

Inter-disciplinary pain management organization

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Nearly 20% of adult Europeans suffer severe chronic pain seriously affecting the quality of their social and working lives.

We have unfortunately no data in our country, but a quick look of our patients in khatam-ol-Anbia multidisciplinary pain center shows that most of pain patients suffering from severe chronic pain have severe disease consequences which interfere with daily activities. Pain causes sleep problems, psychologic problems, family and social problems, difficulty in studying, and even addiction and multiple drug abuses.

After years there is no direct correlation between somatic findings and the health state of the patient. In other words, the pain perception is altered.

Management of such patients is not easy and cannot be performed by a physician alone; especially for those patients who have undergone surgery or who have been prescribed multiple drug therapies, side effects of those treatments should be considered in the management and needs an allied organization formed of specialized experts in different disciplines, to make a punctual diagnosis and an exact therapy programming and certainly with the cooperation of the patient and the medical team.

These organizations have to optimize pain control (not pain removal), enhance functional abilities and physical and psychological well-being minimizing adverse consequences of pain and in brief, improving the quality of life.