

Chronic Pain Management: The Necessity of Changing Attitudes, Goals and Strategies

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ABSTRACT

Background and Evidence

One of the main problems of the health system in the world is the increasing prevalence of chronic pain and failure to manage it ^[1]. Although many studies have been conducted on the management of this type of pain around the world, specialties related to pain and research centers of chronic pain as well as scientific centers have been established in universities, various treatment and caring models have been presented subsequently, but chronic pain continues as a difficult health problem to be treated and lies on the face of the policy makers and custodians of health system as a multifaceted puzzle.

On the other hand, chronic pain has become an epidemic health problem and reduces the quality of life of suffered people because of their reduction in mobility, growing weight gain due to increasing the life expectancy and expanding trend of the aging phenomenon such as vicious cycle, thus it will impose a lot of direct and indirect costs on the patient, family and society ^[2]. Furthermore, the consequences of chronic pain will be myriad if this problem is not resolved fundamentally. Now we are faced with the important question

of what is the main origin of unsuccessful treatment in chronic pain, and how it can be resolved.

One of the important points in explaining chronic pain is changing the perspective of society and health care team to chronic pain and it is necessary to be viewed as a disease. Chronic pain management has been considered as one of the fundamental pillars of human rights for a long time ^[3], but in order to implement its management, no concrete action has been taken, especially in developing countries.

It seems that using the process of theory models can be the main solution. In this context, accurate evaluation and exploration of the problem is the first step, so that the next steps can be taken correctly and the expected outcome can be achieved. There are several ways for explanation a phenomenon, such as exemplifying, comparing, explaining, etc., in this regard, correct exploration of the chronic pain will play an important and key role for its successful management.

In the following, chronic pain should be considered as a multifaceted phenomenon that has biological, physical, mental, social and religious dimensions.

Performing a detailed assessment of each patient based on the multidimensional pattern of chronic pain is the second step. Thus, This step is done with the participation of multidisciplinary medical staff team as the patient with chronic pain will be one of its main members. Paying special attention to the psychological dimensions of pain will be essential. Determining the therapeutic and caring targeting for each patient as individualize manner, and accordance with the multifaceted assessment of each patient will be the third step. Creating real expectations of treatment that is done with the participation of patient's plays an important role in the success of the measures taken, adherence and access to the results.

For example, one of the best therapeutic choices for an elderly patient with chronic pain who has suffered from degenerative joint disease of knee is knee replacement but this will not be possible for all patients. Because the huge cost of surgery, financial problems of patients, underlying diseases, and post operation care are among the problems that limit the choice of this treatment for individuals and alternative methods should be used.

Along with the determination of overall objective, formulated the minor and special objectives is essential. For this purpose, the aim is to act step by step and gradually, for example, a patient with chronic pain who is unable to walk, the first step is the ability to walk around the bed with the help of caregivers, the next step is the ability to walk around the bed without the caregivers helps, the next action include increasing the distance that the patient can walk and so other goals are set. Determining these goals as indicators can be useful in end evaluation.

Planning for taking measures is the fourth step. In this regard, paying attention to the

strengths and weaknesses resulting from multidimensional evaluation will be useful. Using scientific patterns of behavior change management can reduce the next problems. For this purpose, it is very important to use supportive networks and develop programs with the participation of patients and families or caregivers.

Implementation of the measures that are carried out with the participation of the patient and according to the patient's conditions by using of teamwork cooperation is the fifth step and it will be essential. Paying attention to patient safety such as drug side effects and underlying problems is essential. One of the important points in this regard is the patient's adherence to the programs and actions and the continuation of their implementation. Using different methods of encouraging the patient and creating positive motivation in the patient has an important role ^[3].

Detailed review to determining how much overall and specific objectives have been achieved is the sixth and last step. In the following, having index-driven programs and measurement of the determined indicators in the previous stages is essential, so that all objectives can be achieved and the patient's pain is managed in real time.

Changing attitudes, goals and strategies is essential for successful chronic pain management. Using process theory model can be acts as a key solution for that, which composed of 6 steps including accurate exploration of the problem, detailed multidimensional assessment, determining the therapeutic targeting as individualize manner, exact planning, correct implementation of the measures with the participation of the patient, using of teamwork and finally detailed evaluation is respectively ^[3].

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