



WAPHA
WA Primary Health Alliance

phn

PERTH NORTH, PERTH SOUTH,
COUNTRY WA

An Australian Government Initiative

Primary Health Network Persistent Pain Program presents



'Turning Pain into Gain'

Welcome to Topic ONE

Today's Topic:

- * **The Explosion of the Pain Revolution**
 - * **Understanding Pain**
 - * **Taking Control**
 - * **Recruiting your team**



What's important to you?

- * What do you want to get out of the program?
- * What do you have to do ?
- * The more you put into it, the more you will get out of it

What is Self Management ?

- * It is about filling you your **TOOL BOX**
- * It is about **Active participation**
- * **Practising or Re-learning** skills on a daily basis to improve your quality of life.
- * It is about being **INDEPENDENT** through knowledge

What are the benefits of Self- Management ?

- * **Have a better quality of life**

- * Improve function
- * Sleep better
- * Enjoy meaningful activities

- * **Influence how you experience pain** in the long term

- * **Make empowered choices about your health care decisions**

- * Decrease reliance on medical care
- * Navigate your care better
- * Interact better with your healthcare team



Understanding Pain

Let's go on a little journey to try and understand the complexity of chronic pain a little better.

Understanding Pain

A landscape photograph showing a dirt road with tire tracks leading towards a bright sunset over a green field. The sky is filled with soft, colorful clouds. A blue wavy graphic overlay is at the top of the image.

What is Pain?

Understanding pain

All pain can be considered as an output from a collection of systems within your body:

***Central nervous system**

-Brain, spinal cord

***Peripheral nervous system**

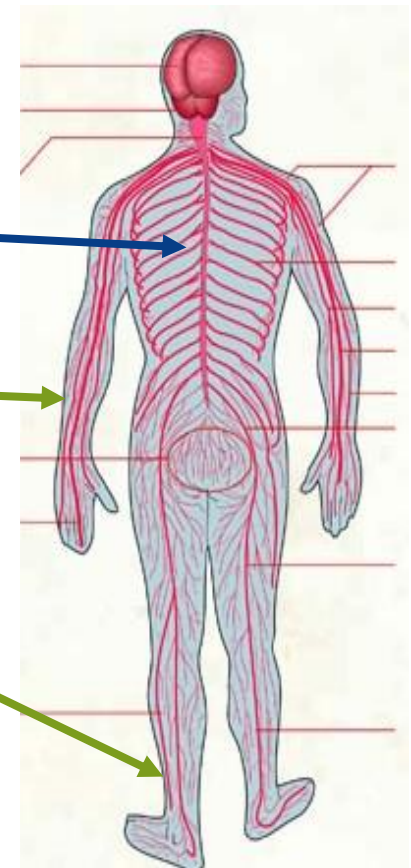
-Various peripheral nerves temp and touch

***Immune system**

-Glial cells

***Cognition**

-thought processes



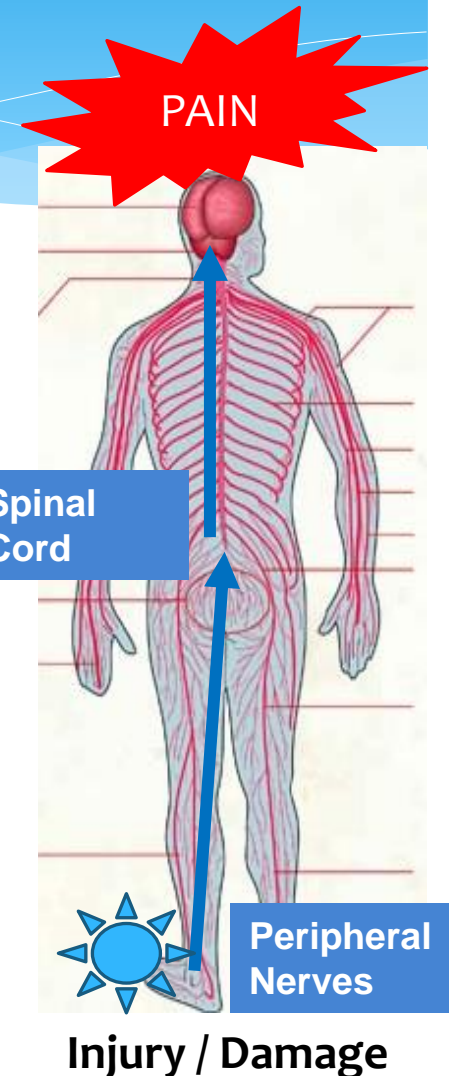
Understanding Acute Pain

Acute pain:

- * Pain lasting < 3 months
- * Typically sits within the period of healing process

Typical process warning that 'potential or actual damage may occur'

- * Mechanical, thermal or chemical stimulus
- * **Peripheral nerves** carry this message toward the spinal cord
- * **Spinal cord** then pass information upstream to the brain
- * Brain analyses this messaging
- * At this point we have the potential to experience the output of pain.
- * When the threat of damage has passed or healed, the pain stops



Understanding Acute Pain



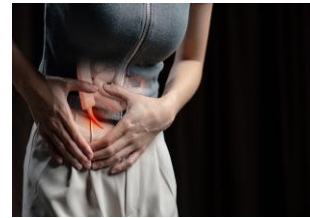
Musculoskeletal injury



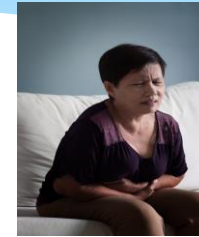
Fracture



Burn pain



Appendicitis



Gastroenteritis
"Gastro"



Urinary Tract Infection

Affecting our muscles, bones, tissue

Usually dull or aching, cramping, well localized, crushing or tearing pain

Affecting our internal organs

Deep aching or sharp stabbing, poorly localized, dull and cramping pain

- ✓ Heals within weeks to months
- ✓ When the threat of damage has passed or healed, the pain stops

Nerve Pain



Shingles



**Post
operative
nerve pain**



Sciatica



**Diabetes
neuropath
y**

Acute

Chronic

Shooting

Electric shock-like

Burning

Tingling

Numbness

Understanding chronic pain

Chronic pain

- * Pain lasting longer than three months

Types of chronic pain

- * Cancer pain
- * Nerve pain (e.g. diabetes neuropathy, post-surgery)
- * Pain caused by changes in the muscle, bone, joint (e.g. osteoarthritis)
- * Due to disease (e.g. rheumatoid arthritis, migraine)

Understanding chronic pain

But, sometimes there can be **no apparent cause.....**

- * The pain progresses after the typical healing process occurs
- * Does not correlate with structural changes
- * Can have many contributing factors:
 - Such as thoughts, emotions, environment, perception, acceptance and behaviour.

So, what causes this?

Understanding chronic pain



Does this mean that its all in my head?

Understanding chronic pain

Central Sensitisation

- * Changes in the central nervous system that has become highly sensitive to potential threats of the body.

Types of threats that can trigger the amplification of the nervous system could be:

- * Movement, temperature, stress, change in routine, physical exertion

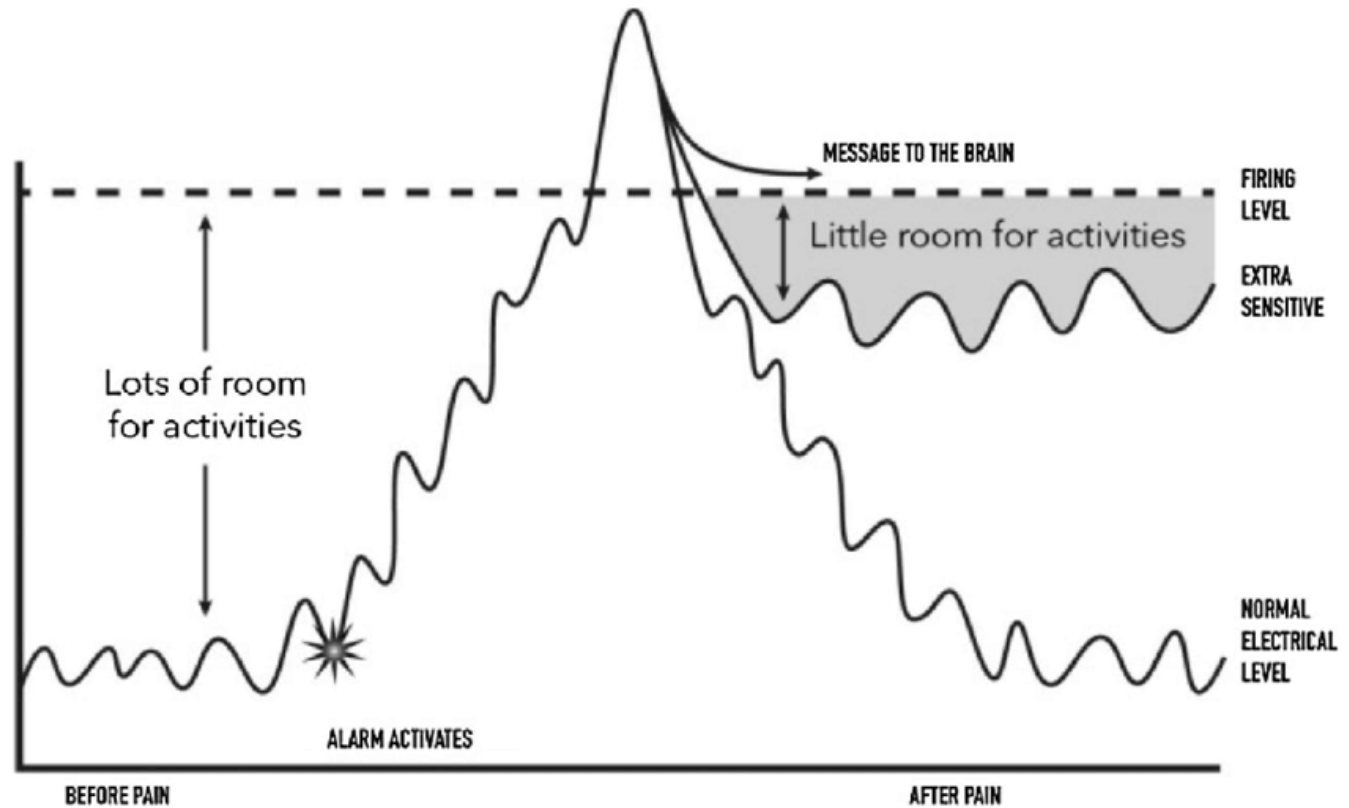
Understanding chronic pain

Central Sensitisation

- * It's like the volume on your pain system has been turned up, and is stuck in high alert - sounding the alarm (pain!) at any and all signs of danger.
- * Your body is doing too good of a job at protecting itself with the pain response.
- * The pain system is overexcited

*HURT does
not
≠
Harm*

Central sensitisation



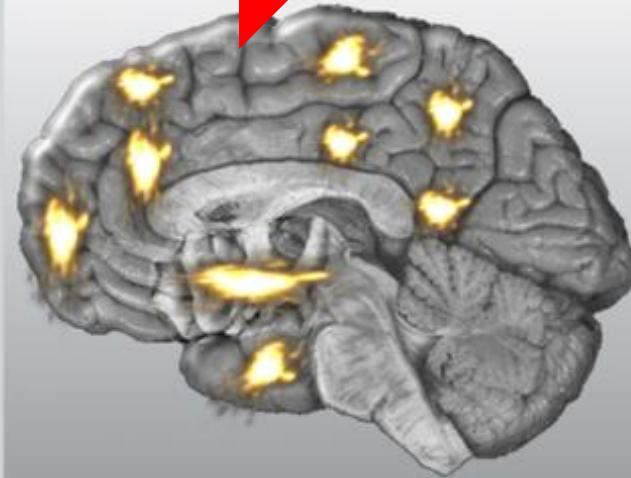
Ref: Why do I hurt? By Adriaan Louuw

This a very REAL process!

Increase Sensitivity



**ACUTE PAIN
PERCEPTION**



**PERSISTENT PAIN
PERCEPTION**

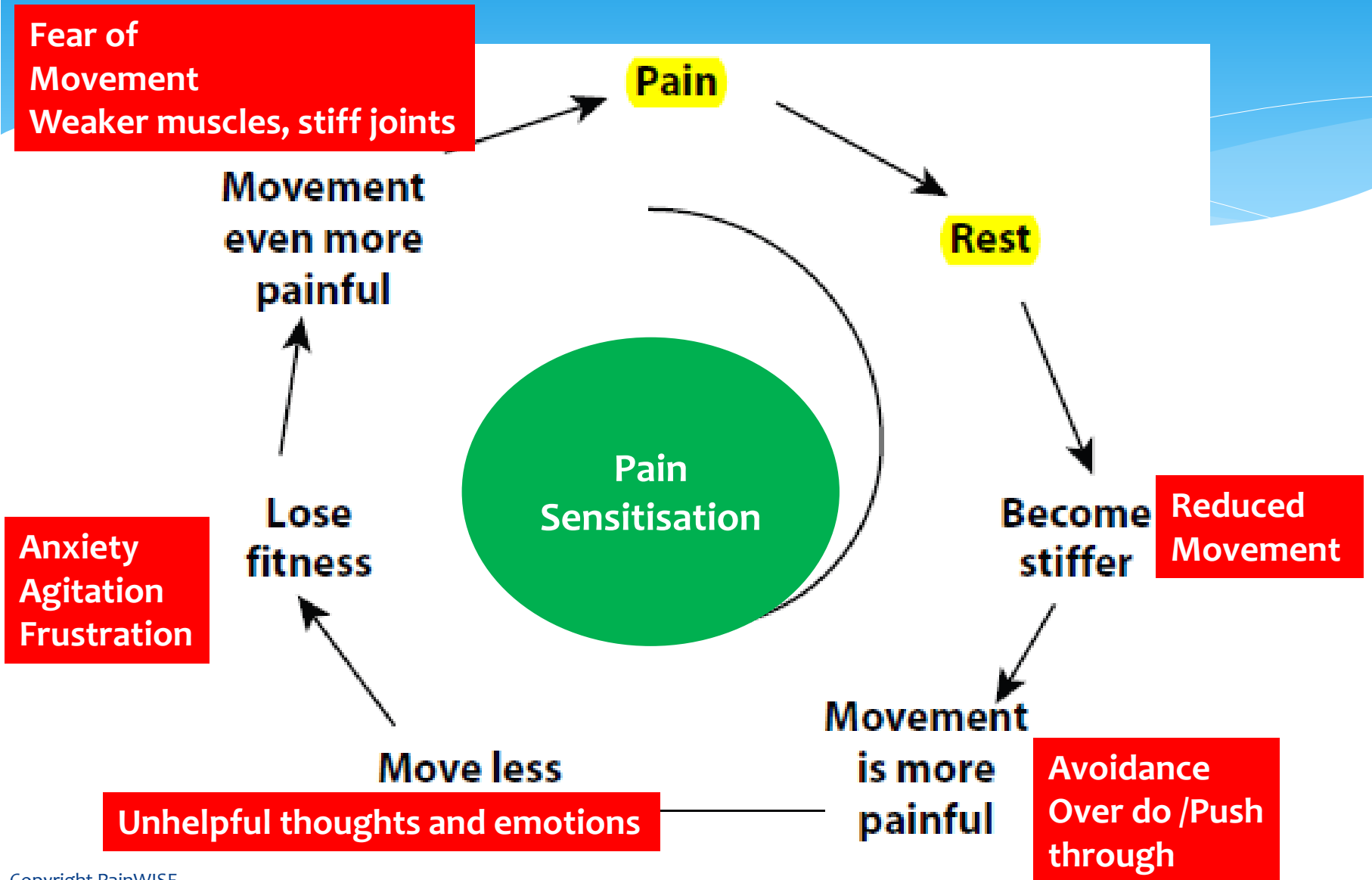
IN PERSISTENT PAIN THE BRAIN PAIN MAP EXPANDS UP TO 5 TIMES

THE BRAIN LEARNS PAIN

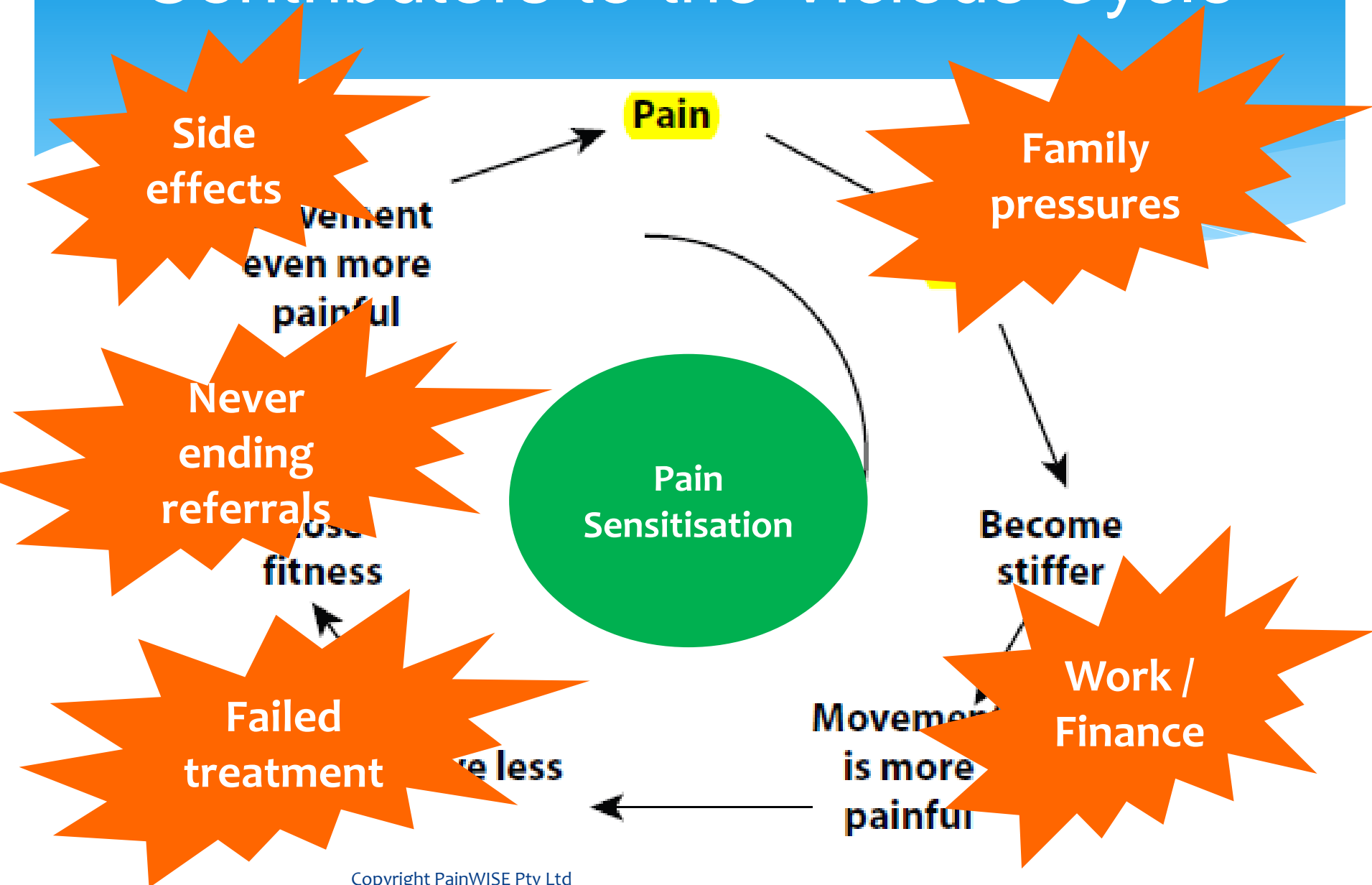
Understanding pain

So what does this all mean for those who experience chronic pain?

The Vicious Cycle



Contributors to the Vicious Cycle



The GOOD NEWS!!!

- * You do not have to FEAR this vicious cycle !
- * This vicious cycle can change
- * The brain and nervous system is capable of being **RE-MAPPED**
- * The brain and nervous system can **UN-LEARN AND RE-LEARN**



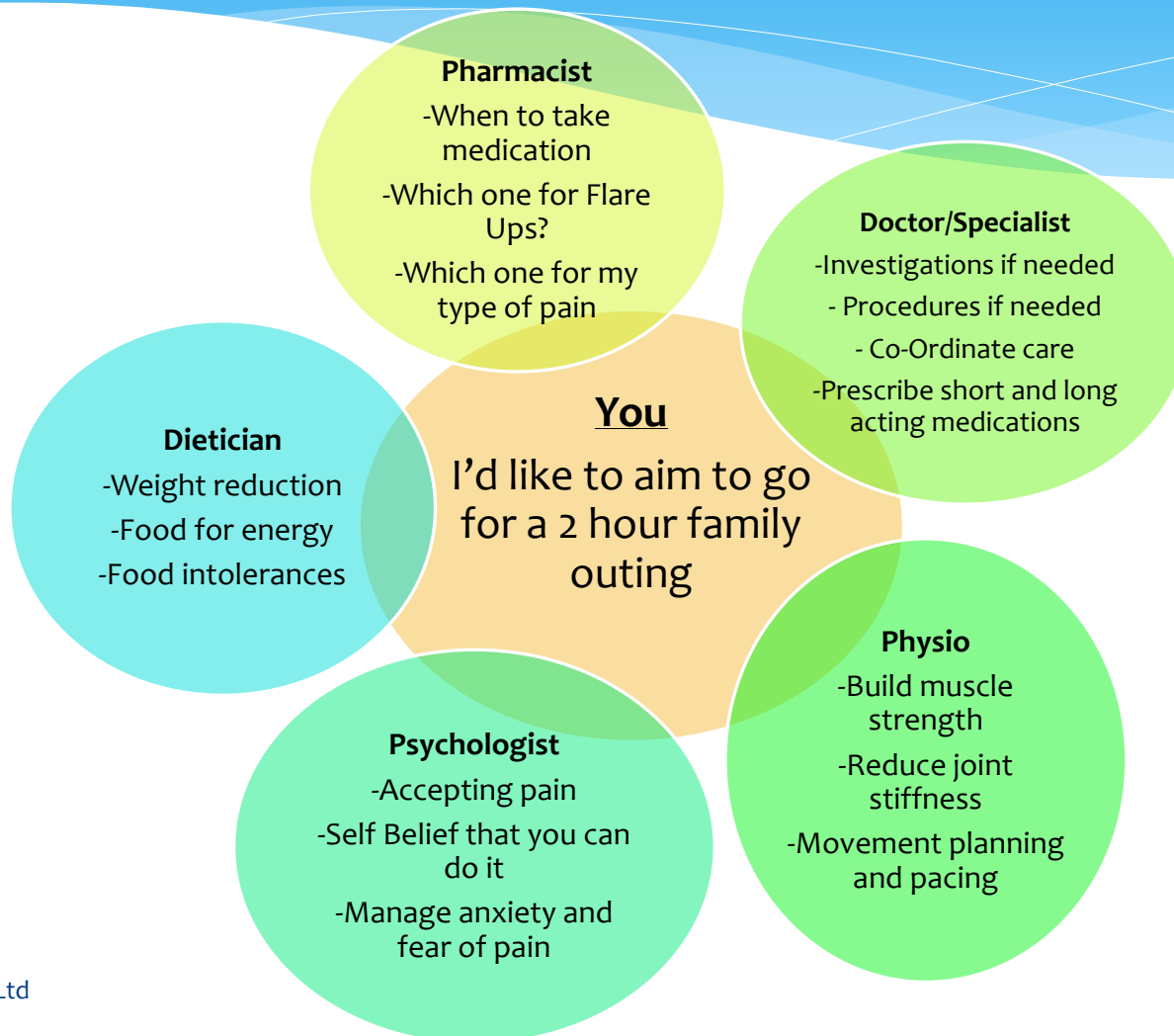
After our stretch break we will find out just how we can remap the chronic cycle of pain



The KEYS to remap the vicious persistent pain cycle

1. Understand your pain
2. Accept where you are at
3. Believe in your ability and have a CAN do attitude
4. Identify contributors to your pain
5. Set goals and have a vision of where you want to be
6. Learn the necessary tools to remap pain
7. Apply the tools consistently

Recruiting your crew to help you to find solutions to manage your pain



Example of some short and long term goals

Activity	Action
Household chores	
Family activities	
Social activities	
Recreation/Sport	
Education	
Hobbies/interests	
Work	
Other	

Videos to Watch



Understanding Pain in less than 5 minutes, and what to do about it!

https://www.youtube.com/watch?v=C_3phB93rvI&t=7s

Videos to Watch



The Mysterious of the Science of Pain

https://www.ted.com/talks/joshua_w_pate_the_mysterious_science_of_pain?language=en

Today's Key Messages



Understanding pain helps us to learn effective techniques to achieve pain relief



Chronic or persistent pain that is due to a sensitive nervous system can be remapped



Set realistic goals and start to plan towards reaching them



Recruit and work with your healthcare team who believe in you for a brighter future



**Great things are not
done by impulse,
but by a series of
small things
brought together.
-Vincent Van Gough**