

Is Chronic Pain Affecting Your Life?

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Managing pain begins with diagnosis and assessment by a healthcare provider. It is important to give your healthcare provider a detailed description of your pain.

- Where is your pain?
- How intense is your pain?
- Describe your pain: Is it burning, deep, throbbing?
- When did it start and under what circumstances?
- What makes your pain better?
- What makes it worse?
- Does the pain affect your mood, sleep, activities of daily living, or appetite?

Chronic Pain is estimated to affect approximately 11% of the adult population. It affects one's quality of life by making everyday tasks difficult; it can interfere with your sleep and your ability to enjoy activities such as taking your child or grandchild for a walk. Ongoing pain can also cause emotional distress, making it important to manage so that you can live your life to its fullest.

After an evaluation by your primary care physician or specialist you may be referred to the Pain Management Center at the Elliot Hospital. Since your pain management is an integral part of your overall medical care, we partner with your physician about your diagnosis and your therapeutic plan, and maintain regular communication regarding your progress.

The Pain Management Center is not a substitute for your primary care physician. We encourage you to continue with your primary care provider for overall medical treatment.

It is important to know that you are a big part of the treatment of your pain. Learn all you can about your pain. Be your own advocate. Also know that chronic pain can be treated but it's unlikely that your pain will completely go away.

The goals of pain management are:

1. Reduce the pain.
2. Improve functioning.
3. Enhance your quality of life.

At the Pain Management Center we treat the whole patient. The mind, body and spirit experience pain. Pain is best managed by a multi-disciplinary (multiple therapies) approach.

Our pain management program offers the following diagnostic and therapeutic services to move the patient toward improved function and reduction of pain:

1. Nerve blocks and regional anesthesia.
2. Physical and occupational therapy interventions including exercise and strengthening.

3. Medical management of chronic pain.
4. Emotional and psychological support for pain, which may include: psycho therapy, stress management, relaxation training, meditation, behavioral modification and assertiveness training. Psychological approaches regarding pain management are based on the belief that patients can do something on their own to affect their pain.
5. Patient and family education and counseling.
6. Alternative medicine and therapy treatments such as Reiki, acupuncture, and therapeutic touch.

Our goal at the Elliot Pain Management Center is to develop a treatment plan that will help reduce pain, improve function and improve your quality of life. We want you to be the best you can be. For more information, contact us at 663-2767. 

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