A Short Description on Pain and its Management

Zalina Eroglu*

Department of Anesthesiology, Karadeniz Technical University, Trabzon, Turkey

DESCRIPTION

Pain is a signal of the nervous system that something is wrong. Discomfort such as stinging, burning sensation and pain.
 The pain can be sharp or dull. You can go back and forth, or you can keep it constant. You may feel pain in areas of your body, such as back, abdomen, chest, pelvis, or whole body. Pain helps diagnose the problem. If you have never felt pain, you may be unknowingly seriously injured or unaware that you have a medical problem that requires treatment. There are two types of pain, acute and chronic. Acute pain usually occurs suddenly due to illness, injury, or inflammation. In many cases, diagnosis and treatment are possible. It usually disappears, but it can also cause chronic pain. Chronic pain is long-lasting and can cause serious problems. Pain does not always go away, but there are many ways to treat it. Treatment depends on the cause and type of pain. There are medications that include painkillers. There are also non-drug treatments such as acupuncture, physiotherapy and sometimes surgery.

Pain is a complex protective mechanism. It is an integral part of evolution that protects the body from danger and damage. It has two major types of nerve-sensitive pain receptors that sense danger. The nervous type relays the message quickly, causing sharp and sudden pain. The other slowly relays the message, causing dull, throbbing pain. There are more pain receptors in some areas of the body than in others. For example, the skin has many receptors that make it easy to identify the exact location and type of pain. It is more difficult to pinpoint the exact location of abdominal pain because there are far fewer receptors in the intestine. When skin pain receptors are activated by touching dangerous objects (such as hot or sharp objects), these nerves send an alarm to the spinal cord and then to a part of the brain called the thalamus.

The spinal cord may immediately send a signal back to the muscle to contract. This keeps the affected body part away from the source of danger or harm. This is a reflex reaction that prevents further damage. It happens before you feel pain. When the "Alert!" Message reaches the thalamus, it classifies the information sent by the nerves based on past experience, beliefs, expectations, culture, and social norms. This explains why people react so differently to pain. The thalamus then sends information to other parts of the brain related to physical reactions, thoughts, and emotions. This makes you feel pain and teases me, "It hurts! What was it?" The thalamus also contributes to mood and arousal. This explains why the interpretation of pain is partially dependent on the state of mind.

Pain coping strategy

Studies show that a person's emotional well-being can affect his perception of pain. Understanding the causes and learning effective ways to manage pain can improve your quality of life. The main pain management strategies are:

• Painkiller

• Physical therapy (hot or cold pack, massage, hydrotherapy, exercise, etc.)

• Psychotherapy (cognitive behavioral therapy, relaxation technique, meditation, etc.)

• Mind and body skills (acupuncture, etc.)

• Community support group.