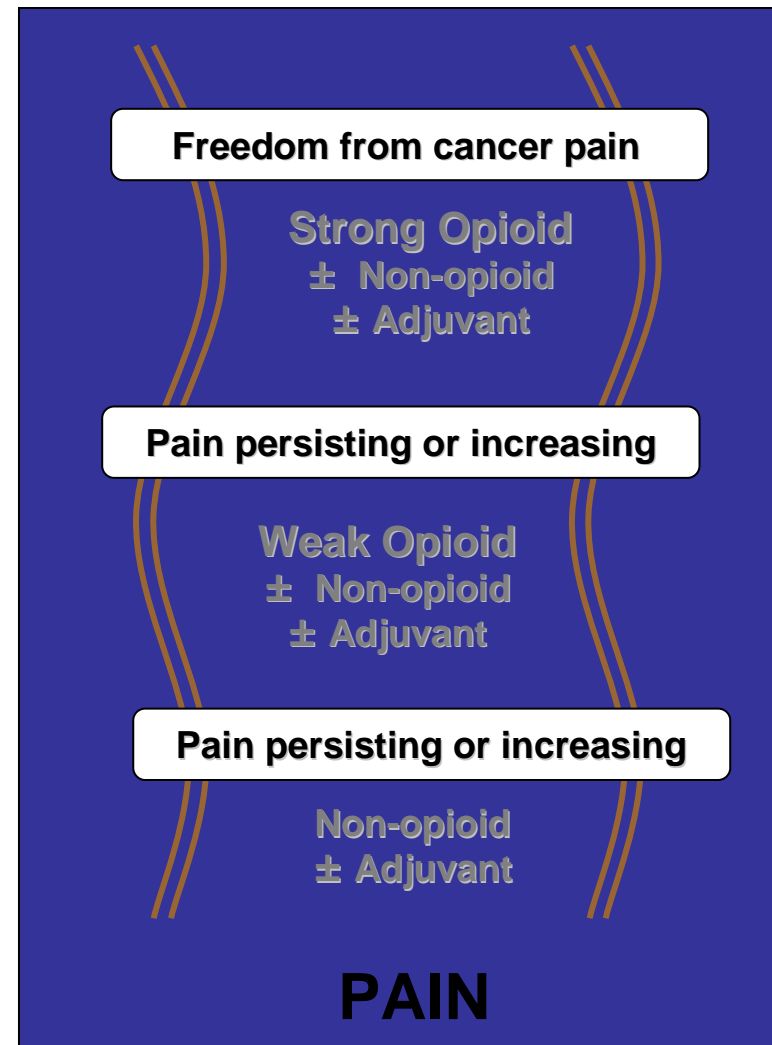
# Drug Families

- Paracetamol
- NSAIDS
- Opioids
- Adjuvants
  - Tricyclics
  - Anticonvulsants
  - Others

3

2

1



# Transcutaneous Electrical Nerve Stimulator (TENS)

- Application of an electrical current through the skin to stimulate the nervous system.
- Developed as a way of controlling pain through the 'gate' theory, where it is believed, selective stimulation of certain nerve fibres could block signals carrying pain impulses to the brain.
- Stimulation of Endogenous Opioids

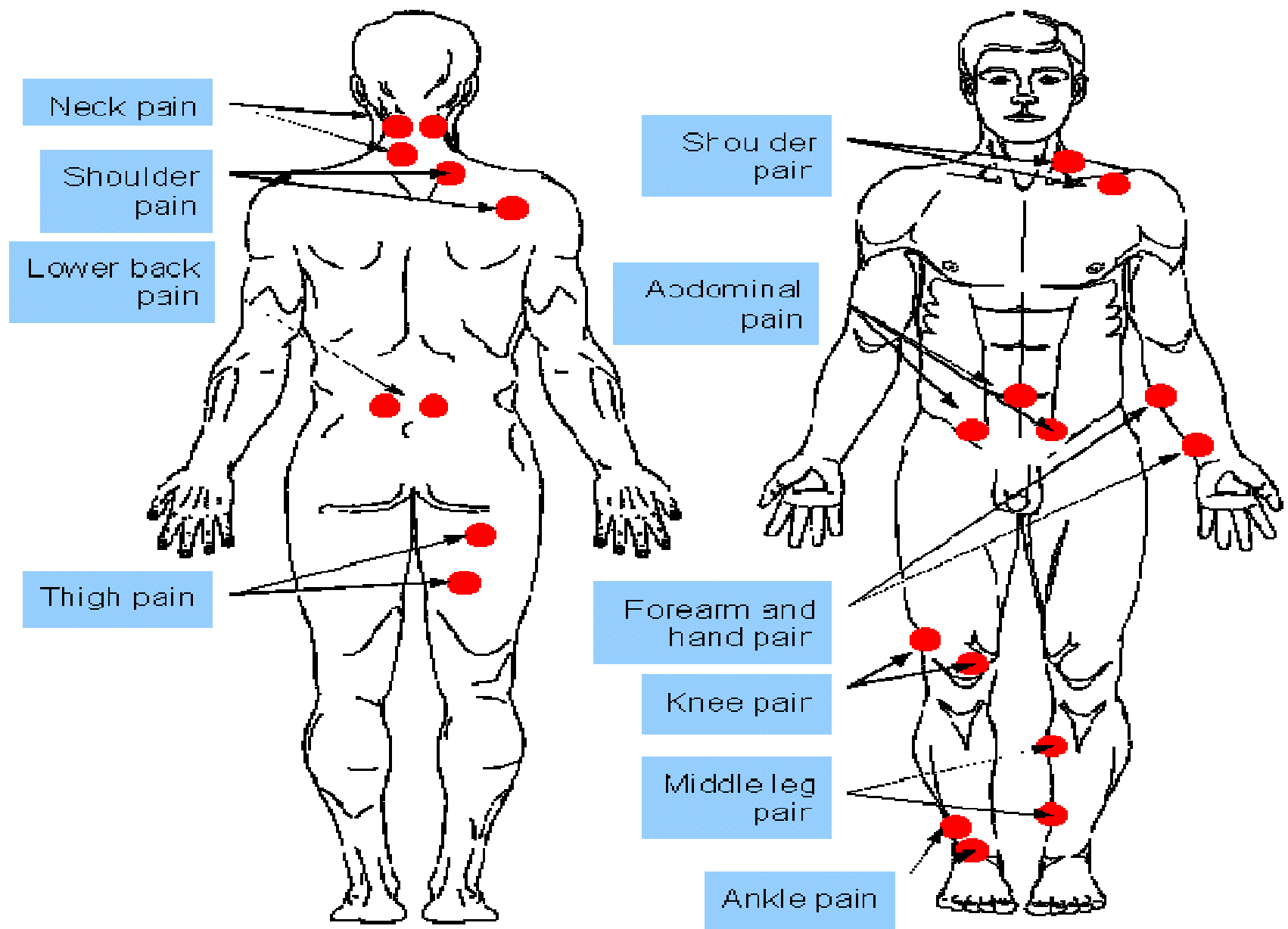


# Benefits of TENS

- Viable alternative to multiple drug therapies
- Non-invasive
- Patient has control
- Cost effective
- Not a cure, but temporary analgesia

# Contraindications

- On demand pacemaker
- Pregnancy --- 1<sup>st</sup> trimester
- Over the anterior part of the neck
- Do not use whilst driving or operating heavy machinery



Adapted from Thompson (1995)

# Duration

- Never less than 30 minutes.
- Continuous stimulation may be given all day.
- Intermittent stimulation (Burst) usually 30-40 minutes 4-6 times a day.
- Can have a cumulative effect

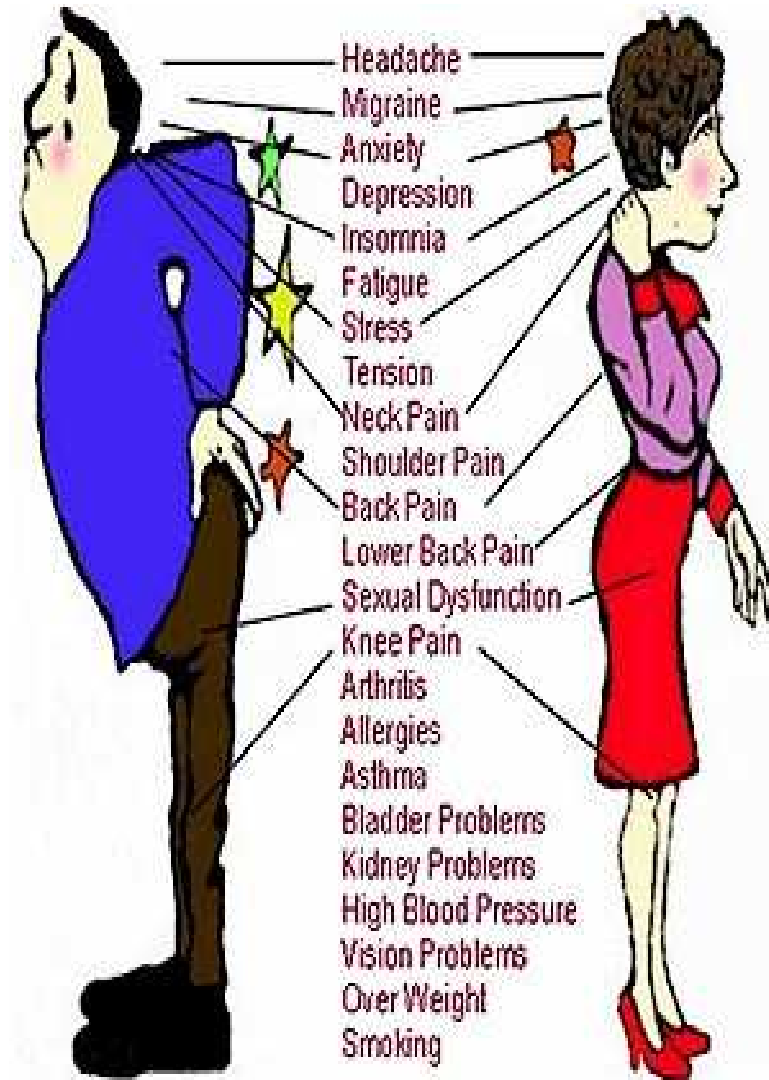
# Evaluate

Good outcomes include:-

- Being pain-free at rest
- Reduced pain during movement
- Increased mobility
- Adequate sleep
- Reduction of analgesia

# Acupuncture

- According to traditional Chinese medicine, acupuncture promotes the flow of qi (life force energy), thereby balancing the human body system.
- Modern acupuncturists use traditional meridian points and also trigger points, which have no fixed locations and are found by eliciting tenderness at the site of most pain.



# Hypnotherapy

- When the patient is in a deeply relaxed state the practitioner gives therapeutic suggestions, which are aimed at influencing behaviour or relieving symptoms



# Aromatherapy Massage

- Aromatherapy is the therapeutic use of essential oils in an attempt to restore a "balanced" state to body and mind.
- The most common application of aromatherapy is massage with essential oils.





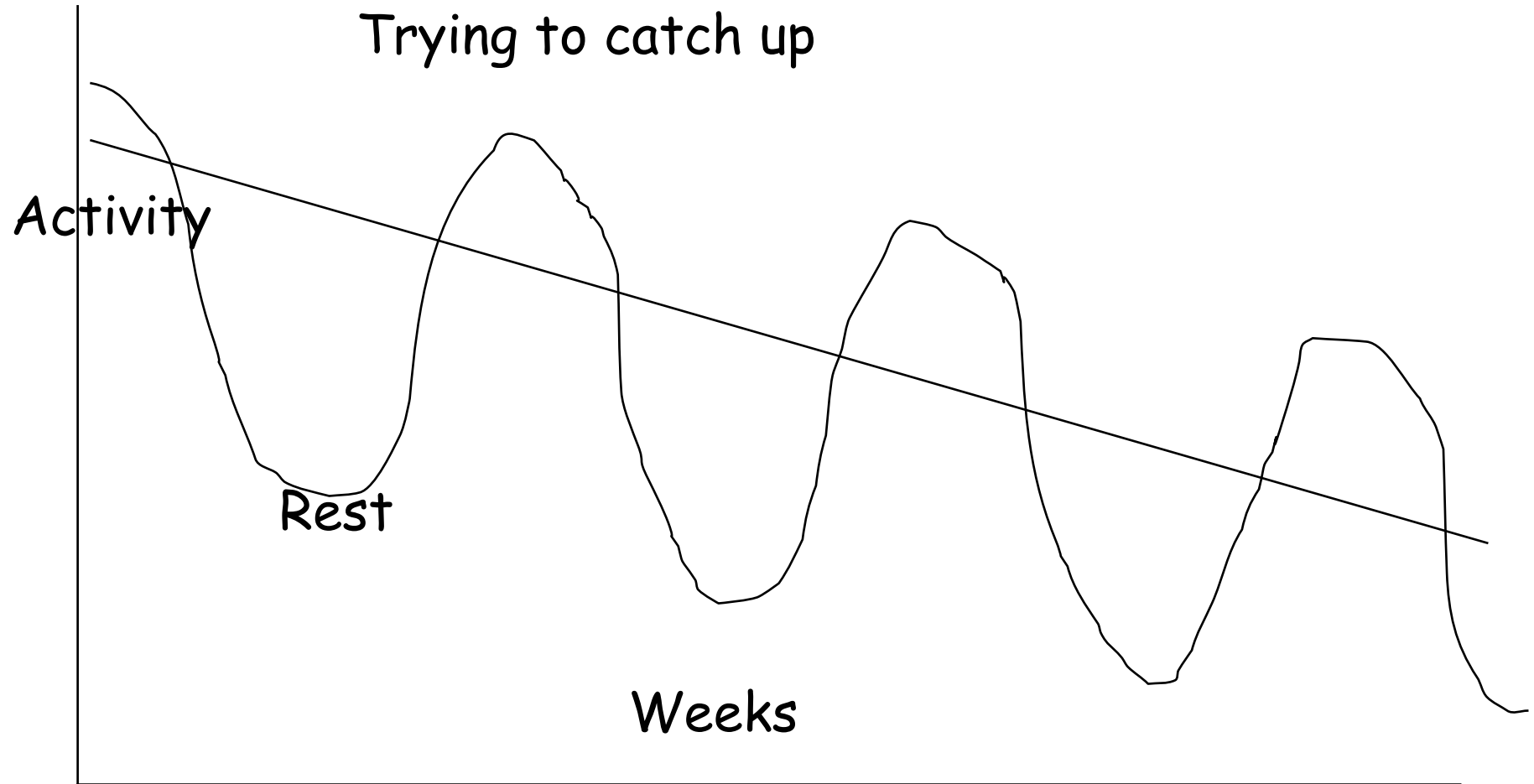
# Effects of Aromatherapy Massage

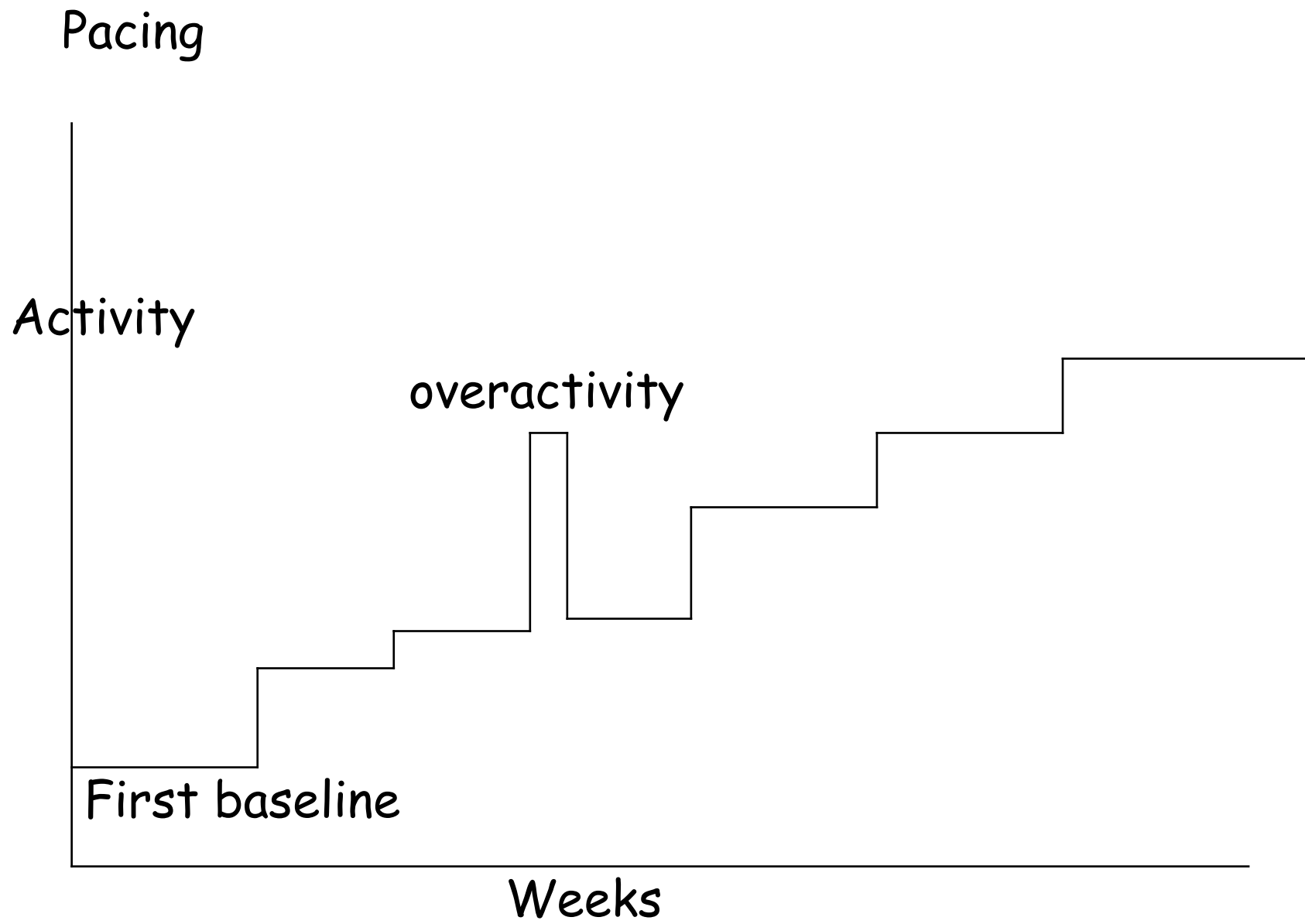
- Promotes deep relaxation relieving both mental and physical fatigue
- Reduces muscular tension
- Stimulates the circulation
- Direct action on the limbic system the area which governs emotions

# Cognitive Behavioural Therapy

- Education
- Coping Skills--relaxation & distraction
- Mood modification--challenge negative thoughts
- Activity modification--pacing & goal setting
- Behaviour modification--involve family and friends

# Overactivity/ Rest Cycle





# Conclusion

- Addressing chronic pain need not involve costly, high-tech interventions but does require global education of health professionals, patients and their families to best apply available, generally low-cost yet effective therapies

(IASP 2004)

# Support Groups

- Pain Association: 0800 783 6059  
[info@painassociation.com](mailto:info@painassociation.com)  
[www.chronicpaininfo.org](http://www.chronicpaininfo.org)
- Pain Concern: 01620 829138  
[painconcern@btopenworld.com](mailto:painconcern@btopenworld.com)  
[www.painconcern.org.uk](http://www.painconcern.org.uk)
- [www.paintoolkit.org](http://www.paintoolkit.org)