



**DON'T SUFFER  
WITH PAIN  
CARE YOU CAN  
BELIEVE IN**

**Aster**  
**HOSPITAL**

We'll Treat You Well



Digital Version



### PAIN IS COMPLEX AND PERSONAL

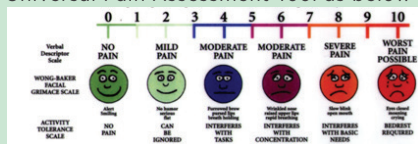
Your pain is unique to you! People feel and react to pain differently. Keeping your pain under control is important to your wellbeing.

### ASK FOR HELP WITH YOUR PAIN

- It is patient's right to have your care planned by skilled staff.
- Your pain taken seriously, assessed on regular basis using standardized tool.

### TELL US ABOUT YOUR PAIN

Assists the Healthcare practitioner to assess your pain. Utilize the selected Universal Pain Assessment Tool as below



Request for pain relief when needed.

### DIFFERENT BETWEEN ACUTE AND CHRONIC PAIN

Acute pain is not only brief; it is usually associated with clear injury or disease. An example of acute pain is post-surgical pain, in which the course of injury is clear, and we can expect the pain to lessen as the surgical wound heals. A better term might be nociceptive pain, in that the pain has a clear cause and a relatively clear association between injury and sensation. Consequently, we usually expect the pain to improve more or less at the same rate as the improvement in the injury.

### HOW PAIN-RELIEVING MEDICATIONS WORK

Analgesics work in various ways. For example, opioid analgesics alter pain messages by influencing brain chemistry, which is why these drugs can be addictive. Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs)

work by blocking an enzyme in the body needed to create prostaglandins. Prostaglandins are chemicals that trigger physiological changes such as increased temperature and dilation of blood vessels. They also cause an increased sensitivity to pain.

Blocking the action of prostaglandins reduces fever, inflammation and pain. However, prostaglandins also help the stomach lining to resist gastric acid-based damage, which is why aspirin and NSAIDs can cause stomach irritation and bleeding in some people.

### MANAGING YOUR MEDICATIONS EFFECTIVELY

Always follow instructions for taking your medications safely and effectively. By doing so, your pain is more likely to be well managed, you are less likely to take larger doses of medication and you can reduce your risk of side effects.

Medications for chronic pain are the best taken regularly. Talk to your doctor or pharmacist if your medicines lose their ability to reduce your pain or are causing you other problems, such as side effects. These are more likely to occur if you are taking pain-relieving medications for a long time.

People can lower their levels of felt pain by learning self-management skills, such as coping with depression and stress. Some studies have shown that medication can undermine the value of developing these skills. It is important to learn the skill you need to cope with your pain and not rely on medications alone to do this.

### NON-DRUG PAIN MANAGEMENT

Many non-drug treatments are available to help you manage your pain. A combination of treatments and therapies is often more effective than just one.

Understanding the cause of your pain can help reduce your fear and anxiety. Ask your doctor to suggest other pain-management strategies that might work for you and complement your current regimen.

### Some non-drug pain-management strategies include:

- Heat or cold – heat packs can provide relief of chronic musculoskeletal injuries and associated pain. An icepack can be used to help reduce swelling immediately after an injury.
- Physical therapies – walking, as well as stretching and strengthening or aerobic exercise, may help relieve pain, depending on the cause. Physical activity can also help you stay active and improve your mood. Ask a physiotherapist or osteopath to design a program specifically for your pain condition.
- Massage – this is better suited to soft tissue injuries and should be avoided if the pain originates in the joints.
- If pain-relieving medications can't ease the pain, talk to your doctor or pharmacist first about what you should do. Increasing your dose may not help your pain and might cause you harm.



- Improve your physical fitness, eat healthy foods and make sure you get all the rest you need.
- Don't allow the pain to curtail your life more than necessary. If you miss



activities you used to do before the pain, try reintroducing those activities in a gently pace way. You may need to cut back on some activities if pain flare-ups occur, but it may be possible to increase slowly again as you did before.

- Concentrate on finding fun and rewarding activities that don't make your pain worse.
- Seek advice on new coping strategies and skills from a healthcare professional such as an occupational therapist or psychologist.

#### BE CAUTIOUS WHEN TAKING PAIN-RELIEVING MEDICATIONS

Over the counter analgesics need to be treated with respect and caution, just like any other medication. It's always a good idea to discuss any medication with your doctor.

#### General Suggestions include:

- Don't self-medicate with analgesics during pregnancy- some medications can reach the fetus through the placenta and

potentially cause harm.

- Take care if you are elderly or caring for an older person. Older people have an increased risk of unwanted side effects. For example, taking aspirin regularly for chronic pain(such as arthritis) can cause a dangerous bleeding stomach ulcer.
- Always tell your pharmacists about any prescriptions medicines you are taking so they can help you choose a safe analgesic. Over the counter medicines can interact with other medicines, possibly by stopping them working correctly and sometimes dangerously.
- Don't take more than one over the counter medicine at a time, or you may unintentionally take an overdose. For example, many 'cold and flu' tablets already contain paracetamol, so it is important to not to take any other paracetamol-containing medicine to avoid an overdose.

See your doctor or healthcare professional for proper treatment for sport injuries. Don't use pain relieving medications to 'tough it out'.

Consults your doctor or pharmacist

before using any over the counter medicine if you have a chronic physical condition, such as heart disease or diabetes.

#### SOME THINGS MAKE PAIN WORSE

Pain or discomfort may be greater :

- After operations(surgery)
- When doing certain activities
- During the healing process

Take pain medicine before walking or exercising, this makes the activity less painful and speed your recovery. Pain is a patient right, everyone experiencing pain should have their complaints taken seriously and be treated with dignity and respect.

"Pain is whatever the experiencing person says it is, existing whenever he says it does" (Mc Caffery,1999)

#### CHRONIC NON-CANCER PAIN

Sometimes, pain will persist and cannot be relieved. Some suggestions for how to emotionally handle this difficult and distressing situation include :

- If all medical avenues have been exhausted, it may not be helpful to continue to raise false hopes by searching fruitlessly for a cure.
- Accept that your pain may not go away and that flare-ups may occur. Talk yourself through these times.
- Find out as much as you can about your condition so that you don't fret or worry unnecessarily about the pain.
- Enlist the support of family and friends. Let them know what support you need, find new ways to stay in touch that are less painful for you to handle and maintain healthy relationships with people in your social networks who may be able to support you.



- Take steps to prevent or ease depression by any means that work for you, including talking to friends or professionals.

- Acupuncture- a component of traditional Chinese medicine. Acupuncture involves the insertion of thin needles into specific points on the skin and is believed to restore balance, encourage the body to heal itself and release natural pain-relieving compounds within the body (endorphins)

- Relaxation and stress management techniques – including meditation and yoga

- Transcutaneous Electrical Nerve Stimulation(TENS) therapy – a minute electrical current is passed through the skin via electrodes, prompting a pain-relieving response from the body

- Cognitive behavioraltherapy (CBT) – this form of therapy can help you learn to change how you think and in turn how you feel and behave about pain. This is a valuable strategy for learning to self-manage chronic pain

Always be guided by your doctor or other healthcare professional and follow the instructions carefully to avoid making your pain worse.



#### PAIN MEDICINE ARE SAFER

Pain medicines are safe and helpful when given by doctors and nurses. Some people worry about addictions, but this never happens when medicines are used for relief of pain. Talk to your doctor or nurse if you are worried about this. Pain relievers (analgesics) are common medicines that many people use at some time in their lives. There are 2 broad categories of analgesics:

**Non-Opioid** - such as NSAIDs and paracetamol, mainly used for mild to moderate pain

**Opioid** - such as morphine and oxycodone, mainly used for severe pain

#### Medications available for the management of pain include :

- Paracetamol
- Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen these medicines reduce

inflammation (redness and swelling)

- Opioid drugs, such as Pethidine and morphine these medicines treat moderate to severe pain.
- Local anesthetics

Chronic Pain is more complicated. Although it is often initially associated with an injury, the association is less clear over time. Thus, it may persist well beyond the usual length on an injury seems to be "self-perpetuating."

We make assumptions about the presumed etiology of chronic pain, based on the clinical description. Thus, a referred pain that is distributed along the distribution of a nerve is presumed to be neurological in origin (e.g.: "sciatica"). We may also infer it from the description: neurologic pains are often described as having a "burning" or "electrical" quality, as opposed to the sharp, stabbing quality of an acute pain.



#### EFFECT OF PAIN ON THE PHYSICAL AND PSYCHE

The body's reaction to unrelieved pain includes:

- Changes to blood gases reduced oxygen and increased carbon dioxide
- Higher level of stress hormones including cortisol and adrenaline
- Gastrointestinal problems such as slowed digestion
- Musculoskeletal problems such as tension and fatigue
- Emotional problems such as anxiety and depression

The effects of pain are very real, resulting in depression, loss of sleep, loss of self-worth, anxiety over the pain itself and also how the patient is perceived by their family and peers, loss of employment, anger directed outward in a generalized manner and in some cases, suicide. Those affected by chronic pain begin to believe (erroneously) that only more narcotic

medicine is needed to take away the pain, when in fact substance abuse and addiction develops in as much as 25%.



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 [asterhospitals.com](http://asterhospitals.com) 📱 📧 📺 asterhospital

## DEPARTMENTS

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Dental Centre • Dermatology • ENT • General Surgery • Insurance  
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