

FAST FACTS: Pain 101

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage. There are two main categories of pain: Acute Pain and Persistent or Chronic Pain.

✓ Acute Pain

- Has a distinct beginning
- Usually has a known cause
- Short lasting
- Common causes are trauma or postsurgical pain

✓ Persistent or Chronic Pain

- Does not resolve in the expected amount of time
- Often associated with damage to the body and psychological issues
- May occur without any past injury or trauma
- Can vary in character and intensity over time
- Chronic pain occurs at least half of the days for 6 months or more; after 6 months, is it called persistent pain

✓ Pain Assessment

- To determine the best course of treatment, your healthcare provider will perform a complete evaluation to determine:
 - Underlying cause of pain
 - Pain characteristics
 - Impact of pain on physical, emotional, and social functioning, and quality of life
- Your report of pain is the most reliable evidence of intensity and impact on function
 - Your healthcare provider should assess for pain at each visit and use a standard pain scale



✓ **Pain Management**

- The goal of pain management is to find the correct balance between pain relief, functional impairment, and side effects of any medication used for to treat pain. A combination of drug and nondrug treatments may lower the dose of medications needed and reduce side effects from those medications.
- Nondrug treatment approaches may include physical and psychosocial therapies.
 - Physical Therapy examples: exercise (walking, tai chi, yogi), Acupuncture, TENS, Massage, Heat.
 - Psychosocial Therapy examples: Cognitive-Behavioral therapy, Guided Imagery with progressive muscle relaxation, Music, Meditation.

✓ **What Else You Should Do**

- Write down and share information about your pain with your healthcare provider.
- Use a [Pain Diary](#) to note important information useful to the healthcare provider.
- Try a non-drug treatment and document the impact on your pain in your Pain Diary.

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Reference

Reuben DB, Herr KA, Pacala JT, et al. Geriatrics At Your Fingertips: 2021, 23rd Edition. New York: The American Geriatrics Society; 2021.