



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



INTERDISCIPLINARY PAIN MANAGEMENT AND ITS ORGANIZATION

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Survey of chronic pain in Europe: prevalence and impact on daily life

- ▶ Chronic pain of moderate to severe intensity occurs in 19% of adult Europeans, seriously affecting the quality of their social and working lives



- ▶ [19% had lost their job because of their pain
16% had changed job responsibilities
13% had changed jobs entirely because of their pain

European Journal of Pain 10 (2006)



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- ▶ For the **majority** of the patients with chronic pain but also for a normal population it was shown that there is **no direct correlation** between the **somatic findings** e.g. the amount of degenerative changes of the spine and the feeling, the *perception of the pain*.

Nilges und Gerbershagen 1994





...so: there must be something more or different ,influencing the pain perception



Survey of chronic pain in Khatam-al-anbia multidisciplinary pain center

- ▶ Study of 1000 records randomly selected between 3000 records:
- ▶ 40% psychologic problems (PTSD,depression,anxiety, somatoform,psychosis,...)
- ▶ 20% opioid abuse
- ▶ 16.3% nonopioid medicationoveruse(benzodiazepins, analgesics,corticostroid,...)
- ▶ 10% sexualproblems
- ▶ 64.6% sleepdisorder



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- Different factors of life, **psychological** and **social factors** like financial problems, fear, depression, secondary benefits of pain etc...are influencing the **perception of pain** and are advancing the **chronification of the pain**.
 - Chronic Pain is a **bio-psycho-social** disease also influenced by various factors and needs therefore a therapy from different specialities -an **interdisciplinary pain therapy**.



Bio-psycho-social model: Combination of somatic, psycho-social and economic factors

- ▶ **Somatic level:** identification of the pain source and mechanism
- ▶ **Mental and psychological level:** depression, fear, developmental disorder, personality disorder
- ▶ **Social level:** psychosocial stress, financial problems, missing events, emotional deprivation



The bio-psycho-social-model

- ▶ Because of this model of chronic pain, different disciplines are demanded for therapeutic interventions
- ▶ An adequate chronic pain therapy in pain centers is offered by an **interdisciplinary team**



Interdisciplinarity

- ▶ Different disciplines
- ▶ Different tools & strategies for diagnosis & therapy
- ▶ Synchronized & simultaneously cooperation with
- ▶ Consideration of different dimension of chronic pain
- ▶ Structural programs



Interdisciplinary

- ▶ Interdisciplinary pain analysis and diagnosis with common concept of pain .
- ▶ To be open for the views of other disciplines
- ▶ Admission in pain ward or semi- admitted beside ambulant visits.
- ▶ **No treatment without diagnosis**
- ▶ Planning a purposeful multimodal treatment



Purpose of multimodal treatment

- ▶ Optimize pain control(not pain-free)
- ▶ Enhance functional abilities and physical and psychological well-being
- ▶ Enhance the quality of life
- ▶ Minimize adverse outcomes

**American Society of Anesthesiologists Task
Force on Chronic Pain Management and the
American Society of Regional Anesthesia and
Pain Medicine*2010**



Members of multimodal team

- ▶ Neurologist
- ▶ Anesthesiologist
- ▶ Neurosurgeon
- ▶ Psychologist or psychosomatist
- ▶ Psychiatrist
- ▶ Physiotherapist
- ▶ Internists
- ▶ Social workers
- ▶ Nurse
- ▶

Patient





**Thank you for
your attention**

