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PATIENT & FAMILY ROLE IN PAIN MANAGEMENT

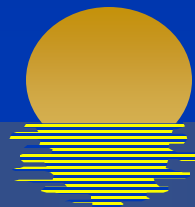


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مركز بحوث ودراسات

OBJECTIVES

- 1- Importance of pain
- 2 –Pain management dilemma
- 3- Diagnosis steps
- 4- Patient & family roles
- 5- Giving information & recommendation



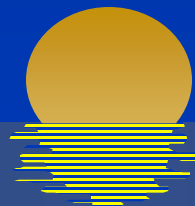
PAIN IMPORTANCE

- IT IS VERY COMMON
- UNKNOWN & COMPLEX PHENOMEN
- IT can be CHRONIC & COSTLY
- IT can affect on BODY & LIFE & FAMILY
- IT is TREATABLE & PREVENTABLE

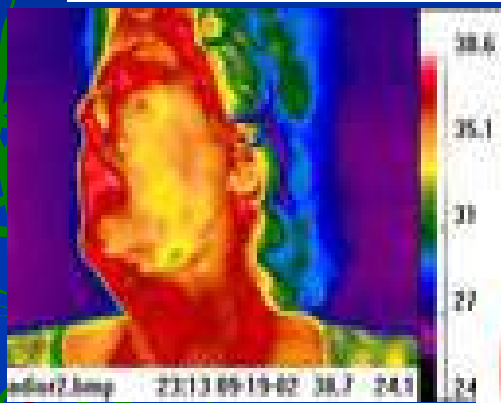
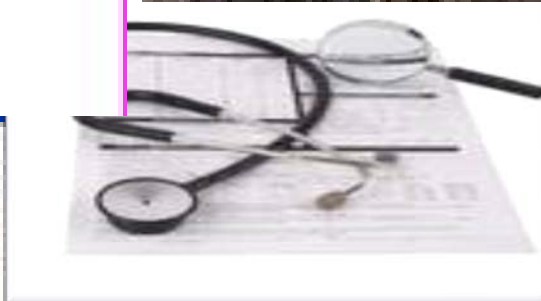
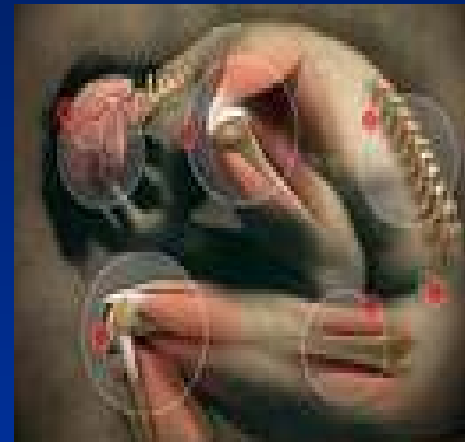


PAIN MANAGEMENT DILEMMA

- WHEN TO TREAT ?
- WHERE TO GO ?
- WHAT DRUG ?
- SHORT OR LONG ACTING ?
- HOW MUCH ?
- HOW ? (oral , iv ,)
- EQUIVALENCE DOSE ?



KNOW PAIN NO PAIN



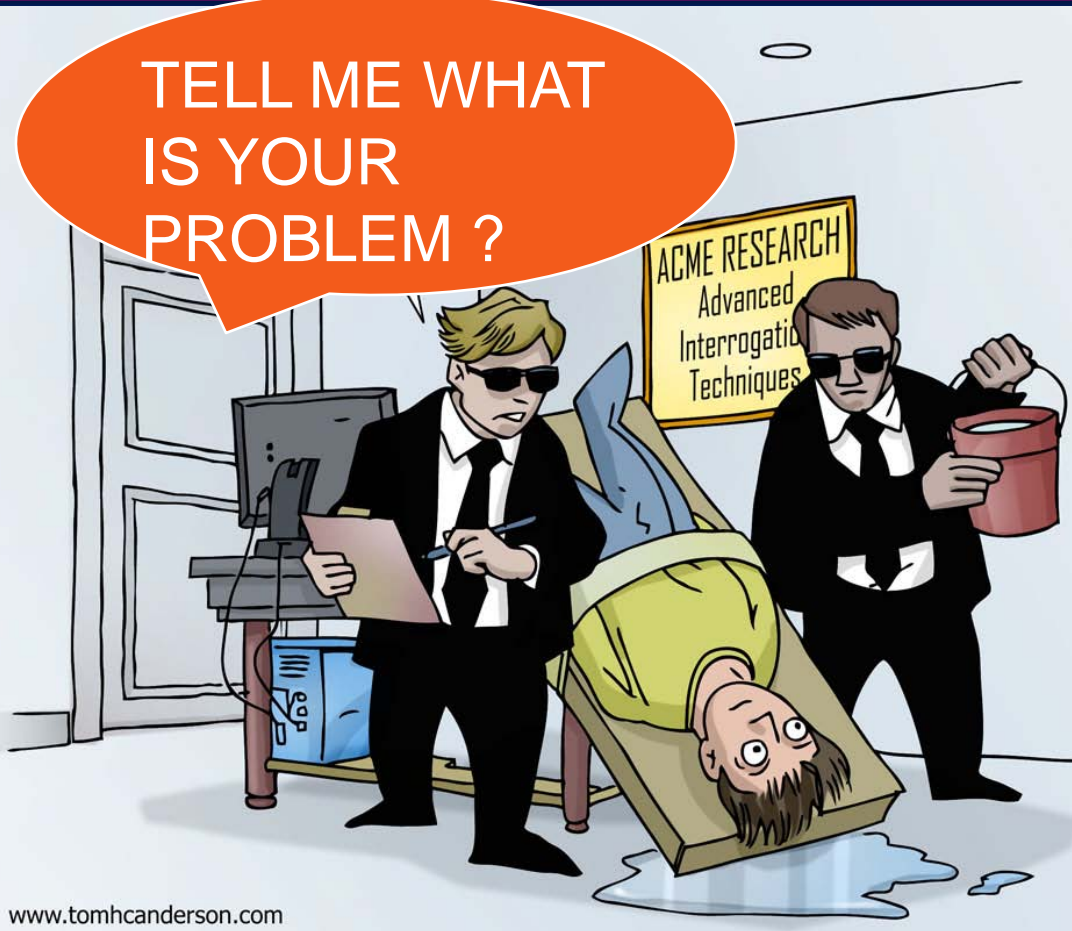
DIAGNOSIS

- MAIN KEY OF TREATMENT
- (Medicine is ART & SCIENCE)
 - 1 – GOOD HX TAKING
 - 2 – COMPLETE P.EXAM.
 - 3 -- PARACLINIC
 - 4 – COMMUNICATION SKILL
 - 5 – MEDICAL DOCUMENTS
RECORD



Pain history taking

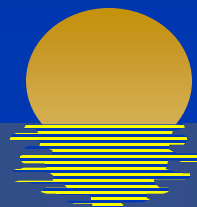
TELL ME WHAT
IS YOUR
PROBLEM ?



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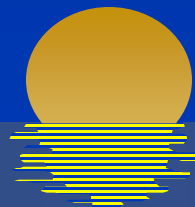
ROLE OF PATIENT & FAMILY

1. GOOD HISTORY
2. PREVIOUS MEDICAL HISTORY
3. MEDICAL DOCUMENTS
4. USED DRUGS
5. PERFORM ORDERS



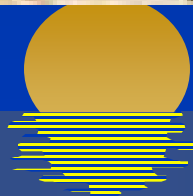
ROLE OF FAMILY

- ATTENTION
- SUPPORT
- PERFORM ORDERS





PAIN MANAGEMENT
=
TEAM WORK



PAIN MANAGEMENT TEAM

- PATIENTS & FAMILY
- PHYSICIANS
- NURSES
- PHARMACY
- EDUCATIONAL SYSTEM



PATIENTS (common mistakes)

1. Fear of **diagnostic tests**
2. Fear of **medications or surgery**
3. Fear of **having serious diseases**
4. Perceive physicians and nurses **too busy**
5. Complaining **may effect** quality of care
6. Believe **nothing** can or will be done
7. **Not saving** documents
8. Not familiar **brown bag**
9. **OTC OVERUSE**

PHYSICIAN'S ROLE

- GOOD HISTORY TAKING
- PERFECT PHYSICAL EXAMINATION
- CORRECT DIAGNOSIS
- DESCRIBE THE DISEASE
- NON DRUG RECOMMENDATION
- DRUG PRESCRIPTION
- EDUCATION TO PATIENT



Non-Drug Strategies

Exercise

- PT, OT, stretching, strengthening
- general conditioning

Physical methods

- ice, heat, massage

Cognitive-behavioral therapy

Chiropractic

Acupuncture

TENS

Alternative therapies

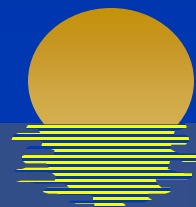
- relaxation, imagery
- herbals





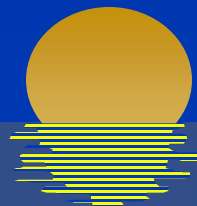
GOALS of GIP.

1. Giving Information
2. Providing Support
3. Counseling
4. Helping People See Things Clearly
5. Correcting Misconceptions
6. Helping People See Their Role in Their Care and Taking Responsibility For it



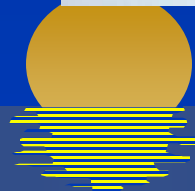
HEALTH LITERACY

Health literacy entails people's **capacities**, **skills**, knowledge, **motivation** and confidence to **access**, **understand**, **appraise** and **apply** **health information in written**, **spoken** or **digital** form to form judgments and take **decisions** in everyday life in terms of healthcare, **disease prevention** and **health promotion** to improve quality of life during the life course (Sørensen et al. 2010)



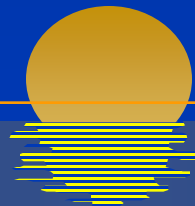
BROWN BAG REVIEW

- A SMALL BROWN BAG WHICH ALL **PATIENT'S DRUGS** ARE IN IT.
- IT IS VERY **CHEAP**.
- **VERY USEFUL**.

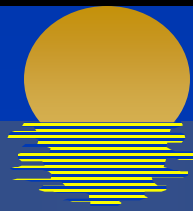
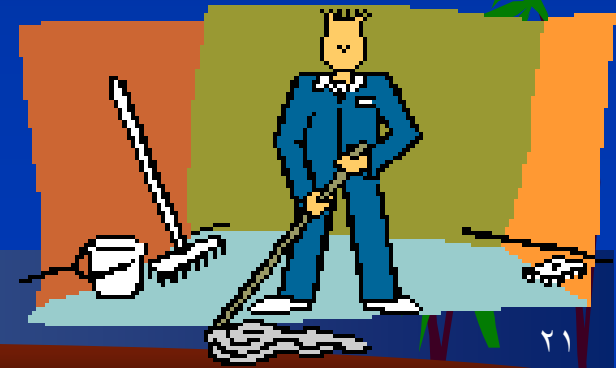
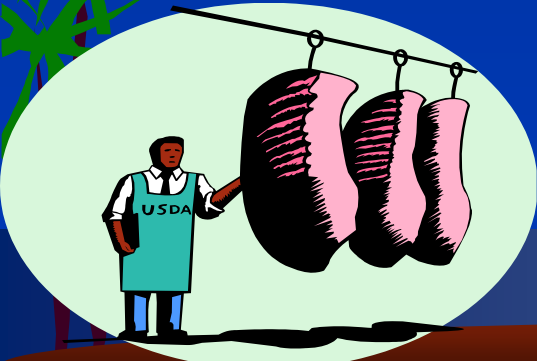


Co-operative Learning

- Tell me I will listen
- Show me I will understand
- Involve me I will learn



- EDUCATION IS NECESSARY
- IT MUST BE EASY & PRACTICAL





THANK YOU

