

Pain

Introduction

I chose this topic for two reasons. One being that a few other topics of my choice were already taken, and the other being my interests. Throughout my life I have had my fair share of falls, bruises, accidents, illnesses, etc. Each one of these brought me pain. I am familiar with both physical and emotional pain. This topic is something that occurs all of the time to all living things in various ways, which makes it so interesting.

Section 1: Background and Problem Statement

What exactly is pain and why do we have it? The International Association for the Study of Pain (IASP) would define it as an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage. Pain is something everyone experiences and it's usually often, whether it's falling off a bicycle, banging your funny bone, or having a head ache, there is pain. Something like pain is highly subjective depending on the individual and the experience. There are many types of pain people deal with from acute pain to chronic or severe pain. I believe that this Web site was a good source of information. It dealt with and talked about various types of pain, not just physical and indulged on them. Since this information came from a site like this, I believe that it is legitimate and informing for the public to view.

- **Web site #1:** On Call: Pain Management (Score: 29)
- **Web address:** <http://abcnews.gov/Health/PainManagement/>
- **Information:**

This Web site was one that I have never been to. There is a video of a man explaining what can be found here, and it is set up with questions and answers. A viewer can click on a question and see an answer from a professional health care assistant, doctor, nurse, etc. This site is basically for people with chronic pain. It is giving them various ways to deal with their pain, and how they can control it. There are over 40 million people in the United States living with chronic pain. I believe more sites like this should be available for different types of disorders, diseases, etc, so that people can cope with what they have while being

educated on how to help it. Also, since they can watch videos of actual doctors talking and giving their opinions/facts, I believe people can benefit from it.

- **Web site #2:** Pain Relief (Score: 21)
- **Web address:** <http://www.opioids.com/painmanagement/history.html>
- **Information:**

After visiting this site, I was not too fond of it. At first it seemed interesting and full of information, but then the more I looked into it, it just kept leading me to different links. I didn't feel as though I retained a lot of new information from this site, but it did help in a way. It introduced me to something called opioids. Opioids are synthetic narcotics used to control the amount of pain a person has. Usually someone with chronic pain would use this in order to cease the unpleasant feeling for the time being. Opioids aren't the cure to pain, but they do relieve it. Also on this site, was helpful information about painkillers, drug facts, and drug treatments. I think this site was an over all all right to use for information.

- **Web site #3:** History of Pain (Score: 30)
- **Web address:** <http://painmanagement.grayclinic.com/historyofpain.html>
- **Information:**

This Web site was perfect for what I was looking for in this area of information. It gave me the history of pain, and actual doctors who were one of the firsts to start indulging in on this issue. As said by Dr. Albert Schweitzer in 1931, "Pain is a more terrible lord of mankind than even death itself." Pain has become something that is such a well-known disorder, that everyone experiences. This site was very helpful with information because not only did it give facts, but also quotes from people who put their lives into the studies of this. It has been found that ancient tablets of stone have records of pain inscribed in them. We learn from these tablets that earlier form of humans saw pain as being magical, evil, and relating to demons. Nowadays, pain is something that is too common, and not looked at as evil, but as natural. Emily Dickenson quotes that "It has no future but itself."

- **Web site #4:** Articles: Pain (Score: 25)
- **Web address:** <http://www.pain.com/sections/professional/articles>

- **Information:**

After reviewing this site, I think it is a good thing that I looked at it last. This is because it touches upon many articles that I have already read, although it is helpful. This site is full of different articles such as pain relief, pain management, pain and aging, pain medicine, etc. Each article is full of information that the topic is about. It helped me because it served as an overview of the issues that I had began to read/learn about. I wouldn't recommend this site for people who are trying to learn about general issues dealing with pain, but I would however recommend it to people who have actual issues and need to learn more about them. Sites like these can be useful for those people who don't necessarily like to ask a lot of questions to their doctors, and who want to find out about what they are experiencing on their own.

Section 2: Research

- **Web site #1:** Pain: Suffering (Score: 28)
- **Web address:** <http://scholar.google.com/schhp>

Summary of the research:

While at this site, I decided to look at something less general relating to my topic. There are many terms that come with pain, and all of them have separate meanings. One term I learned more about that I already thought I knew was suffering. When using the term suffering one may think of physical pain, but there is also mental pain, and just the broad sense of pain. Usually pain and suffering come together at the same time whether it is physical, mental, or both. It is an unpleasant, unwanted feeling or sensation. Suffering can be quick or it can be drawn out over a long period of time. When speaking about unpleasant feelings, someone with an upset stomach or even an itch wouldn't necessarily say they're in pain, although they are in a way bothered by it and suffering.

- **Web site #2:** What is Chronic Pain? (Score: 28)
- **Web address:** <http://www.ninds.nih.gov/disorders/chronicpain.htm>
- **Summary of the research:**

Chronic pain is something completely opposite from acute pain. It is an ongoing pain that lasts for weeks, months and even years. Chronic pain usually comes from headaches, cancer and arthritis pain, lower back

pain, and neurogenic and psychogenic pain. Neurogenic deals with pain resulting from damage to the central nervous system, while psychogenic deals with pain NOT having to do with the central nervous system or past injury/disease. Things such as medications, surgery, acupuncture, local electrical stimulation and brain stimulation can help chronic pain.

- **Web site #3: What is Psychogenic Pain? (Score: 28)**
- **Web address:**
<http://my.clevelandclinic.org/services/painmanagement/hicpsychogenicpain.aspx>
- **Summary of the research:**

What is psychogenic pain and what are the causes of it? Psychogenic pain is associated with psychological factors and is a pain disorder. It has different types such as prolonging pain, causing increase, or causing emotional or mental problems. Pains such as headaches, stomach, muscle and back pains are all tied into this. People with this condition usually complain about pain in a certain spot that is not matching the symptoms. This is a disorder that medical doctors try to help treat every day with their patients that suffer from it. Some treatments for this disorder are non-narcotic painkillers, psychotherapy, or antidepressants.

- **Web site #4: Pain in Elders (Score: 27)**
- **Web address:** <http://www.ncbi.nlm.nih.gov/pubmed>
- **Summary of the research:**

Pain in the elderly is something as common as a common cold on the winter...it's basically inevitable. In comparison to the general population of people, the elderly are definitely most likely to experience pain. It has been brought to attention that some elderly are sometimes under treated for pain. This may be because they are trying to be good patients by not complaining about much, or they are trying to steer away from the addiction of narcotics. Some elderly see pain as something that is inevitable to them and just apart of the process their going through while aging. While going through the aging process, the intake of medicines is a bit more difficult. As we get older our kidneys become smaller, which decreases the amount of blood flow and alters the filtration of a drug making it become less effective. Also, the way elders are given drugs can play a role in this. Drugs given through needles can be difficult because of a decrease in the amount of muscle

mass. Also, oral drugs are tricky for two reasons. One is that the stomach acid levels are altered which wouldn't cause for a pleasant time. The other being the fact that most elders have less saliva, which can interfere with the swallowing process. All of these factors make it more difficult for the elderly to deal with their pains on a daily basis.

Section 3: Statistics

When dealing with statistics on my topic, I think I found a good amount of useful information that can be used by many people. My favorite Web site out of these four would definitely be the first one I went to. This one caught my interest immediately because it had to do with a study of people and actual statistics, which is needed for this part. Learning about how people form their opinions on pain before even feeling it was interesting. I can totally agree with the statements made in this article because I myself have experienced this. Knowing pain is going to come, it is hard for someone to not think about it. We internalize this thought and then when the action actually happens, it feels as if it is worse than it really is. I was also very interested in my second Web site that had to do with children. Because I want to be a pediatric nurse, this Web site and information was right up my alley. I actually enjoyed learning about pain in children and I hope to learn more about this, because I know it will help me with my future plans.

- **Web site #1: Behavior: Pain Is Greater if Harm Seems Intentional (Score: 26)**
- **Web address: <http://www.nytimes.com/2008/health.html>**
- **Summary of the statistics:**

This site dealt with the psychological science of pain and what it does to a person. It is basically informing us that if a person inflicts pain on another person, and that person knows what is going on and thinks it is intentional, then they are definitely going to feel the pain, if not more. People can be fooled by the idea of being hurt and actually feeling pain. Researchers ran tests that dealt with this. There would be a group of two partners, one sitting at a desk attached to wires and the other behind a computer screen with the researchers. The one hooked up to the wires would be told if their partner would choose to send an electrical shock through the wiring. Once one person was told their partner was going to do so, they immediately felt the pain and thought of it to be greater than if the researcher just randomly sent a shock through. This shows us that once the person had it in their head that they were going to be shocked, once they felt it they said that it hurt

more than it did when the researcher did not tell them what was going to happen and just did it. This is basically a trick that the mind plays, but it actually makes a person feel as if the pain is more intense once they know about it and are awaiting it.

- **Web site #2:** Treating Pain in Children (Score: 28)
- **Web address:** <http://my.clevelandclinic.org>
- **Summary of the statistics:**

When dealing with pain in children, it is very difficult because of various things. An understanding of the medical procedures can either make or break a child's experience while being helped with pain. If they do not understand what is going on around them, they tend to become frightened even more which does not help with their main issue, pain. Also, their ability to separate from their parents and verbal skills from both the children and doctors play a role in succeeding or not with children and their pain. Dealing with neonatal and pediatric pain management can put health care professionals in tough situations. Newborns and children are difficult to work with because it is hard to measure accurately levels of pain. Seeing as children are not adults, medicating them for pain is hard to do because they metabolize drugs much differently. A method that usually helps the doctors become more aware of the measure of pain is called self-reported measures of pain which is when a child is given scales that deal with numbers or pictures leading them to pick out their actual level of pain. Another way is called behavioral measures of pain which doctors use by retrieving facial expressions or cries from the children to determine the pain level. Lastly, physiologic measures of pain are determined by pulse changes and blood pressure, or the amount of palm sweating. All of these are ways health professionals are able to understand what exactly a child is going through and how they should go about helping them.

- **Web site #3:** The American Chiropractic Association (Score: 26)
- **Web address:** <http://www.acatoday.org/>
- **Summary of the statistics:**

This Web site was less of a generalized one dealing with pain. Instead it dealt with a certain type of pain which needs specific help, which is chiropractic help. People who need to seek chiropractors, or even just wondering about it, can go to this site to learn more. They can find out what exactly they need to do to treat their pain symptoms, where it is

coming from, and why. Many people go to chiropractors and come out with a feeling of relief. Pain can come and go, but for some it stays. Pains in the back, lower back, and neck region are some of the most annoying ones that can throb. Going throughout a full day with unpleasant feelings in those regions definitely plays its toll on the body. Seeking help is one of the best things a person can do when dealing with this, because many times health care professionals can help find various different ways to relieve the sensation of pain, or at least calm it down.

- **Web site #4: American Academy of Pain Management (Score: 30)**
- **Web address: <http://www.aapainmanage.org/>**
- **Summary of the statistics:**

This Web site is one that is a non-profit organization helping educate clinicians. They are educated on pain management, and different approaches taken. I find this Web site both interesting and helpful. It was made so that clinicians can come together from all over and share ideas and knowledge for patients and their care. I also think this is a good idea because an onlooker who may be experiencing pain can look at this Web site and see what kinds of comments and facts are left by doctors and other clinicians. I think this is very useful because what better way is there to get information than from the doctors themselves? I think this Web site is a very good idea and can be helpful to more than patients. This site also allows people to find a pain professional to learn more about what it is they may be going through and what they have to do to solve this. Yes, pain is a big inconvenience, but it is nice to know that others are out there willing to help, and a site like this lets you know.

Section 4: Consumer Information

After reviewing these sites, I do believe that a person who knew nothing about this topic can get a good understanding of the health problem; that being pain. Take me for instance, coming into this project all I knew was that I have experienced pain before. I was not aware about the various types of pain, causes and cures. The consumer information that I found touch upon a few detailed conditions dealing with pain that many face, along with the idea/fact that pain is actually helpful. I think that if an onlooker who knew nothing about this can read what I have explained upon as well as look at each site to obtain new information that will stick with them. If I can do it, anyone should be able to!

- **Web site #1:** Pain Management: Neuropathic Pain
(Score: 27)
- **Web address:** <http://www.medicinenet.org/neuropathicpain>
- **Summary of the information:**

Neuropathic pain is a chronic pain state that usually is accompanied by tissue injury. Nerve fibers are damaged, dysfunctional, and/or injured; which usually leads to amputation. When an arm or leg has been removed from the body because of an injury or illness, the brain still receives pain messages from the nerves that originally carried impulses. The impulses now misfire and cause excruciating pain for the victim including shooting and burning pain in the area. Some people may wonder what causes neuropathic pain and some causes are: Alcoholism, Amputation, Chemotherapy, Diabetes, HIV infection or AIDS, Shingles, and Spine surgery. To treat neuropathic pain one may use Aleve or Motrin, but if the pain is highly intense doctors often recommend morphine. Neuropathic pain if not treated can lead to serious disabilities.

- **Web site #2:** Oxycodone Effective Against Shingles Pain
(Score: 25)
- **Web address:** <http://www.medicalnewstoday.com/articles/>
- **Summary of the information:**

Shingles is caused by the reactivation of the same bug that causes chicken pox. With that being said only the people who are vulnerable to chicken pox can get shingles. Dr. Robert Dworkin set up a study to see what type of medication is best for the excruciating pain from the shingles. He took 87 shingles patients in Rochester, NY and Houston, Texas. One third of the group was given the oxycodone. The second third received gabapentin, and the last third received a placebo. The group that consumed the oxycodone was proven to be the best medication to help with the horrible pain involved with shingles, while the gabapentin did not appear to help the pain at all.

- **Web site #3:** Discovery of Mechanism That Processes A “THC” Type Brain Compound May Lead to New Medicines for Pain, Addiction
(Score: 25)
- **Web address:** <http://medicalnewstoday.com/articles/>
- **Summary of the information:**

Dr. Dale Deutsch, a professor of Biochemistry and Cell Biology at Stony Brook University and his colleagues have discovered a new molecular mechanism for the processing of brain compounds similar to THC, which is the active chemical in marijuana. By using FABPs a patients pain will be lessened by more than fifty percent and there are no negative side affects like there are in THC, such as motor coordination problems. When using FABPs the breakdown of AEA requires two factors. First, there needs to be a mechanism for transporting AEA to the location where it is inactivated because AEA, being a fatty compounds and is unable to move inside watery cells. Second AEA must express an enzyme called FAAH, which controls the breakdown of AEA. Future research will be done by Dale Deutsch and his colleagues to explain many unanswered questions about the new possibility of curbing pain.

- **Web site #4:** Medline Plus: Pain (Score: 29)
- **Web address:** <http://www.nlm.nih.gov/medlineplus/pain.html>
- **Summary of the information:**

Just after reviewing the first few paragraphs on this Web site, I ruled out many others and decided that this along with a few other very useful sites was one that benefits to read from. Not one other site touched upon the facts that this one did, which definitely makes it stand out to others and me. This Web site talked about pain and how it is actually helpful. Without pain, how would we know if we were really in trouble? How would we catch a medical problem that needs treatment? We wouldn't. Pain helps us know when something is wrong. Without pain, we would never know if we needed to see a doctor for something that needed to be taken care of. This site also taught me that pain is triggered by the nervous system and sends a sensation throughout the body, or just in a certain area. This helps us know where a problem is so we can understand what it is and how to fix it. Pain is something that can be in some areas, or all over. For example, someone with the flu will usually experience aches all over their body. But, someone who lets say fell off a ladder will experience the pain in their leg, hip, back, or whichever area was affected.

Conclusions

- **Section 1: Background and Statement**
 - **The best Web site-** History of Pain
 - I think that this Web site was the best one for background information as well as a problem statement. After reviewing the site, I became more knowledgeable

about the history of my topic, pain. It was very helpful to see quotes from people such as Emily Dickenson, and it was interesting to see that even back then, they were studying pain. I learned that in earlier years, pain was something that was looked down upon and thought to be evil. Nowadays pain is something definitely looked down upon, but more understood. We don't correlate pain with demons or magic anymore because we know that we need pain in order to tell us when things are wrong.

- **The worst Web site- Pain Relief**
 - After reviewing this Web site, I found it to be one of the least helpful and most confusing. The information was not right there for someone to obtain, and it felt as if you had to work in order to understand what was being said. Different links would lead me to different pages, which was confusing and troublesome. It is much easier when looking for something and having the information right there to see and understand. This Web site was not all bad, but it did not help a whole lot.

- **Section 2: Research**
 - **New information I learned include:**

Some new information I gained by researching the topic “pain” was suffering, chronic pain, psychogenic pain, and pain in elders. The most interesting to me was chronic pain. When I thought of pain before I thought of a cut, bruise, or headache. Each of these causes pain, but eventually the pain goes away. Chronic pain however is pain that lasts for weeks, months and sometimes years. I was not aware that pain could actually stay and last that long, and after hearing that I hope to never have to deal with chronic pain!

- **Section 3: Statistics**
 - **New statistics I learned include:**

A new statistic that I did not know about ties into my research area, dealing with chronic pain. 40 million people throughout the United States suffer with chronic pain every day. This number is appalling to me!

- **Section 4: Consumer Information**
 - **The best Web site- On Call: Pain Management**
 - I definitely think that this Web site was the best one for consumer information. This site is something new to the public that they are not used to. Seeing and hearing

actual doctors and health care professionals speak about pain, pain relief, medications, etc is something that everyone can use. Save yourself a trip to the doctor while becoming more informed about a certain issue you may be going through...simple. This Web site is easy to use and gives off good and helpful information.

-
- **The worst Web site** Discovery of Mechanism That Processes A “THC” Type Brain Compound May Lead to New Medicines for Pain, Addiction
 - I chose this to be the worst Web site because I think it was too much. The information seemed to be too much in depth for someone who is not in the medical field to understand. I researched this Web site to try to learn more about this particular issue, but after reading through it I decided that this was not too helpful for me or my project. Also, I do not think that onlookers who don’t have much of a clue about this issue can look at this site and automatically understand what is being presented.

Back to Betty C. Jung’s Web site	http://www.bettyjung.net/
Back to Web site Critique Reports Directory	http://www.bettyjung.net/Pch201wsreports.htm

Pain:

- Something that everyone has; yet it depends on the person and the experience, which makes it different each time...definition of pain.
- Chronic Pain: can last from weeks to months to years depending on what is happening; head aches, lower back pain, cancer, etc.
- Many medicines and treatments to treat chronic pain. Many do not make it disappear but help calm it down and keep it away for as long as possible. Medicines can be given by professional health care experts and doctors. Treatments such as therapies (shock, regular) can be given and help a lot of the time to at least calm it down.
- Pain in elderly: very hard to try to help because elderly are more frail and their immune systems sometimes can't take as much. Medicine is sometimes hard to prescribe for elders because it can take longer to work, it may not circulate throughout the whole body. Sometimes the medicines can conflict with each elder person because not all are in the same shape.
- Pain in children: also hard to help sometimes. It may be difficult to understand what kind of pain a child is going through because they can't always describe it in a way that will let the doctor fully understand. Charts are usually used that deal with a number scale that tries to help the children show the doctor or nurse how they're feeling exactly. Also charts with faces expressing the amount of pain they are in help a whole lot. Children identify with the face on how they're feeling and in return they help the doctor so he/she can help them.
- 40 million people in the United States suffer from Chronic Pain every day.
- Groups dealing with chronic pain and online resources can help for people trying to seek help and/or some sort of therapy.
- Best web site: abcnews.gov because it gives live streaming videos including doctors giving advice and facts and answering questions others may have.