

Much more than- 'it hurts'

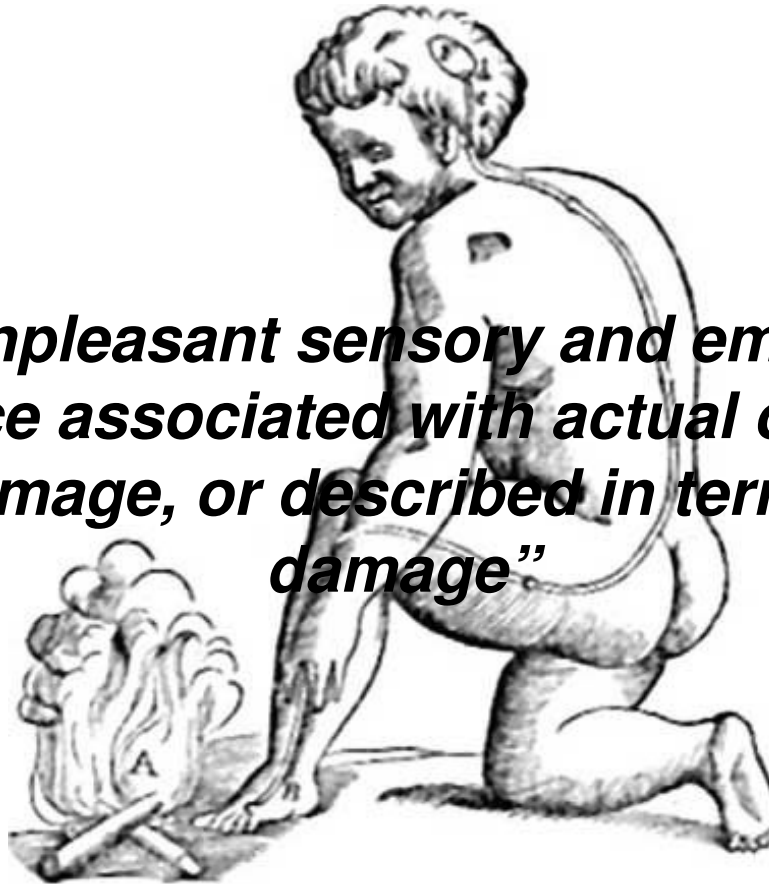
Andrew Jones

Liverpool and Wirral



IASP Definition of Pain

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



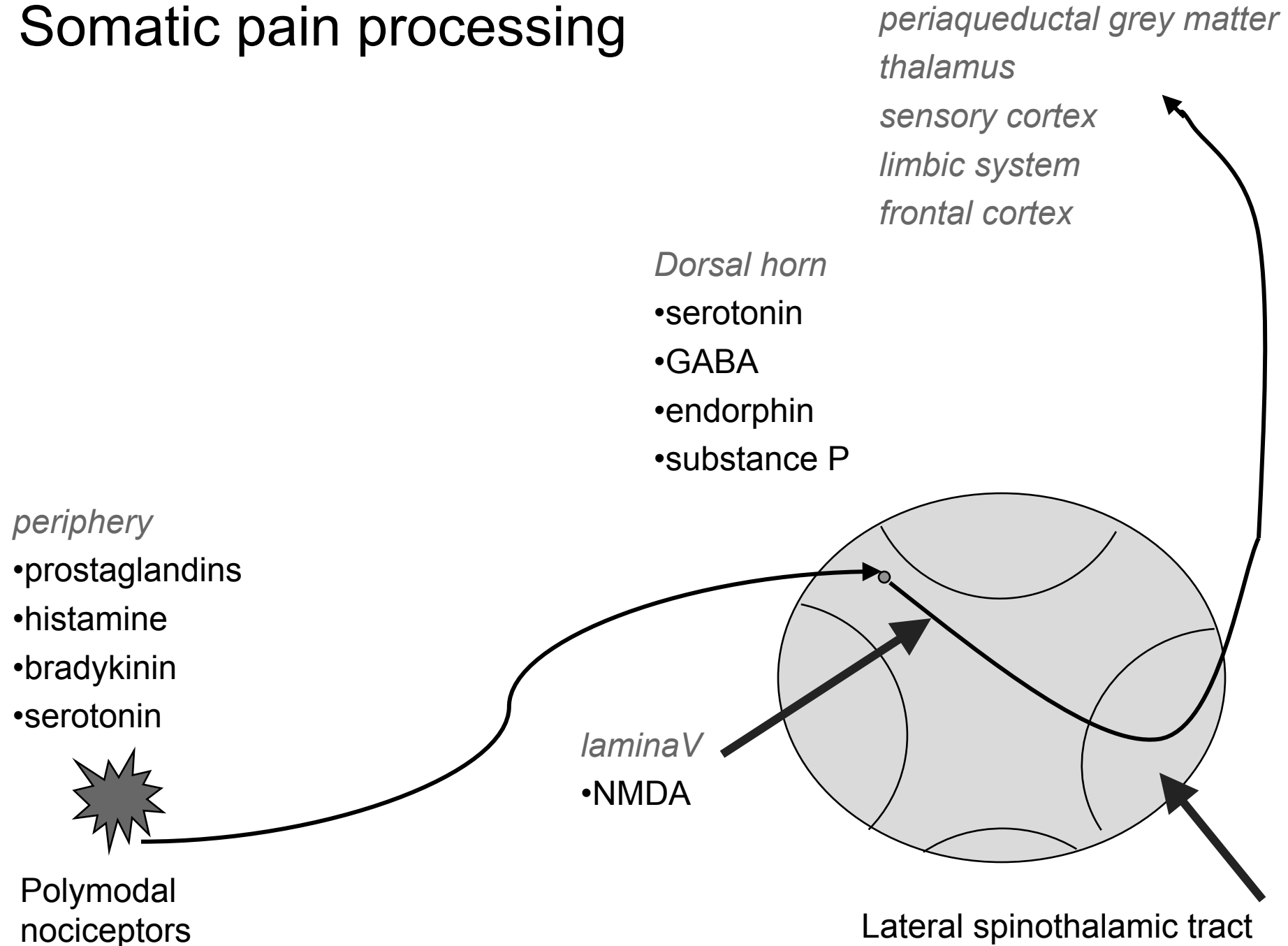
described in terms of such damage

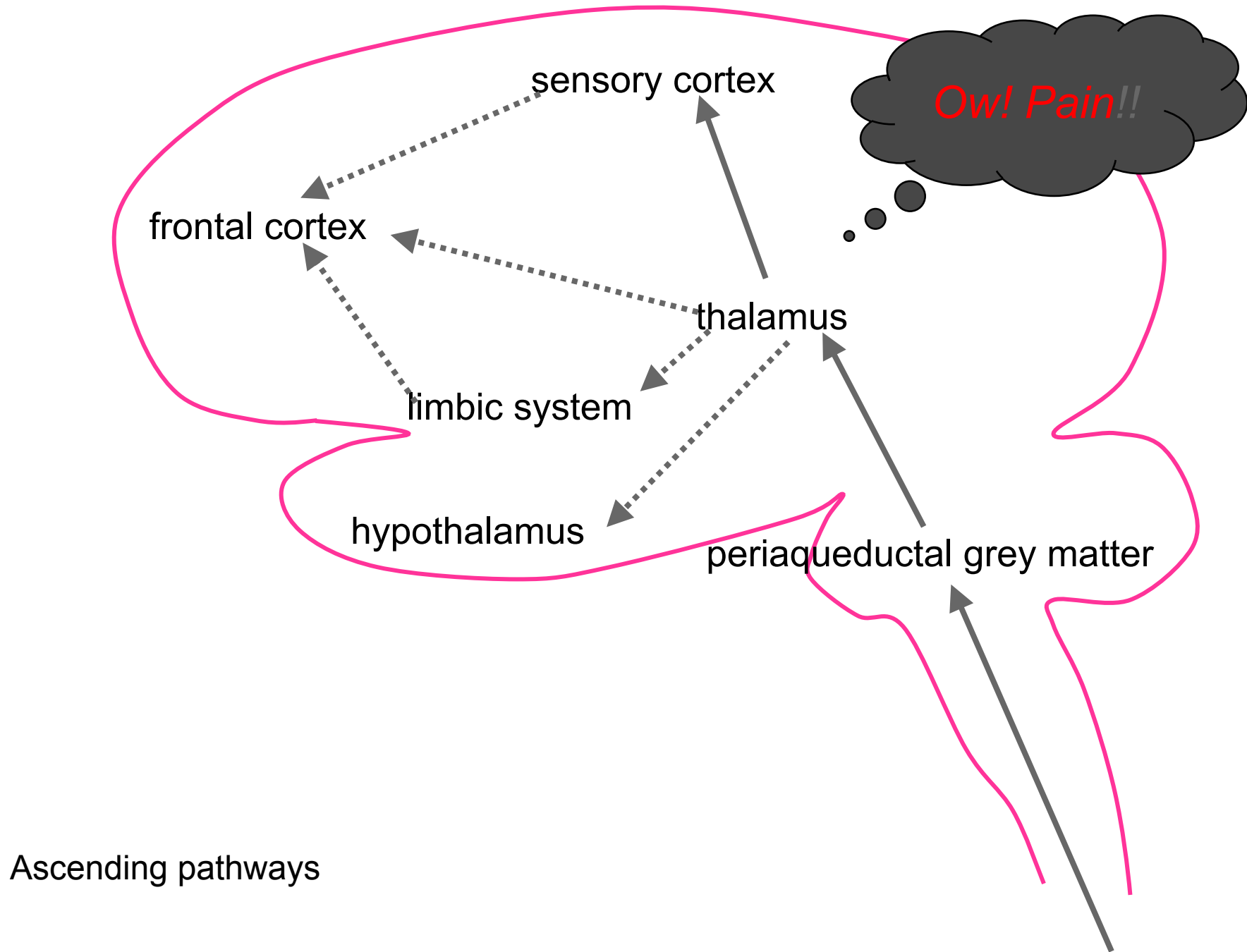


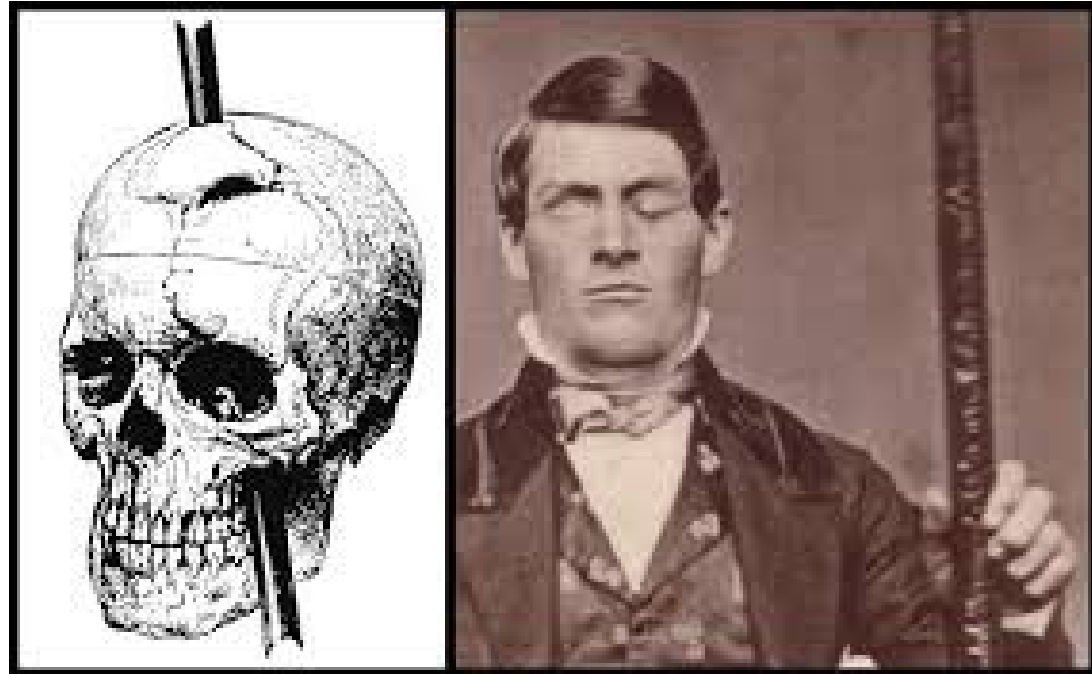
Salerno 1943 Henry Beecher



Somatic pain processing







Key aspects concerning the role of
emotion in the
chronic pain experience
Katja Boersma¹ and Ida Katrina
Flink^{1,2}

Indeed, there is a myriad of studies confirming a link between chronic pain and negative emotions such as depressed mood [14], anger [15] and pain-related anxiety and fear [16]. This underlines that a variety of negative emotional symptoms are embedded in the chronic pain experience

Pain management

- Exercise and physiotherapy
- Talking including psychology. Mindfulness, ACT and CBT
- Shared Reading
- Medication
- Interventions (injections)

Discussion

