

PainWeek®

Tell Me Why it Hurts

Patricia Tsui, PhD

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Disclosures

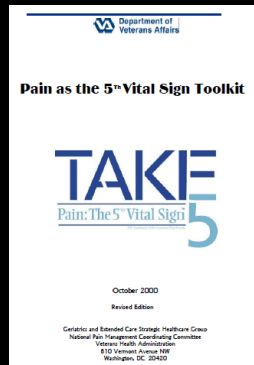
- Tsui
 - Nothing to Disclose
- Zacharoff
 - Nothing to Disclose

Learning Objectives

- Summarize the history of recognizing the importance of the assessment and treatment of pain from a psychologist's and physician's perspectives
- Describe the importance of understanding the negotiation of pain and suffering
- Compare the biomedical and biopsychosocial approaches to managing pain
- Identify the International Association for the Study of Pain (IASP) revised definition of pain
- Describe the potential clinical impact of the revised definition and its qualifiers

2000 Was an Important Year

- Pain designated the 5th vital sign
 - American Pain Society
 - Department of Veterans Affairs
 - The Joint Commission
- Marked the beginning of “The Decade of Pain Control and Research”



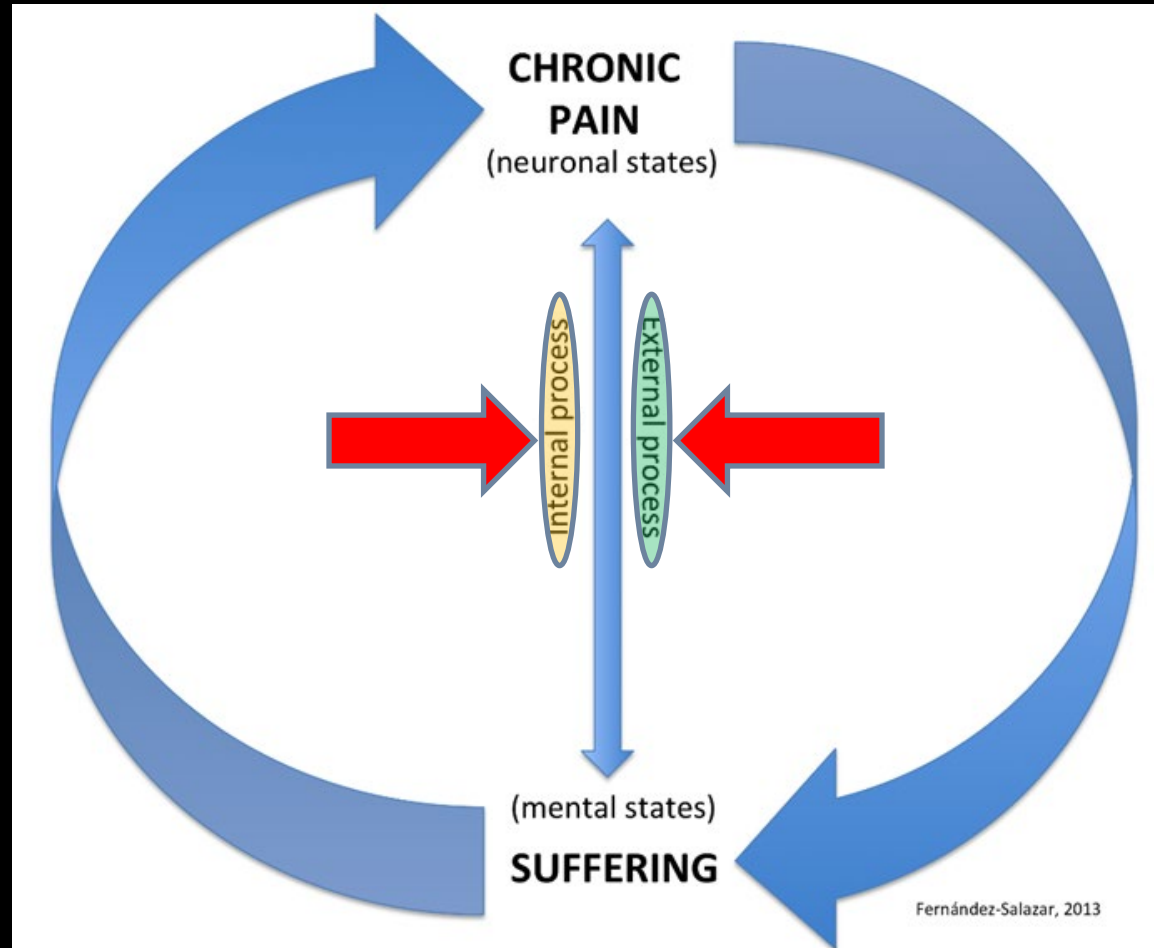
The Joint Commission's Pain Standards: Origins and Evolution

David W. Baker, MD, MPH
Executive Vice President
Division of Healthcare Quality Evaluation
The Joint Commission, Oakbrook Terrace, IL 60181

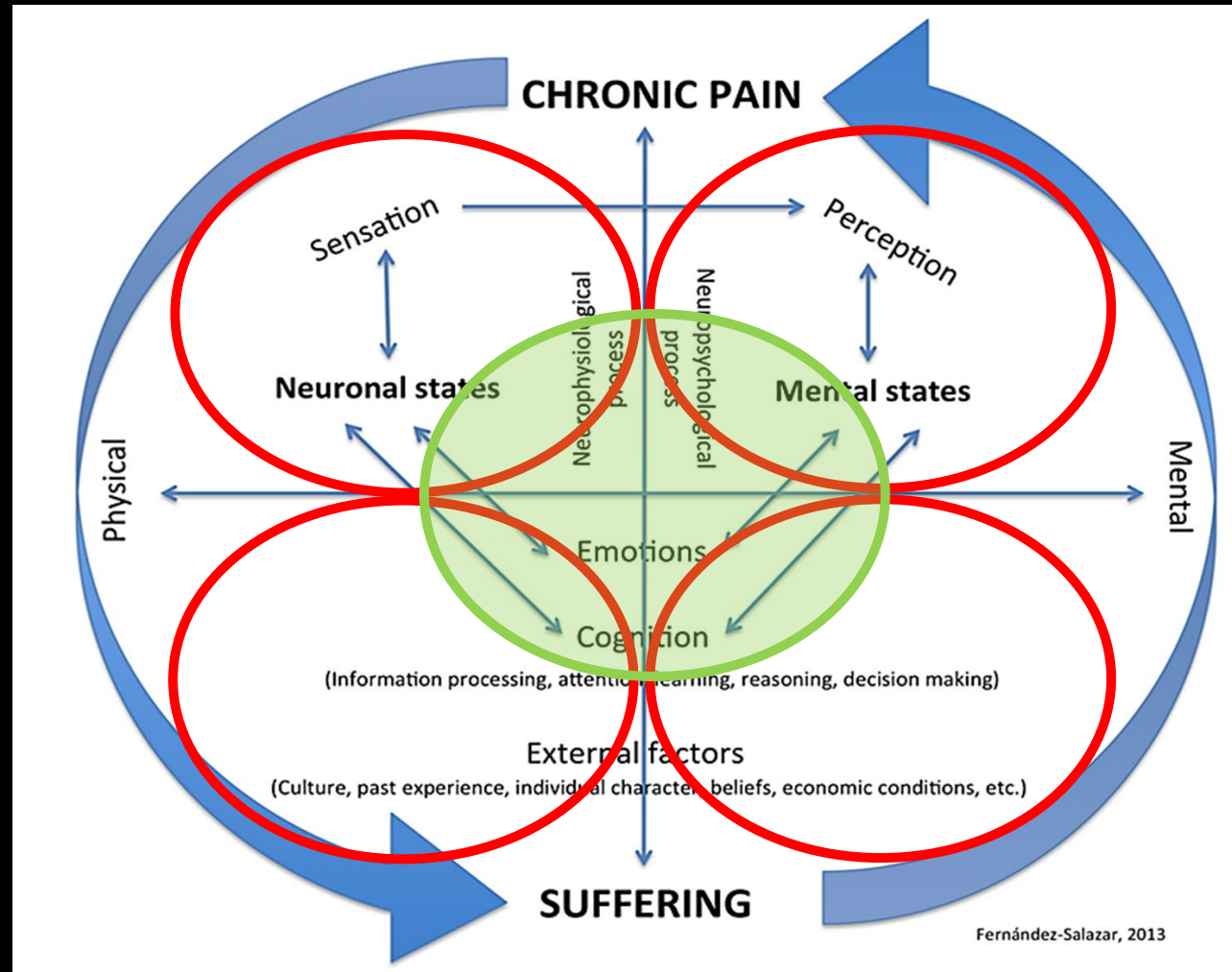
Baker DW. History of The Joint Commission's Pain Standards:
Lessons for Today's Prescription Opioid Epidemic. JAMA. 2017
Mar 21;317(11):1117-1118.



Basic Relationship Between Pain and Suffering

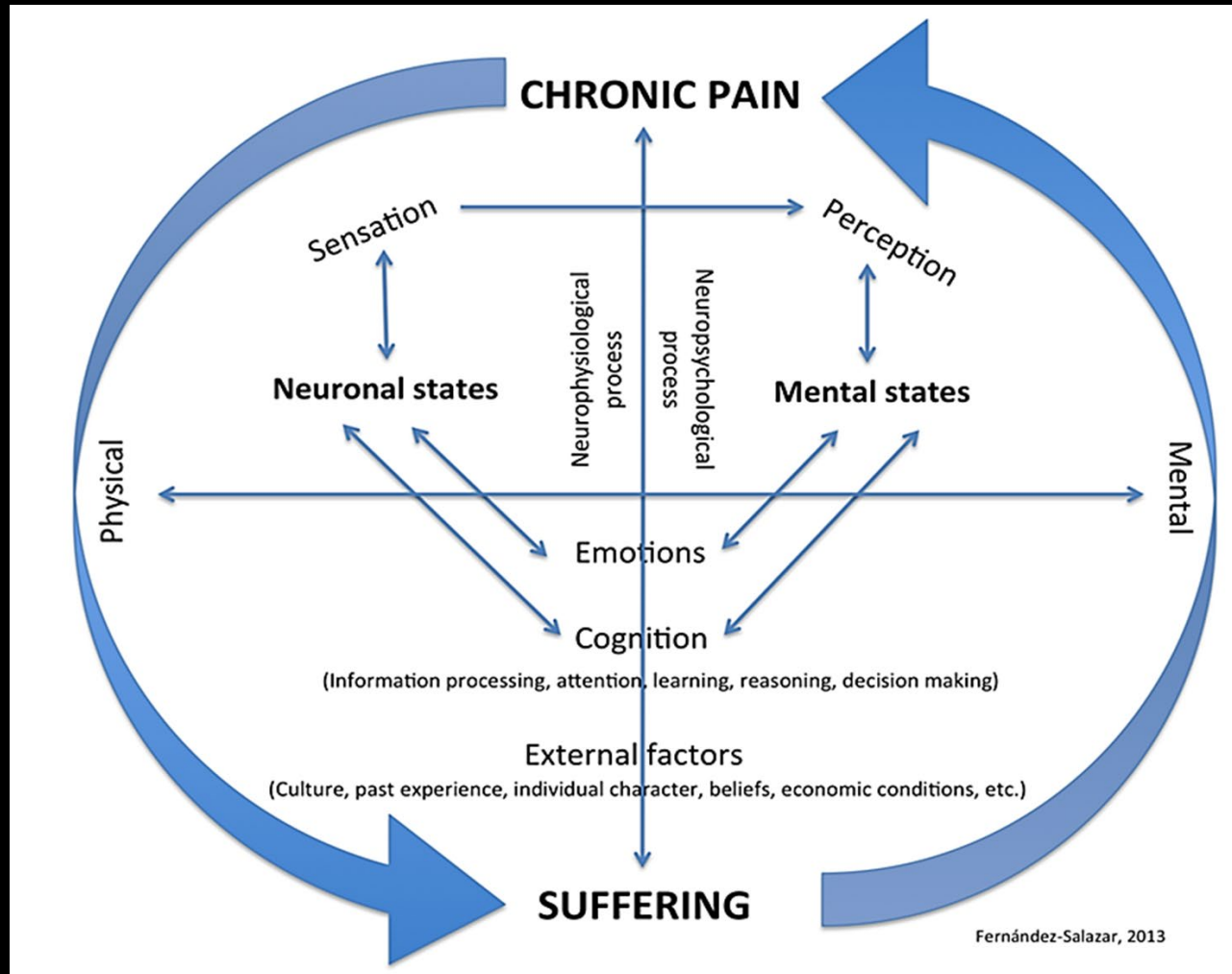


Complex Relationship Between Pain and Suffering



Top 3

Tsui vs. Zacharoff



What have we
seen since
Y2K?

What would we
have liked to
have seen?



The Negotiation of Pain and Suffering

Rationale of Pain Models

Biomedical Model	Biopsychosocial Model
Most appropriate for acute pain	More useful for chronic pain
Emphasizes peripheral nociception	Central mechanisms involved
Focuses on physical disease mechanisms	Focuses on illness behavior, including cognition and emotional response
“Reductionistic” approach	Multidimensional systems approach
Medical management approach	Self-management strategies important

Biopsychosocial Model in Acute Pain

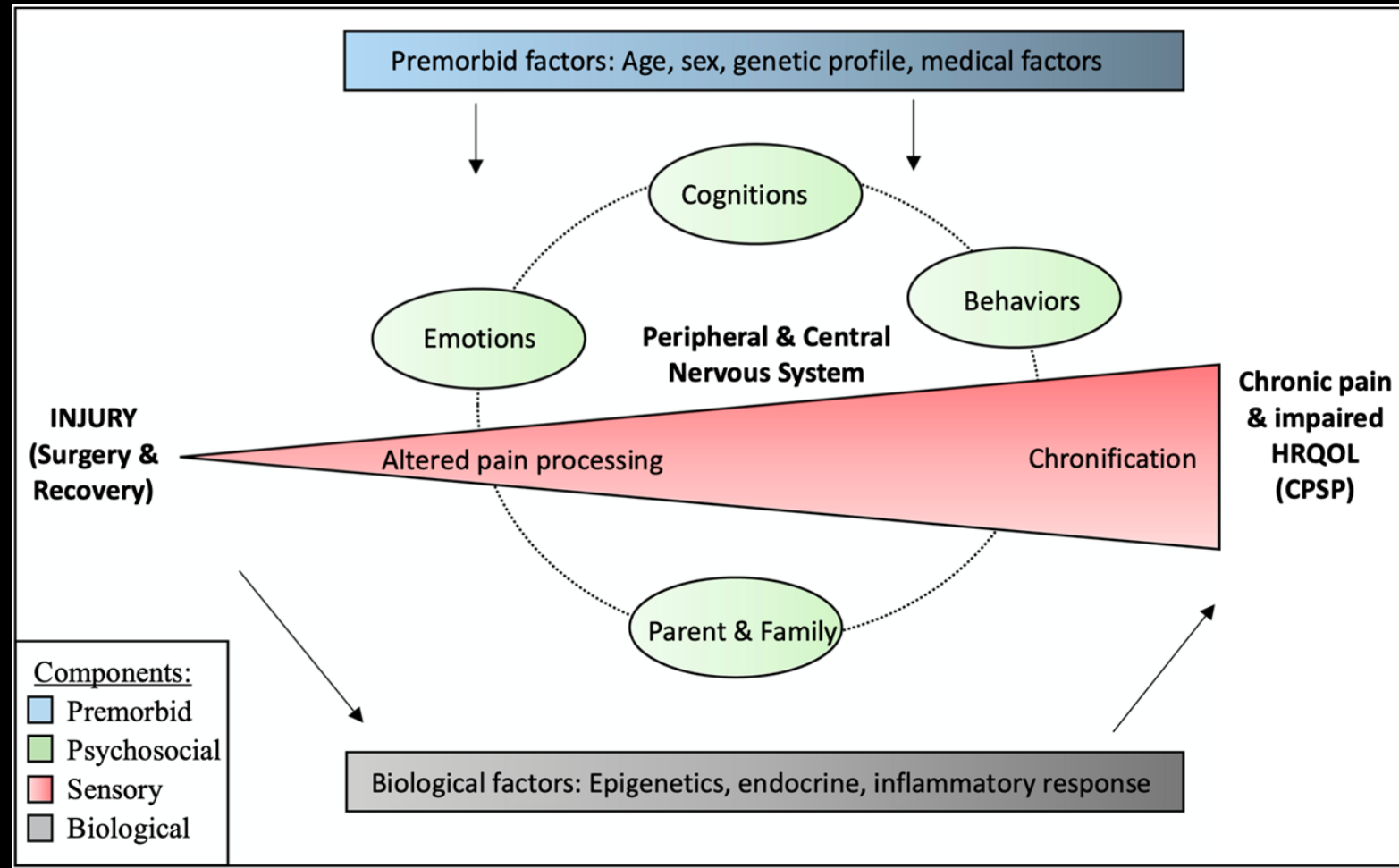
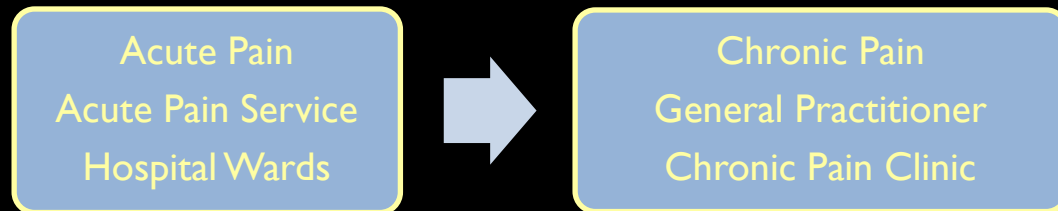


Figure from Rabbitts JA, Palermo TM, Lang EA. (2020). "A Conceptual Model of Biopsychosocial Mechanisms of Transition from Acute to Chronic Postsurgical Pain in Children and Adolescents." *J Pain Res*: 24;13:3071-3080.

Transitional Care – Acute to Chronic Pain Treatment

Old Model



New Model



Biomedical vs Biopsychosocial Approach to Pain Management

- What it means to a Psychologist
- What it means to a Physician
- Barriers:
 - To implementation
 - Delivery of care



The IASP



- The *International Association for the Study of Pain (IASP)* works to support research, education, clinical treatment, and better patient outcomes for all pain conditions with the goal of improving pain relief worldwide
- With more than 7,000 members representing 125 countries, 96 national chapters, and 24 Special Interest Groups, the IASP fosters the exchange of ideas and education to advance the field of pain science
- Mission:
 - IASP brings together scientists, clinicians, health-care providers, and policymakers to stimulate and support the study of pain and translate that knowledge into improved pain relief worldwide

So What?



- *Do we care* what the IASP says?
- In May 1973, University of Washington anesthesiology professor John J. Bonica convened an interdisciplinary group of pain researchers and clinicians to discuss the need for a professional organization dedicated to pain research and management. The IASP was incorporated on May 9, 1974
- Dr. Bonica's vision was:
 - To provide an egalitarian, interdisciplinary, and international forum to improve knowledge about pain
 - Improve the education of health-care providers
 - Improve the care of patients

IASP Definition of Pain: 1979

- *“An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage”*

—“Notes”

- Pain is always subjective
- It is unquestionably a sensation in a part or parts of the body but it is also always unpleasant and therefore also an emotional experience
- Many people report pain in the absence of tissue damage or any likely pathophysiological cause; usually this happens for psychological reasons
- If someone regards their experience as pain in the same ways as pain caused by tissue damage, it should be accepted as pain

IASP Revised Definition of Pain: 2020



IASP Announces Revised Definition of Pain

Jul 16, 2020

For the first time since 1979 IASP introduced a revised definition of pain, the result of a two-year process that the association hopes will lead to revised ways of assessing pain.

"IASP and the Task Force that wrote the revised definition and notes did so to better convey the nuances and the complexity of pain and hoped that it would lead to improved assessment and management of those with pain," said Srinivasa N. Raja, MD, Chair of the IASP Task Force and Director of Pain Research, Professor of Anesthesiology & Critical Care Medicine, Professor of Neurology, Johns Hopkins University School of Medicine.

IASP Revised Definition of Pain: 2020

Four Decades Later: Revision of the IASP Definition of Pain and Notes

The currently accepted definition of pain was originally adopted in 1979 by the International Association for the Study of Pain (IASP)



1979 Definition of Pain

An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage



2020 Revised Definition of Pain

An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage



In 2018, IASP constituted a 14-member multi-national task force with expertise in clinical and basic science related to pain, which sought input from multiple stakeholders to determine:

“Does the progress in our knowledge of pain over the years warrant a re-evaluation of the definition?”



2020 Revised Definition of Pain Notes



Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors



Pain and nociception are different phenomena. Pain cannot be inferred solely from activity in sensory neurons



Through their life experiences, individuals learn the concept of pain



A person's report of an experience as pain should be respected



Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being



Verbal description is only one of several behaviors to express pain; inability to communicate does not negate the possibility that a human or a nonhuman animal experiences pain

The revised IASP definition of pain: concepts, challenges, and compromises

Raja et al. (2020) | Pain

DOI: 10.1097/j.pain.0000000000001939

PAIN

IASP Revised Definition of Pain: 2020

- Challenges
- Barriers
- Likely compromises





Audience Perspectives

Questions?

Thank You!