

## **An introduction to pain management**

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Whenever my pain patients are asked about their state of health, we always hear:

“I can’t subsume the pain experienced through years in words.”

They are absolutely right and quite certainly don’t exaggerate.

Pain is an unpleasant, but a life –necessary experience, that is inevitably acquired during birth and separation from the mother.

So long as this experience protects us from dangers and diseases and their consequences, it is a true life-assistance. When pain loses its main duty as a warning effect and its sense; pain itself merges into a disease. A disease with multifarious and multi-layered causes and etiologic diversity, with various consequences and collateral detriments, affecting the whole human: quasi its body and its soul.

5-8% of people in Europe and America suffer from chronic pain disease. 10-20% of these patients need intensive wards or day clinics for management.

Because of multi-layered causes of pain, the management, that is based on diagnosis and introduction of a targeted therapy needs medical specialized knowledge in different disciplines which have to work in a conjoined team: together, hand in hand, and side by side. If they want to have prosperity in pain diagnosis and pain combat, less frequently consulted specialists will be integrated and consulted if required regarding a specific question or a specific case.

The therapy must be multimodal too. Different methods of therapy and management varieties, medicaments, physical and psychotherapy and so on, must be in parallel to each other and side by side constituted, so achieving the optimum goal of therapy, man hoped for. The consequences of interdisciplinary diagnosis and multimodal therapy show that such diagnosis &therapy concepts have no alternatives.

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