

PAIN AN UNKNOWN PHENOMENON

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Pain has been vastly unknown, although many centers in the world has focused on it.

Chronic pain with different severities has been always a challenge of societies and affects the quality of life, work, and social status of them and it takes a long time to diagnose and treat the causes of the pain and its treatment.

During this period, one may lose his/her work or be obliged to change work. Even the ill effects may affect the family.

Many of these patients change their doctors frequently and they may even be operated several times and subsequently suffer from complications of surgeries and their condition gets worse.

In the year 1994, two German physicians (Niges & Gerbershagen) found that in many patients with chronic pain, there is no rational relationship between somatic findings (eg. osteoarthritis of lumbar spine) and pain expression and perception.

So, there are some other factors which are involved in pain perception of each patient. This made knowledge of the pain to improve.

Now, we know that chronic pain is a phenomenon dependent on physical, mental, psychological, and social factors.

- 1- Physical factors
- 2- Psychological factors like fear and anxiety, depression, personality disorders
- 3- Social and familial factors, familial and work stresses, economical problems, grief, work loss, ...

So, treatment of pain is out of hands of any physician and needs a team with different specialties and knowing different therapeutic strategies.

This team should come into practice all together and evaluate all aspects of pain. In this way, appropriate diagnosis will be reached. In this way, appropriate diagnosis will be reached. Even if necessary, consult other specialists.

And all come into act to design an appropriate and single therapeutic protocol. The aims of this team:

- 1- Timely diagnosis and treatment.
- 2- Pain decrease.
- 3- Improvement in physical, mental and social status of the patient and improvement in quality of life.
- 4- Minimizing frequent doctor visits.
- 5- Returning to work and society.
- 6- And the most important, not to treat pain without diagnosis.

Members of the interdisciplinary pain team:

- 1- Neurosurgeon
- 2- Anesthesiologist
- 3- Neurologist
- 4- Internist
- 5- Physiotherapist and exercise trainer
- 6- Psychologist
- 7- Psychiatrist

And if needed, other specialists like ENT specialist, gynecologist, ...

In these situations the interdisciplinary team certainly should come to act with each other:

- 1- The patient has pain in all parts of his/ her body
- 2- Previous treatments has been ineffective or the patient feels worse after treatment
- 3- Ineffective invasive pain therapies.
- 4- Drug/ medication dependency
- 5- Psychological factors
- 6- Inability to work because of pain and social limitations
- 7- Inequalities between somatic findings and pain expression.

Result: treatment of chronic pain has no alternative for interdisciplinary treatment.