

IDENTIFY PAIN TRIGGERS

PAIN triggers are things that make your pain worse or stop your pain from getting better. Examples of pain triggers include:

Stress

Pressure from work, family, money, or your community

Poor Diet

Too much sugar, fat or unhealthy foods

Lack of Sleep

Getting less than 7 hours of sleep per night

Taking medication improperly

Not taking medication as prescribed

Being overwhelmed

Taking care of too many things at one time or not asking for help



Watch this video for more on how to help manage your chronic pain!

Scan the QR code with your phone or visit <https://goo.gl/2T5MYo>

Ways to Manage Chronic Pain



CONTACT US

For more information on PAMI visit:
<http://pami.emergency.med.jax.ufl.edu/>

Email: emresearch@jax.ufl.edu



Content adapted from:
CHAMPS online.org
The American Cancer Society Daily Pain Diary:
<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/worksheets/pain-diary.pdf>
American Chronic Pain Association: www.theacpa.org

MANAGING PAIN



ACUTE PAIN

- Acute pain is a normal response which alerts the body something is hurt or there is an illness that needs attention. Acute pain can be caused by a break or infection and usually requires immediate treatment like a bandage, a cast or medication.
- Once the injury or illness is healed the acute pain stops.

CHRONIC PAIN

- Chronic pain continues after the injury or illness has healed (usually over 90 days) or develops for an unknown reason.
- Pain signals continue being sent from the nervous system in your brain like a recording or CD that is scratched and keeps skipping in the same spot.

CHRONIC PAIN SYNDROME

- As chronic pain continues, other symptoms or problems can develop.
- Patients with chronic pain syndrome often find that normal, daily activities become difficult.
- Inactivity can lead to muscle atrophy (weakness), change in posture, pain in other areas of the body, anger, depression, or change in self-esteem.

MANAGING PAIN

- Proper pain management usually involves multiple approaches, which means using different treatments together.
- Your health care provider can help you figure out the best combination of treatments for you.

Having pain is like having a car with four flat tires. Medication alone will only "pump" one of our tires. For each person a different combination of therapies will be needed to fill your other three tires. The following are treatments that may help:

- Virtual reality
- Physical therapy
- Healthy diet and nutrition
- Stress management or relaxation techniques
- Exercise
- Heat and/or ice
- Massage or acupuncture
- Yoga or movement classes
- Music
- Self-hypnosis and/or biofeedback
- Medication(s)
- Interventional pain management (nerve blocks)
- Pain support group
- Breathing exercises

- Pain may not go away completely, but these tools may be helpful in reducing your pain and keeping you functional.
- Partner with your healthcare provider to find ways to live a full life in spite of your pain.

KEEP A DAILY PAIN DIARY

- Keeping a diary of your pain helps to identify possible triggers.
 - Once you have identified possible pain triggers, you can develop a plan to keep your pain levels down and improve function.
- In your pain diary document:
- Where you feel pain
 - What your pain feels like
 - Burning, stabbing, tingling, throbbing, aching
 - Severity of pain
 - On a scale of 0-10 with 0 being no pain and 10 being the worst pain imaginable
 - Duration of pain
 - Minutes, hours, days
 - What makes the pain better or worse
 - Hot, cold, elevation, changing position
 - How do medications or other therapies help your pain



To watch the video scan the QR code
<https://theacpa.org/a-car-with-four-flat-tires>

