

PAIN MANAGEMENT DOES IT HAVE TO HURT?

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COMPASSION, RESPECT, JUSTICE

(40th birthday photo, 1996)



In Memory of Althea Marie Sitze (Hudzinski)

1956 - 1998

WHAT IS PAIN?

- “An unpleasant sensory and emotional experience associated with Actual or potential Tissue damage.” (*International Association for the Study of Pain*)
- Pain is a ubiquitous phenomenon -
 - *The same set of circumstances can cause significant pain in one person and little or no pain in another person.*
- Pain is one of the most common reasons individuals seek Health care.

HOW IMPORTANT IS PAIN?

- 15 - 20% of the population experience acute pain each year
- 75 million Americans live with chronic pain 24/7
- Societal burden -
 - \$100 billion per year in medical costs, lost wages, decreased productivity
- Individual burden-
 - Loss of financial resources
 - Decreased quality of life
 - Disrupted family life

FACTS ABOUT PAIN

- ◉ 76 million Americans live with it
- ◉ Robs the individual of sleep, function, independence, cognitive abilities, quality and enjoyment of life
- ◉ Affects over all health status
- ◉ Affects relationships with family and friends
- ◉ Costs - into the billions of dollars annually in lost productivity, wages and increased utilization of healthcare resources
- ◉ Can lead to depression and suicidal ideation

THE CHALLENGES

- Pain is one of the human body's natural defense mechanisms.
- Different types of pain can present different challenges for treatment
- Pain is predominantly subjective
- Pain has an emotional component
- Pain has a social context

SOCIETAL BARRIERS

- ◉ Misplaced War on drugs
- ◉ Headline News stories that sensationalize celebrity's addiction to prescription drugs
- ◉ Misinformation regarding incidence of addiction
- ◉ Pain is invisible
- ◉ Fear of addiction

MYTHS ABOUT PAIN

- Pain is a part of aging!
- People in pain are drug seekers!
- Just learn to live with it! It won't kill you!
- It's all in your head!
- Men and women are the same!
- If the tests are normal then there is NO Pain!
- One size medication and treatment fits all!
- Opioids are BAD medicine!
- If CAM therapy works then the pain was not real!

USE THE CORRECT TERMINOLOGY

- Addiction
 - Dependence
 - Tolerance
 - Psuedo-addiction
 - Drug Seeking
 - Relief Seeking
-
- These terms are not interchangeable

HOW TO RECOGNIZE PAIN--

- ◉ Flat affect
- ◉ Irritable
- ◉ Crying, moaning and other pain behaviors
- ◉ Continuous complaints
- ◉ Depression
- ◉ Decrease in functioning (ADL's)
- ◉ Decreased socialization
- ◉ Decreased activity (or increased)
- ◉ Decreased sleep (or increased)
- ◉ Decreased eating (or increased)

- ◉ Video - when they can't tell you!

NEW FINDINGS/ OLD CONCEPTS

○ Mind - Body Connection

- Nocebo Effect the evil twin of Placebo effect (*Washington Post.com April, 2002*)
- Pain is in the eye of the beholder (*Current Biology, November*)

○ Gender differences and disparities

○ Ethnic Disparities

○ Making pain visible- Functional MRI's

WHAT'S THE SOLUTION?

- ◉ ASSESSMENT of client and situation
- ◉ REFERRAL to appropriate resource (s)
- ◉ FOLLOW UP/REASSESS the results/efficacy

THE YAKIMA SOLUTION

- ◉ Comfort Care Unlimited
- ◉ Education and training Contract with ALTC

COMFORT CARE UNLIMITED

- ◉ How it began...
- ◉ Who we are...
- ◉ What we do...
- ◉ The results we see...

RESOURCES - THE SHORT LIST

- American Pain Foundation -
 - www.Painfoundation.org
 - Consumer advocacy and education
- Alliance of State Pain Initiatives
 - www.ASPI.wisc.edu
 - Professional education, policy
- National Pain Foundation
 - www.Nationalpainfoundation.org
 - Consumer advocacy and education
- For Grace
 - www.Forgrace.org
 - Advocacy for Women's pain issues