

Welcome to the DPC Education Center June Webinar on Managing Pain

**Remember to complete the Feedback Form at end of the
program**

**This webinar will be recorded and slides will be available at
www.dpcedcenter.org**

**Plan to attend “The Nuts and Bolts of Becoming a
Transplant Patient Webinar” by Dr. Keith Melancon on
JULY 26th at 2:00 PM Eastern**

Reminder

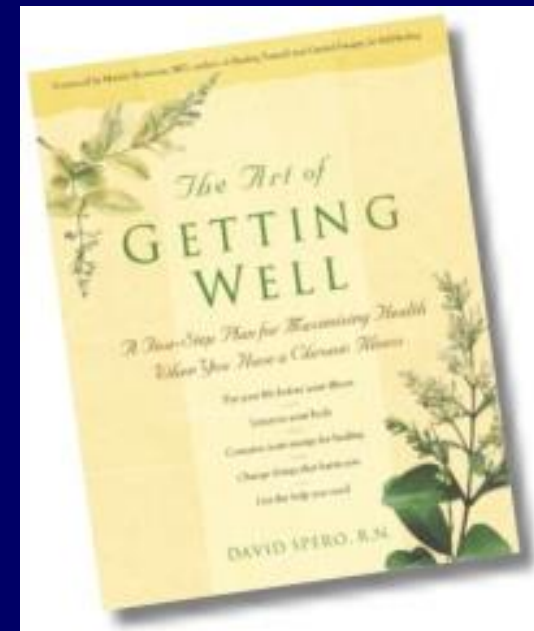
- All phone lines are muted
- **Mute *6**
- **Unmute: #6**
- Unmute your phone to ask questions at the end of the presentation
- Or, ask questions through the Chat Box
- Recording/slides will be available on web site
- Please provide feedback
- Join us next month for another webinar



Freedom from Pain in CKD

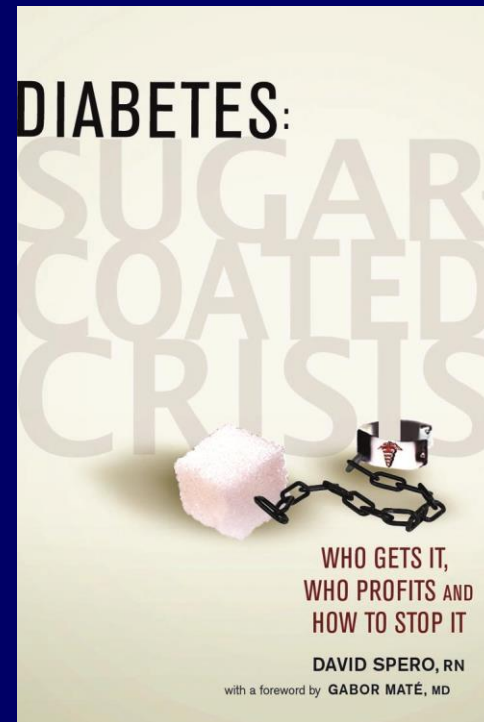
With David Spero RN

- Author of *The Art of Getting Well: Maximizing Health When You Have a Chronic Illness*

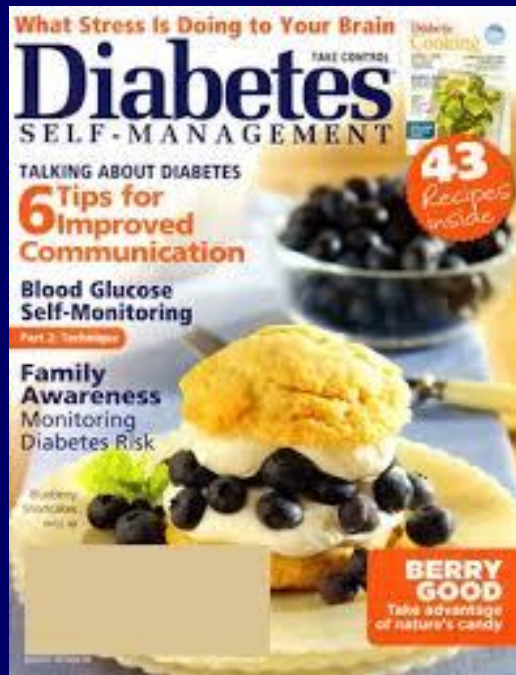


www.davidsperorn.com

And Diabetes: Sugar-coated Crisis



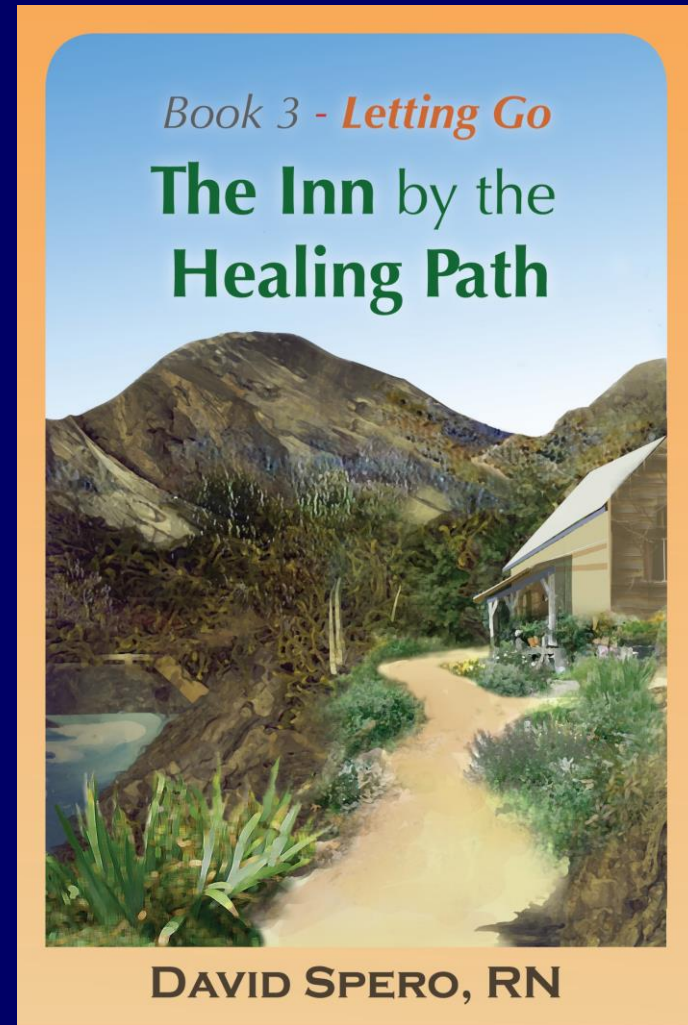
I write for:



Blog

The Inn by the Healing Path: Stories on the Road to Wellness

www.theinnbythehealingpath.com





What Is Pain?

- Body's way of warning that something is wrong
- Symptom of bodily injury
- Emotional injuries also hurt
- Pain can be a gift

Acute Pain

A sign that tissue is injured

A warning to stop what you're doing
or to move away

Goes away when injury is healed

Chronic Pain

Pain that lasts more than 3 months

Persists after injuries heal

Usually no apparent biological cause

Can be extremely disabling

Common sources – back pain, headache, arthritis, abd pain.

Chronic Pain is a whole-body condition

- ‘Something is wrong! Change Something!’
- Usually associated with feelings of helplessness.
Related to depression and anxiety
- Physical, Psychological, Emotional,
Spiritual, Social Causes

Prevalence of Chronic Pain in CKD

- 60-70% of pts in advanced kidney disease

Clinical Kidney Journal Oct 2017

<https://academic.oup.com/ckj/article/10/5/688/4085328>

- The most common symptom experienced by renal patients Greek study in Journal of Renal Care

Prevalence of pain in Diabetes

- “Adults living with Type 2 diabetes are suffering from incredibly high rates of pain, at levels similar to patients living with cancer.” –
Rebecca Sudore, MD

Why?

Common Causes of Pain in CKD

- Diabetic nerve pain (Neuropathy)
- Arthritis
- Osteomyelitis
- Access and other surgery
- But pain from any source can become chronic under stress of CKD

Pain and Depression

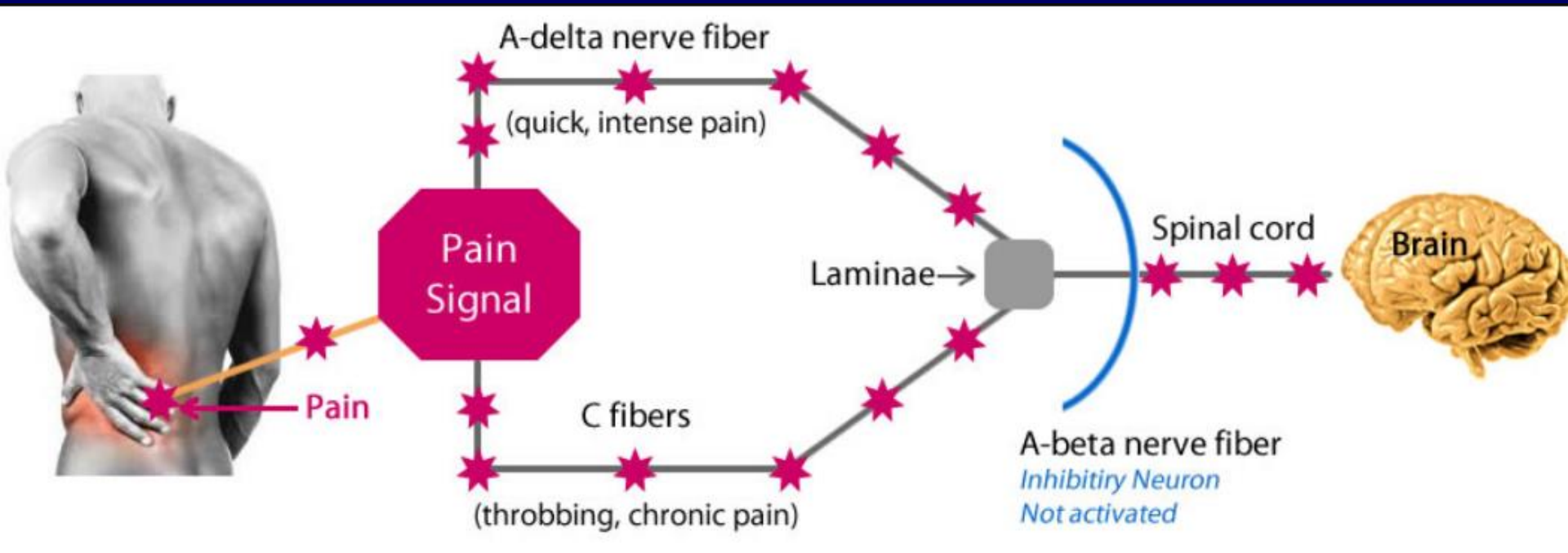
“I don’t think I’ve ever met a chronic pain patient who wasn’t depressed,” Karen Burt-Imira MD, pain specialist

“Depression is emotional pain.” – David Bresler PhD

Fatigue – “Pain is so exhausting. It requires constant vigilance. Pain causes tension all over the body, which wears you out.” Karen Burt-Imira

Pathways of Pain

- Site of Injury – current or past
- Nerves send signals, through nerve centers called “pain gates”
- Signals are received by brain
- All these areas are affected by anxiety, stress, illness, and Trauma



Trauma

- Painful trauma can be embedded in the body for life, if it is not treated.
- Traumatic memories are kept alive to protect you from being injured again.
- Sometimes chronic pain is vividly remembered traumatic pain.

Some Causes of Trauma

- Accidents
- Assaults
- Sexual abuse
- War
- Emotional abuse
- Medical treatment
- Surgery

Usually worse if happened in childhood, happened repeatedly or are still happening.

Living with Pain

Chronic Pain Can Be Lonely

- Other people can't see it, may not believe it.
- Family, coworkers, health pros may have no sense of how limiting your pain is
- May want to help but have no idea how to help
- Stress of having to meet responsibilities when body is screaming at you to stop

So We Have to Talk About It

- “Don’t be shy about your pain. Doctors have no other way to measure or understand it other than the description you provide.” – Steven Richeimer, MD
- Hard to talk about – don’t want to whine
- Not having vocabulary or measures for it

Pain Vocabulary

- **Adjectives** - Sore, Stabbing, Throbbing, Burning, Tingling, Hot, Pins and needles, Pressure, Aching, Searing, Sharp, Shooting, Pounding, Gnawing, Cramping, Dull, Blinding, Piercing
- **Similes** — “It feels like (it’s on fire, someone’s standing on it, whatever.)”

Pain Scale

- Important to use right
- **DON'T EXAGGERATE** – Natural childbirth without medication is considered an 8.
- 1 – 3 Mild Pain – Nagging, annoying, but doesn't really interfere with daily living activities.
- 4-6 Moderate pain – Interferes significantly with daily living activities
- 7 – 9 Severe pain – Disabling, unable to do much of anything. At 10, can barely speak

Describing Pain

- How the pain limits your life – “I can only stretch my arm this far. I can only walk so long.” – Pauline Schneider MD, PhD
- What brings it on, what makes it better, what makes it worse
- Where in your body, intermittent or constant, **how often and for how long**

How Pain Affects You Today

- People don't understand you have good days and bad days.
- You say 'No' to too many invitations, they may stop inviting you.
- Say "today my pain is a 7; I can't handle going out. Maybe tomorrow"
- "Today my pain is a 3; let's go!"

Treating Chronic Pain

Medications – prescription, alternative

Non-medical treatments – physical, other

Self-management

Support

Medications

Narcotics - natural and synthetic opiates

Anti-inflammatory

Anxiety medicines

Seizure medicines

Anti-depressants

Alternative treatments

Narcotics

- Reduce brain's sensitivity to pain signals
- Codeine, fentanyl, morphine, synthetics, street drugs
- Much harder to get now because of social fear over addiction
- Side effects – constipation, nausea, dizziness
- Great for acute pain, not so good for chronic

Seizure Medicines

- Chronic pain and seizures are both symptoms of oversensitive nerves.
- So seizure medicines can help.
- Lyrica (pregabalin)
- Neurontin (gabapentin)
- phenytoin (Dilantin), carbamazepine (Tegretol,) and valproic acid (Depakene)
- Don't work for everyone.

Anxiolytics

- Anxiety is unfocused fear – nearly everyone has some, more with illness like CKD
- Anxiety makes pain gates more sensitive
- Benzodiazepines–Valium, Klonopin, Xanax
- Buspar (buspirone), Wellbutrin (bupropion)

Anti-depressants

- Depression strongly related to chronic pain
- SSRIs – Prozac etc.
- Wellbutrin
- Tricyclic antidepressants
- MAO inhibitors
- Can all help

Anti-inflammatories

- Inflammation is a major cause of pain, which might not be visible to doctors
- OTC - Ibuprofen, Aspirin, Acetaminophen
- Naproxen, Celebrex, Salsalate many others

Alternative Medicines

- Cannabis – THC, CBD (cannabidiol) relieves anxiety, depression, and chronic pain. CBD can be used as oil or ingested.
- Arnica by mouth or topically
- Capsaicin topical (cayenne)
- Magnesium (relaxes)
- Many others

Non-medical Treatment

Acupuncture

Chiropractic

Osteopathy

Massage

Heat and cold

Biofeedback

Relaxation – guided imagery

Hypnosis

Anodyne therapy

Nerve blockers or stimulators

Acupuncture, Chiropractic, Osteopathy

- Acupuncture helps energy flow in the body
- Chiropractic adjusts spine to help nerves
- Osteopathy adjusts various joints
- Take some time to work.



Treating nerves and muscles

- Transcutaneous electrical nerve stimulation (TENS)
- Nerve blocking injections
- Physical therapy
- Heat
- Anodyne therapy

Mind/Body Treatments

- Biofeedback
- Muscle relaxation
- Guided imagery
- Hypnosis
- Cognitive Behavioral therapy or self-talk

Realistic Self-talk

- Change unrealistically negative thoughts to more realistic ones.
- “I can’t stand this.” “I can barely stand this.”
- “I’m no good to anyone.” “I can’t do what I used to do, but I still help. I do the best I can.”
- “Nobody understands what I’m going through.” “It’s hard for people to understand, but I’ll keep trying.”
- This takes practice. OK to get help.

Treat Trauma

- Somatic Experiencing
- Eye movement desensitization and reprocessing (EMDR)
- Emotional Freedom Technique EFT (tapping)
- Psychotherapy

Nutritional Approaches

- Foods can inflame
- Different foods affect different people
- Elimination diets
- Nightshades, gluten, meats, additives, citrus, starches, sugars can be Bad
- Turmeric, ginger, sweet potatoes, leafy greens, capsaicin, glucosamine, omega-3 oils can be Good

Exercise/Movement

- Yoga
- Tai chi, Qi gong
- Water exercise
- Walking, biking
- Strengthening

Don't forget your general health

- Lower blood sugars and blood pressure
- Exercise, stretching and walking, strength
- Eat healthy, rest, meditate, pray
- Your general health level and feeling of wellness affect how sensitive your nerves are to pain.

Self-Management

Distraction

Attention

Laughter

Proper use of medications

Spiritual practice

Sleep

Enjoying life

Distraction

- Mental exercise, games, work, TV, Internet
- Activities – work, pleasure, socialize
- Sex and love
- Reading, remembering good times, seeing beautiful things

Focus

- Give **more attention** to the pain.
- What does it look like, feel like, where is it centered, what is it saying, just be quiet and listen to it.
- Many times pain is trying to get you to notice. When you pay attention to it, it eases.

Laughter

- Laughter reduces anxiety, raises mood, so easing pain.
- Try laughter yoga – laughing for no reason. It's feels forced at first, then becomes natural.



Touch

- Hugs
- Massage
- Pleasurable touch
- Studies show reduction in pain, anxiety, and depression with pleasurable physical contact.

Sleep

- Sleep is when the body heals.
- Have a bedtime ritual.
- Evening may be best time for pain meds.
- Can you get a comfortable, quiet, dark place to sleep?
- Daytime sun, melatonin help sleep.
- Herbal teas, warm milk
- Check For Sleep Apnea !!

Enjoying life

- Have to have a reason to live.
- What can you do in spite of pain?
- Pleasure, a cause, helping others, pets, using your creativity, learning new things.
- Pleasure and service to others are good for you and reduce pain.

Get Help



- Family, friends,
- Clergy, therapists, health professionals
- Support groups! Not for complaining, but if you find one focused on problem-solving and emotional support, they may be a big help.

Working with family

- Chronic pain affects the whole family.
- Rarely talked about.
- Help family members understand your ups and downs, your pain words and numbers
- Be appreciative of their support
- Remember you are still important to them and can be a big help to them.

Summary

- Chronic pain is an illness, involving the whole body and mind.
- Has physical, psychological, social dimensions.
- Depression, anxiety, history of trauma usually involved.
- It can be self-managed and can get better.
- Many possible drug and non-drug treatments.
- Sleep is crucial to pain management.
- Learn to talk about it.

Resources

- Using the pain scale <https://www.prohealth.com/library/what-the-pain-scale-really-means-34982>
- List of narcotics and side effects
[https://www.medicinenet.com/narcotic_analgesics-oral/article.htm#what are the side effects of narcotic pain medications \(opioids, an algesics\)](https://www.medicinenet.com/narcotic_analgesics-oral/article.htm#what+are+the+side+effects+of+narcotic+pain+medications+(opioids,+an+algesics))
- Self-management / alternative treatment
http://www.diabetesselfmanagement.com/Blog/David-Spero/self_managing_chronic_pain_part_1/
- Medication types <http://www.diabetesselfmanagement.com/Blog/David-Spero/does-diabetes-hurt/>
- Books on trauma -- Maggie Phillips PhD, *Freedom from Pain*
Psychologist Peter Levine, PhD, *Waking the Tiger: Healing Trauma*
- National Sleep Foundation Tips - <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>

THANK YOU !

- For citations and resources, questions and comments, or to share your wisdom, contact me at
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- 415-987-1401
- Visit The Inn by the Healing Path and download an e-book
www.theinnbythehealingpath.com