Welcome to the DPC Education Center June Webinar on Managing Pain

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This webinar will be recorded and slides will be available at www.dpcedcenter.org

Plan to attend “The Nuts and Bolts of Becoming a Transplant Patient Webinar” by Dr. Keith Melancon on JULY 26th at 2:00 PM Eastern
Reminder

➢ All phone lines are muted
➢ Mute *6
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➢ Unmute your phone to ask questions at the end of the presentation
➢ Or, ask questions through the Chat Box
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➢ Join us next month for another webinar
Freedom from Pain in CKD
With David Spero RN

- Author of The Art of Getting Well: Maximizing Health When You Have a Chronic Illness
And Diabetes: Sugar-coated Crisis
I write for:
Blog

The Inn by the Healing Path: Stories on the Road to Wellness

www.theinnbythehealingpath.com
What Is Pain?

• Body’s way of warning that something is wrong
• Symptom of bodily injury
• Emotional injuries also hurt
• Pain can be a gift
Acute Pain

A sign that tissue is injured
A warning to stop what you’re doing or to move away
Goes away when injury is healed
Chronic Pain

Pain that lasts more than 3 months
Persists after injuries heal
Usually no apparent biological cause
Can be extremely disabling

Common sources – back pain, headache, arthritis, abd pain.
Chronic Pain is a whole-body condition

• ‘Something is wrong! Change Something!

• Usually associated with feelings of helplessness. Related to depression and anxiety

• Physical, Psychological, Emotional, Spiritual, Social Causes
Prevalence of Chronic Pain in CKD

• 60-70% of pts in advanced kidney disease
  Clinical Kidney Journal Oct 2017
  https://academic.oup.com/ckj/article/10/5/688/4085328

• The most common symptom experienced by renal patients
  Greek study in Journal of Renal Care
Prevalence of pain in Diabetes

• “Adults living with Type 2 diabetes are suffering from incredibly high rates of pain, at levels similar to patients living with cancer.” – Rebecca Sudore, MD

Why?
Common Causes of Pain in CKD

- Diabetic nerve pain (Neuropathy)
- Arthritis
- Osteomyelitis
- Access and other surgery
- But pain from any source can become chronic under stress of CKD
Pain and Depression

“I don’t think I’ve ever met a chronic pain patient who wasn’t depressed,” Karen Burt-Imira MD, pain specialist

“Depression is emotional pain.” – David Bresler PhD

Fatigue – “Pain is so exhausting. It requires constant vigilance. Pain causes tension all over the body, which wears you out.” Karen Burt-Imira
Pathways of Pain

• Site of Injury – current or past
• Nerves send signals, through nerve centers called “pain gates”
• Signals are received by brain
• All these areas are affected by anxiety, stress, illness, and Trauma
A-delta nerve fiber
(quick, intense pain)

C fibers
(throbbing, chronic pain)

Pain Signal

Spinal cord

A-beta nerve fiber
Inhibitory Neuron
Not activated

Laminae
Trauma

• Painful trauma can be embedded in the body for life, if it is not treated.
• Traumatic memories are kept alive to protect you from being injured again.
• Sometimes chronic pain is vividly remembered traumatic pain.
Some Causes of Trauma

• Accidents
• Assaults
• Sexual abuse
• War
• Emotional abuse
• Medical treatment
• Surgery

Usually worse if happened in childhood, happened repeatedly or are still happening.
Living with Pain
Chronic Pain Can Be Lonely

• Other people can’t see it, may not believe it.

• Family, coworkers, health pros may have no sense of how limiting your pain is

• May want to help but have no idea how to help

• Stress of having to meet responsibilities when body is screaming at you to stop
So We Have to Talk About It

• “Don’t be shy about your pain. Doctors have no other way to measure or understand it other than the description you provide.” – Steven Richeimer, MD

• Hard to talk about – don’t want to whine

• Not having vocabulary or measures for it
Pain Vocabulary

- **Adjectives** - Sore, Stabbing, Throbbing, Burning, Tingling, Hot, Pins and needles, Pressure, Aching, Searing, Sharp, Shooting, Pounding, Gnawing, Cramping, Dull, Blinding, Piercing

- **Similes** – “It feels like (it’s on fire, someone’s standing on it, whatever.)”
Pain Scale

- Important to use right
- DON’T EXAGGERATE – Natural childbirth without medication is considered an 8.
- 1 – 3 Mild Pain – Nagging, annoying, but doesn’t really interfere with daily living activities.
- 4-6 Moderate pain – Interferes significantly with daily living activities
- 7 – 9 Severe pain – Disabling, unable to do much of anything. At 10, can barely speak
Describing Pain

• How the pain limits your life – “I can only stretch my arm this far. I can only walk so long.” – Pauline Schneider MD, PhD

• What brings it on, what makes it better, what makes it worse

• Where in your body, intermittent or constant, how often and for how long
How Pain Affects You Today

• People don’t understand you have good days and bad days.
• You say ‘No’ to too many invitations, they may stop inviting you.
• Say “today my pain is a 7; I can’t handle going out. Maybe tomorrow”
• “Today my pain is a 3; let’s go!”
Treating Chronic Pain

Medications – prescription, alternative
Non-medical treatments – physical, other
Self-management
Support
Medications

Narcotics - natural and synthetic opiates
Anti-inflammatories
Anxiety medicines
Seizure medicines
Anti-depressants
Alternative treatments
Narcotics

- Reduce brain’s sensitivity to pain signals
- Codeine, fentanyl, morphine, synthetics, street drugs
- Much harder to get now because of social fear over addiction
- Side effects – constipation, nausea, dizziness
- Great for acute pain, not so good for chronic
Seizure Medicines

- Chronic pain and seizures are both symptoms of oversensitive nerves.
- So seizure medicines can help.
- Lyrica (pregabalin)
- Neurontin (gabapentin)
- phenytoin (Dilantin), carbamazepine (Tegretol), and valproic acid (Depakene)
- Don’t work for everyone.
Anxiolytics

- Anxiety is unfocused fear – nearly everyone has some, more with illness like CKD
- Anxiety makes pain gates more sensitive
- Benzodiazepines—Valium, Klonopin, Xanax
- Buspar (buspirone), Wellbutrin (bupropion)
Anti-depressants

- Depression strongly related to chronic pain
- SSRIs – Prozac etc.
- Wellbutrin
- Tricyclic antidepressants
- MAO inhibitors
- Can all help
Anti-inflammatories

- Inflammation is a major cause of pain, which might not be visible to doctors
- OTC - Ibuprofen, Aspirin, Acetaminophen
- Naproxen, Celebrex, Salsalate many others
Alternative Medicines

• Cannabis – THC, CBD (cannabidiol) relieves anxiety, depression, and chronic pain. CBD can be used as oil or ingested.
• Arnica by mouth or topically
• Capsaicin topical (cayenne)
• Magnesium (relaxes)
• Many others
Non-medical Treatment

- Acupuncture
- Chiropractic
- Osteopathy
- Massage
- Heat and cold
- Biofeedback
- Relaxation – guided imagery
- Hypnosis
- Anodyne therapy
- Nerve blockers or stimulators
Acupuncture, Chiropractic, Osteopathy

- Acupuncture helps energy flow in the body
- Chiropractic adjusts spine to help nerves
- Osteopathy adjusts various joints
- Take some time to work.
Treating nerves and muscles

• Transcutaneous electrical nerve stimulation (TENS)
• Nerve blocking injections
• Physical therapy
• Heat
• Anodyne therapy
Mind/Body Treatments

- Biofeedback
- Muscle relaxation
- Guided imagery
- Hypnosis
- Cognitive Behavioral therapy or self-talk
Realistic Self-talk

• Change unrealistically negative thoughts to more realistic ones.

• “I can’t stand this.” “I can barely stand this.”

• “I’m no good to anyone.” “I can’t do what I used to do, but I still help. I do the best I can.”

• “Nobody understands what I’m going through.” “It’s hard for people to understand, but I’ll keep trying.”

• This takes practice. OK to get help.
Treat Trauma

- Somatic Experiencing
- Eye movement desensitization and reprocessing (EMDR)
- Emotional Freedom Technique EFT (tapping)
- Psychotherapy
Nutritional Approaches

• Foods can inflame
• Different foods affect different people
• Elimination diets
• Nightshades, gluten, meats, additives, citrus, starches, sugars can be Bad
• Turmeric, ginger, sweet potatoes, leafy greens, capsaicin, glucosamine, omega-3 oils can be Good
Exercise/Movement

- Yoga
- Tai chi, Qi gong
- Water exercise
- Walking, biking
- Strengthening
Don’t forget your general health

• Lower blood sugars and blood pressure
• Exercise, stretching and walking, strength
• Eat healthy, rest, meditate, pray
• Your general health level and feeling of wellness affect how sensitive your nerves are to pain.
Self-Management

Distraction
Attention
Laughter
Proper use of medications
Spiritual practice
Sleep
Enjoying life
Distraction

- Mental exercise, games, work, TV, Internet
- Activities – work, pleasure, socialize
- Sex and love
- Reading, remembering good times, seeing beautiful things
Focus

• Give **more attention** to the pain.

• What does it look like, feel like, where is it centered, what is it saying, just be quiet and listen to it.

• Many times pain is trying to get you to notice. When you pay attention to it, it eases.
Laughter

- Laughter reduces anxiety, raises mood, so easing pain.
- Try laughter yoga – laughing for no reason. It’s feels forced at first, then becomes natural.
Touch

- Hugs
- Massage
- Pleasurable touch
- Studies show reduction in pain, anxiety, and depression with pleasurable physical contact.
Sleep

• Sleep is when the body heals.
• Have a bedtime ritual.
• Evening may be best time for pain meds.
• Can you get a comfortable, quiet, dark place to sleep?
• Daytime sun, melatonin help sleep.
• Herbal teas, warm milk
• Check For Sleep Apnea !!
Enjoying life

- Have to have a reason to live.
- What can you do in spite of pain?
- Pleasure, a cause, helping others, pets, using your creativity, learning new things.
- Pleasure and service to others are good for you and reduce pain.
Get Help

- Family, friends,
- Clergy, therapists, health professionals
- Support groups! Not for complaining, but if you find one focused on problem-solving and emotional support, they may be a big help.
Working with family

• Chronic pain affects the whole family.
• Rarely talked about.
• Help family members understand your ups and downs, your pain words and numbers
• Be appreciative of their support
• Remember you are still important to them and can be a big help to them.
Summary

• Chronic pain is an illness, involving the whole body and mind.

• Has physical, psychological, social dimensions.

• Depression, anxiety, history of trauma usually involved.

• It can be self-managed and can get better.

• Many possible drug and non-drug treatments.

• Sleep is crucial to pain management.

• Learn to talk about it.
Resources

• Using the pain scale  https://www.prohealth.com/library/what-the-pain-scale-really-means-34982

• List of narcotics and side effects  
  https://www.medicinenet.com/narcotic_analgesics-oral/article.htm#what_are_the_side_effects_of_narcotic_pain_medications_(opioids,_analgesics)

• Self-management / alternative treatment  
  http://www.diabetesselfmanagement.com/Blog/David-Spero/self_managing_chronic_pain_part_1/"


• Books on trauma  -- Maggie Phillips PhD, Freedom from Pain  
  Psychologist Peter Levine, PhD, Waking the Tiger: Healing Trauma

• National Sleep Foundation Tips  -  https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips
THANK YOU!

• For citations and resources, questions and comments, or to share your wisdom, contact me at

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• Visit The Inn by the Healing Path and download an e-book
  www.theinnbythehealingpath.com