

## **Patient & family roles in pain management**

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Pain is a common problem which may be mild and transient or severe, prolonged, and incapacitating.

For each lock, there is a key; likewise for any pain there is a treatment. In order to relieve pain, on the first step the etiology and precipitating factors for its emergence and severity should be addressed. For this reason, the physician should take advantage of his/ her art, knowledge and experience to gather relevant data from the patient, family and friends (history taking).

Then after a careful and complete examination and reasonable use of paraclinics, come to the accurate diagnosis; and afterwards choose appropriate non-pharmacologic and pharmacologic treatment strategies and provide useful, non-sophisticated and practical medical information to the patient and family members, and help the patient returning to family, society, and regular activities.