

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)

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

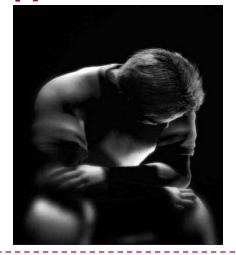


...so: there must be something more or different, influencing the pain perception

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

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

- 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 varios 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

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





Interdisciplinary

- Interdiscilinary 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 porposeful 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 psychosomeist
- Psychiatrist
- Physiotherapist
- Internists
- Social work
- Nurse





Thank you for your attension

