



Symptoms, Causes and Risk Factors of Pain Management

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DESCRIPTION

Pain Management (PM) is a field of medicine and health care that deals with the treatment of pain (pain relief, analgesia, pain control) in various aspects varying from acute and simple to chronic and complicated. Most healthcare professionals and other medical experts provide a few pain controls in the usual course of their practice, for more complicated cases of pain, they focus on finding additional support from pain medicine, medical area of expertise specialized to pain. The most common causes of pain in adults which include injury, medical conditions such as cancer, arthritis and back problems, surgical procedure [1].

Pain management is frequently using a multi-disciplinary approach to reduce pain and increase the quality-of-life suffering from pain, whether acute pain or chronic pain. In general pain relief (analgesia) is frequently an acute incident, whereas organizing chronic pain involves additional factors. Medical professionals, pharmacists, clinical psychologists, physiotherapists, occupational therapists, recreational therapists, physician assistants, health workers, and specialists are worldwide adults of a pain management group. Other mental health specialists and physical therapists can also be a part of the team [2].

Pain sometimes resolves instantaneously once the fundamental trauma or pathology has completely recovered, and it is treated by a one practitioner with drugs such as analgesics (pain relievers) as well as on exceptional cases, depending on the objective. Chronic (long-term) pain, on the other hand, frequently requires the concerted activities of the pain management staff [3]. Effective pain management is not indicated complete pain removal. Sometimes, it frequently refers to obtaining an appropriate quality of life in the presence of pain, which can be accomplished through any combination of reducing the pain and better understanding it, in addition to being capable of living happily because of pain. Medicine provides and increases rehabilitation by healing diseases and injuries. It removes pain caused by distressing symptoms such as

pain during treatment, healing, and death.

Modern medical main objective is to help relieve suffering in three conditions. First condition is when a painful injury or pathophysiology remains initial treatment. The second type of pain occurs after an injury or pathology has fully recovered [4]. Finally, the third situation occurs when medical technology is unable to determine the cause of pain. Pharmacological treatments for chronic pain are including analgesics (pain relievers), antidepressants, and anticonvulsants; interventional procedures, physical therapy, physical exercise, and the application of frozen ground or heat; and psychological treatments such as behavioral therapy and cognitive behavioral therapy [5]. Most people will use pain medication (analgesics) at a certain time in their lives. These are the most common types of pain medicines: Paracetamol is usually recommended as the initial medicine to relieve acute pain.

Types of pain

Acute pain: Acute pain is typical reaction to an injury or medical condition. It is usually begins suddenly and unexpectedly and it is short lived.

Chronic pain: Chronic pain is continuing it through the assumed treatment period. It is typically trying to take more than three months.

Pain affects the body

Pain is a difficult protection mechanism. It is required component of evolution that protects the body from dangers and harm. Pain nerve cells in the body are linked to two different types of nerves that diagnose harm. Another type of central nervous system transmits information rapidly, resulting in strong and sudden pain. The number of pain receptors in certain regions of the body compared to others. For example, the skin contains multiple receptors; it is simple to determine the specific type and location of pain. Because there are significantly less receptors in the stomach, identifying the specific position of a stomach pains is more difficult.

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CONCLUSION

Medicine is used to reduce inflammation and mild to moderate pain in the temporary such as period pain or headache. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs), such as pain killers, alleviate inflammation and pain (redness and swelling). Drug medicines such as codeine, morphine, and oxycodone are secured for painful or cancer pain. If nerves are easily accessible, local anesthetics (drops, sprays, creams, or injections) are used. Many antidepressants and anti-epilepsy medicines are used to diagnose this type of pain is known as nerve pain.

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