PATIENT & FAMILY ROLE IN PAIN MANAGEMENT

Dr. KHADDEMOLMELLEH
INTERNIST
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OBJECTIVES

1- Importance of pain
2 - Pain management dilemma
3- Diagnosis steps
4- Patient & family roles
5- Giving information & recommendation
PAIN IMPORTANCE

- IT IS VERY COMMON
- UNKNOWN & COMPLEX PHENOMEN
- IT can be CHRONIC & COSTLY
- IT can affect on BODY & LIFE & FAMILY
- IT is TREATABLE & PREVENTABLE
PAIN MANAGEMENT DILEMMA

- WHEN TO TREAT?
- WHERE TO GO?
- WHAT DRUG?
- SHORT OR LONG ACTING?
- HOW MUCH?
- HOW? (oral, iv, ....)
- EQUIVALENCE DOSE?
KNOW PAIN NO PAIN

Health
DIAGNOSIS

- MAIN KEY OF TREATMENT
  
  (Medicine is ART & SCIENCE )

  1 – GOOD HX TAKING
  2 – COMPLETE P.EXAM.
  3 -- PARACLINIC
  4 – COMMUNICATION SKILL
  5 – MEDICAL DOCUMENTS RECORD
Pain history taking

TELL ME WHAT IS YOUR PROBLEM?
ROLE OF PATIENT & FAMILY

1. GOOD HISTORY
2. PREVIOUS MEDICAL HISTORY
3. MEDICAL DOCUMENTS
4. USED DRUGS
5. PERFORM ORDERS
ROLE OF FAMILY

- ATTENTION
- SUPPORT
- PERFORM ORDERS
PAIN MANAGEMENT = TEAM WORK
PAIN MANAGEMENT TEAM

- PATIENTS & FAMILY
- PHYSICIANS
- NURSES
- PHARMACY
- EDUCATIONAL SYSTEM
PATIENTS (common mistakes)

1. Fear of diagnostic tests
2. Fear of medications or surgery
3. Fear of having serious diseases
4. Perceive physicians and nurses too busy
5. Complaining may effect quality of care
6. Believe nothing can or will be done
7. Not saving documents
8. Not familiar brown bag
9. OTC OVERUSE
PHYSICIAN’S ROLE

- GOOD HISTORY TAKING
- PERFECT PHYSICAL EXAMINATION
- CORRECT DIAGNOSIS
- DESCRIBE THE DISEASE
- NON DRUG RECOMMENDATION
- DRUG PRESCRIPTION
- EDUCATION TO PATIENT
Non-Drug Strategies

Exercise
- PT, OT, stretching, strengthening
- general conditioning

Physical methods
- ice, heat, massage

Cognitive-behavioral therapy

Chiropracty
Acupuncture
TENS

Alternative therapies
- relaxation, imagery
- herbals
GOALS of GIP.

1. Giving Information
2. Providing Support
3. Counseling
4. Helping People See Things Clearly
5. Correcting Misconceptions
6. Helping People See Their Role in Their Care and Taking Responsibility For it
Health literacy entails people’s capacities, skills, knowledge, motivation and confidence to access, understand, appraise and apply health information in written, spoken or digital form to form judgments and take decisions in everyday life in terms of healthcare, disease prevention and health promotion to improve quality of life during the life course (Sørensen et al. 2010)
BROWN BAG REVIEW

- A SMALL BROWN BAG WHICH ALL PATIENT’S DRUGS ARE IN IT.
- IT IS VERY CHEAP.
- VERY USEFUL.
Co-operative Learning

- **Tell me I will listen**
- **Show me I will understand**
- **Involve me I will learn**
- EDUCATION IS NECESSARY
- IT MUST BE EASY & PRACTICAL
THANK YOU