

PAIN MANAGEMENT

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PAIN

- DEFINITION
- STRUCTURES INVOLVED
- NOCICEPTORS
- PAIN PATHWAYS
- TYPES OF PAIN
- SYSTEMS AFFECTED

DEFINITION

- Pain is a unpleasant sensory and emotional experience associated with actual or potential tissue damage. Or described in terms of such damage.

DEFINITION

- PAIN IS A 3 PART WARNING SYSTEM
 1. Warns of injury
 2. Protects against further injury ~ reflex actions
 3. Enforces periods of reduced activity enabling the body to heal.

NOCICEPTORS

- Free nerve endings that respond to painful stimuli
- All receptors function as nociceptors

NOCICEPTION

- Is the term used to define the processing of information about damaging stimuli by the nervous system up to the point where perception occurs.

WHAT IS A NEURONE

- A highly specialised nerve cell that generates and conducts nerve impulses

COMPONENTS OF A CELL BODY

- CELL BODY
- DENDRITES
- AXONS

STRUCTURES INVOLVED

- Skin
- Peripheral – Sensory & Motor Nerves
- Spinal Cord
- Brain Stem
- Cerebral Cortex

PAIN PATHWAYS

- Noxious Stimuli converted to electrical activity at sensory nerve endings
- Impulses propagated to sensory nervous system
- Influence of psychology
- Modulation of pain

CHEMICAL RELEASE

- Substance P
- Bradykin
- Prostaglandin's
- Histamine
- Endogenous opiates
- Enkephalin
- Endorphins

TYPES OF PAIN

- Physiological
- Pathological
- Somatic
- Visceral
- Neuropathic

SIGNS & SYMPTOMS OF ACUTE PAIN

- Changes in breathing
- $<$ heart rate $<$ B/P
- Delayed gastric emptying
- $>$ Movement

