

# Chronic Pain in Women

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# Disclosure

This presenter has no financial interest or other relationships with manufacturers of commercial products, suppliers of commercial services, or commercial supporters.

# Acute Pain vs Chronic Pain

## Acute Pain

- Acute pain usually comes on suddenly and is caused by something specific. It is sharp in quality. Acute pain usually does not last longer than six months. It goes away when there is no longer an underlying cause for the pain. Causes of acute pain include:
  - Surgery
  - Broken bones
  - Dental work
  - Burns or cuts
  - Labor and childbirth
  - After acute pain goes away, a person can go on with life as usual.

## Chronic Pain

- Chronic pain is pain that is ongoing and usually lasts longer than six months. This type of pain can continue even after the injury or illness that caused it has healed or gone away. Pain signals remain active in the nervous system for weeks, months, or years. Some people suffer chronic pain even when there is no past injury or apparent body damage. Chronic pain is linked to conditions including:
  - Headache
  - Arthritis
  - Cancer
  - Nerve pain
  - Back pain
  - Fibromyalgia pain

# Different Types of Pain

- **Nociceptive:** Direct pain from a specific injury: surgical, fracture, can occur to any organ, bone or tissue.
- **Visceral:** stretch, twist, tension, low blood flow to internal organs and smooth muscle; usually referred
- **Neuropathic:** Pain stimulated by the nervous system: follows nerve fiber pathways: Numbness, hypersensitivity, tingling
  - examples: diabetic neuropathy, postherpetic neuralgia, phantom limb (post-amputation) pain
- **Inflammatory:** a result of activation of WBC's and body processes that cause swelling at a particular site.
  - Examples include appendicitis, rheumatoid arthritis, and herpes zoster.
- **Idiopathic pain** is also called **pain** of unknown origin. This is the term doctors use for chronic (long-term) **pain**, lasting 6 months or longer, that has no identifiable cause

# Chronic Pain in Women

- Headaches and Menstrual related Migraines
- Neck/ Back/ Shoulder Pain
- Post Cancer pain – Postmastectomy and Phantom Breast Pain
- Fibromyalgia
- Chronic Pelvic Pain, Endometriosis, Dyspareunia
- Pain related to obesity
- Athletic pain conditions, runners knee
- Irritable Bowel Syndrome
- Shingles
- Diabetic Neuropathy

# Chronic pain in long-term CA survivors

- Chronic pain is present in 5-56% of long term cancer survivors
  - Breast Cancer survivors at 3-10 years:
    - 27-32% reported above average pain
  - Frequent causes of pain in cancer survivors
    - Post-operative pain syndromes
    - Phantom limb
    - Effects of radiation therapy (insufficiency fractures, osteoradionecrosis)
    - Effects of chemotherapy (peripheral neuropathy)
    - Effects of hormone therapy (aromatase inhibitor-induce arthralgia)
- Therapeutic alternatives to opioid's aren't always effective

## How to get help/ what to say to your provider

- When did it start
- Where is it, does it radiate elsewhere
- How long does it last
- How does it feel: burning, ache, sharp
  - Rate on a scale of 1 – 10
- What makes it worse
- What makes it better
- When does it occur
- How severe is it

# How to Manage Chronic Pain

Treatment depends on severity:

- Treatments include medications, acupuncture, electrical stimulation, cognitive behavioral therapy, and surgery.

Specialists:

- Primary care provider (PCP), Palliative medicine, Occupational therapist, Pain management, Geriatrician, Clinical psychologist, Physical medicine and rehabilitation, and Physical therapist

Medical procedure:

- Nerve block
- Medications
- Nerve pain medication, Analgesic, and Narcotic

# Prescription Drug Abuse

- In the US from 1997-2007, there was a 600% increase in the prescribing of opioids.
- In 2010, sufficient opioid prescriptions sold, to medicate every American adult with 5mg of Oxycodone every 4 hours for 1 month.
- Increase ED visits related to misuse of opiates: overdose
- DEA is working hard to shut down 'pill mills'.
- More people who are addicted are buying from the street: fentanyl laced heroin.

# Substance Use Disorder

- **Substance use disorder**: chronic, treatable, neuropsychiatric disease that has consequences in all life domains (e.g., social, psychological, health, legal, employment)
- **Substance dependence**/ Addiction (4C's)
  - Control over drug use is impaired
  - Compulsive use
  - Continued use despite harm (relationships, financial status, health)
  - Craving (life activities reduced to drug-seeking, drug-using, and recovering from effects of use)
- **Physiological dependence**: state of adaptation with a withdrawal syndrome caused by:
  - Abrupt cessation of the drug
  - Rapid dose reduction
  - Decreasing blood levels/ administration of opioid antagonist
- **Tolerance**: adaptation where increased amounts of substance is needed over time to achieve desired effect.
- **Opioid Misuse**: uses own prescription for other than the intended purpose
- **Pseudo-addiction**: Opioid drug seeking behaviors secondary to inadequate pain control. Behaviors such as clock watching, focus on obtaining pain medications, drug seeking, deception hoarding.

# Aberrant behaviors

- Hoarding medications
- Taking someone else's medications for pain
- Raising drug doses without a prescription
- Drinking alcohol when in pain
- Smoking cigarettes when in pain
- Use of opioids to treat symptoms other than pain
- Concurrent use of illicit drugs
- Stealing or selling prescription drugs
- Injecting oral medications
- Obtaining medications from nonstandard sources such as street dealers

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Therapies:

- Biofeedback, Cognitive behavioral therapy, Physical therapy, Behavior therapy, Brief psychotherapy, Massage, Mindfulness-Based stress reduction, and Acupuncture

Self-care:

- Physical exercise, Stress management, Nutrition, Mindfulness

# How to manage fatigue

- **Your fatigue diary might help you think about ways to manage fatigue, including:**
  - Rest/ sleep well
  - Prioritizing tasks
  - Improving your posture
  - Organize living and work spaces.
  - Healthy eating
  - Lose weight
  - Exercise/ move
  - Reduce stress to boost energy
  
  - Fatigue management programs

- \*Consult your MD for medical clearance to exercise
- Physical Therapy/ Trainer/ Gym/
  - Stretching, yoga, pilates, barre
  - Walking, jogging, running
  - Weight lifting, machines
  - Dancing
- Outcome of exercise
  - Decrease in pain severity
  - Increase in physical function
  - Improved psychological function
  - Improved quality of life

## Exercise/ Moving – 4 min seated stretch

- <https://dailycaring.com/12-easy-and-gentle-seated-stretching-exercises-for-seniors-in-4-minutes-video/>

# Exercise/ Moving –



**HORIZONTAL WRIST AND SHOULDER STRETCH**  
2 breathes (2 reps)



**TRICEP AND SIDE STRETCH**  
2 breathes (2 reps per side)



**HANCOCK NECK STRETCH**  
2 breathes (2 reps per side)



**DIPPING BLADES**  
2 breathes (2 reps per side)



**BACK BACK**  
2 breathes (2 reps)



**VERTICAL WRIST AND SHOULDER STRETCH**  
2 breathes (2 reps)



**SHOULDER SHRUGS**  
1 breath (4 reps)



**PRAYER WRIST STRETCH ROTATIONS**  
1 breath (4 reps per side)



**SEATED SPINAL TWISTS**  
2 breathes (2 reps per side)

# Nutrition

- Eat small meals with frequent healthy snacks
- Lose weight
  - If your body is carrying excess weight, it can be exhausting. It also puts extra strain on your heart, which can make you tired.
- Drink plenty of water 8-10 glasses
- Decrease caffeine intake
- Decrease alcohol intake

# The Food Guide Pyramid

## A Guide to Daily Food Choices

### KEY

● Fat (naturally occurring and added)

▼ Sugars (added)

These symbols show fat and added sugars in foods.

Fats, Oils, & Sweets  
**USE SPARINGLY**

Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

### What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general

guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need

and at the same time the right amount of calories to maintain or improve your weight.

The Pyramid also focuses on fat because

most American diets are too high in fat, especially saturated fat.

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
**2-3 SERVINGS**

Fruit  
Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice, & Pasta  
Group  
**6-11 SERVINGS**



# Mindfulness

- ***Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.***
- ***Mindfulness, relaxation, guided imagery,***
- ***Mindfulness study outcome:***
  - Reduction in present-moment pain
  - Reduce negative body image
  - More physically active
  - Reduces mood disturbance, anxiety and depression
  - Reduces pain-related drug use

# Mindfulness

- Breathing exercise
- [https://www.youtube.com/watch?v=dthmKu\\_IIPY](https://www.youtube.com/watch?v=dthmKu_IIPY)

# CHRONIC PAIN SELF-MANAGEMENT PROGRAM



## Learn How to Live Well and Manage Your Chronic Pain

Mondays, July 8 - August 12  
5 - 7:30 p.m.

OR

Wednesdays, July 10 - August 14  
11 a.m. - 1:30 p.m.

CV Fitness Classroom (1<sup>st</sup> floor main hospital, next to gift shop)

This FREE, six-week workshop is designed for people with chronic pain to help you set goals, make action plans and improve your life. You will learn how to:

- Manage your fatigue and pain
- Do simple exercises to help relieve pain
- Talk to your doctor
- Decrease frustrations
- Eat healthy
- Get control of your life

**Registration is required.**  
**Call Community Health,**  
**410-337-1479**

A light meal will be provided with each class.



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# How to Manage Chronic Pain

- **Learn deep breathing or meditation to help you relax.**
- **Reduce stress in your life. Stress intensifies chronic pain.**
- **Boost chronic pain relief with the natural endorphins from exercise.**
- **Cut back on alcohol, which can worsen sleep problems.**
- **Join a support group. Meet others living with chronic pain.**
- **Don't smoke. It can worsen chronic pain.**
- **Track your pain level and activities every day**
- **Learn biofeedback to decrease migraine and tension headache pain.**
- **Get a massage for chronic pain relief.**
- **Eat a healthy diet if you're living with chronic pain.**
  - A well-[balanced diet](#) is important in many ways -- aiding your digestive process, reducing heart disease risk, keeping weight under control, and improving [blood sugar levels](#). To eat a low-fat, low-sodium diet, choose from these: fresh [fruits and vegetables](#); cooked dried beans and peas; whole-grain breads and cereals; low-fat cheese, milk, and yogurt; and lean meats.
- **Find ways to distract yourself from pain so you enjoy life more.**

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