



# Principles of Pain Management

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PKD Information Day

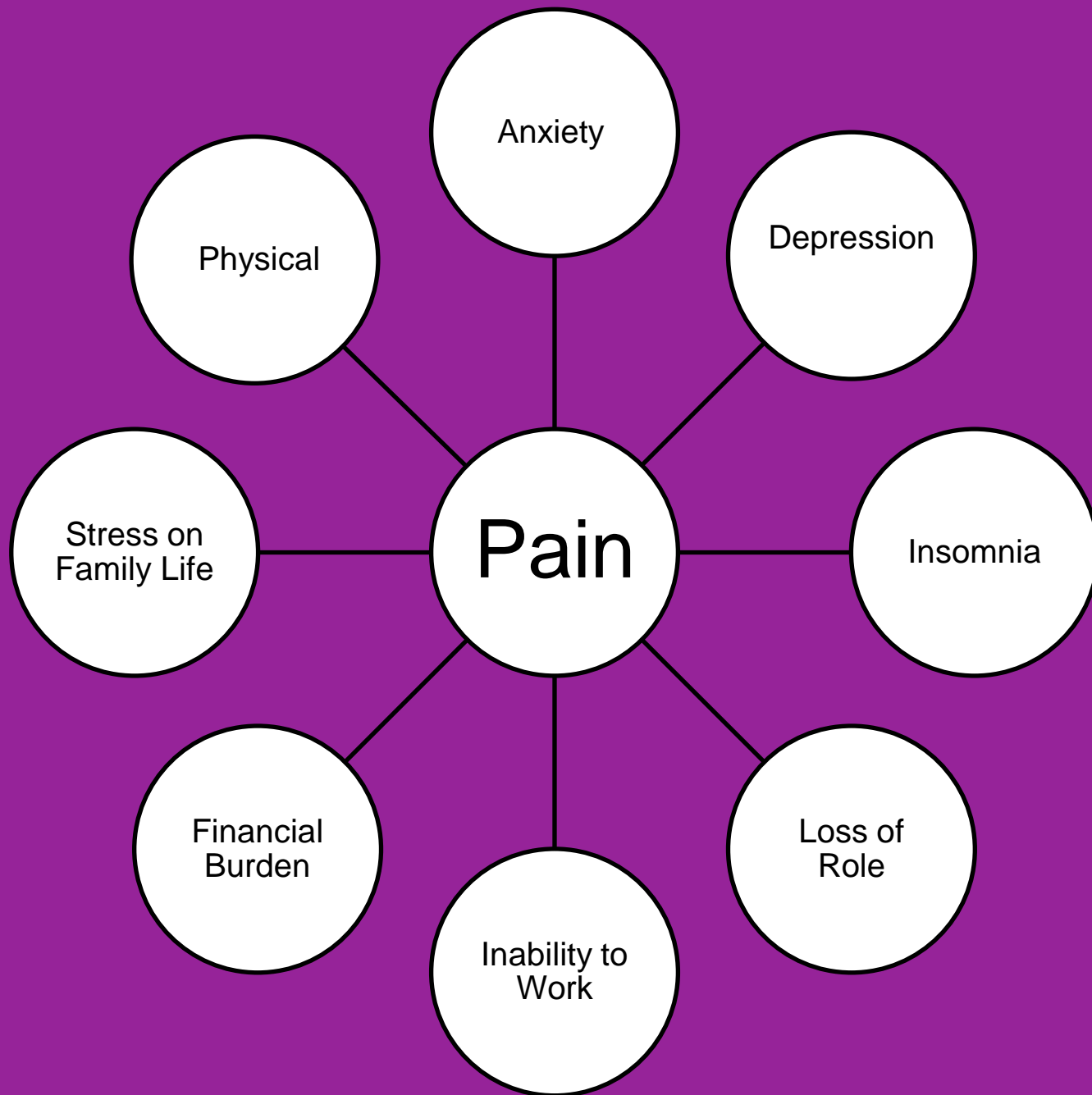
July 7, 2007, Birmingham



# Definition of Chronic Pain

It is pain that has lasted 6 months or longer, is ongoing, is due to non-life threatening causes, has not responded to currently available treatment methods and may continue for the remainder of the patient's life.

( McCaffery and Pasero 1999)



# Painful Facts

- 30% UK households have at least one adult suffering from chronic pain
- 20% People following surgery will develop chronic pain
- Pain is the most common reason for people seeing their G.P. (European Pain Survey 2003)

# Financial Implications

- The cost of treating pain is more than the total cost of treating: Cancer, AIDS and Heart Disease
- Back pain alone costs the NHS £480 million a year

# Renal Statistics

- 50% Haemodialysis patients experienced chronic pain
- 82% Experienced moderate to severe pain
- 32% Received no painkillers
- 29% Received only a mild painkiller  
(Davison + Jhangri 2005)
- 60% ADPKD experience pain

# Reasons for Pain in PKD

- Infected cysts
- Haemorrhaging cysts
- Renal stones
- Enlarging cysts causing backpain and abdominal pain
- Polycystic liver disease

# Reasons for Pain in Chronic Kidney Disease (CKD)

- 50.5% Musculoskeletal in origin
- Diabetic nerve pain
- Renal bone disease
- Bone disease following steroid therapy
- Post transplantation
- Abdominal pain due to Peritoneal Dialysis

# Reasons for Pain in Chronic Kidney Disease (CKD)

- Carpal Tunnel Syndrome
- Amyloid deposits in bony joints
- Autoimmune diseases
- May have been present before CKD diagnosis
- 18% People have more than one cause for their pain

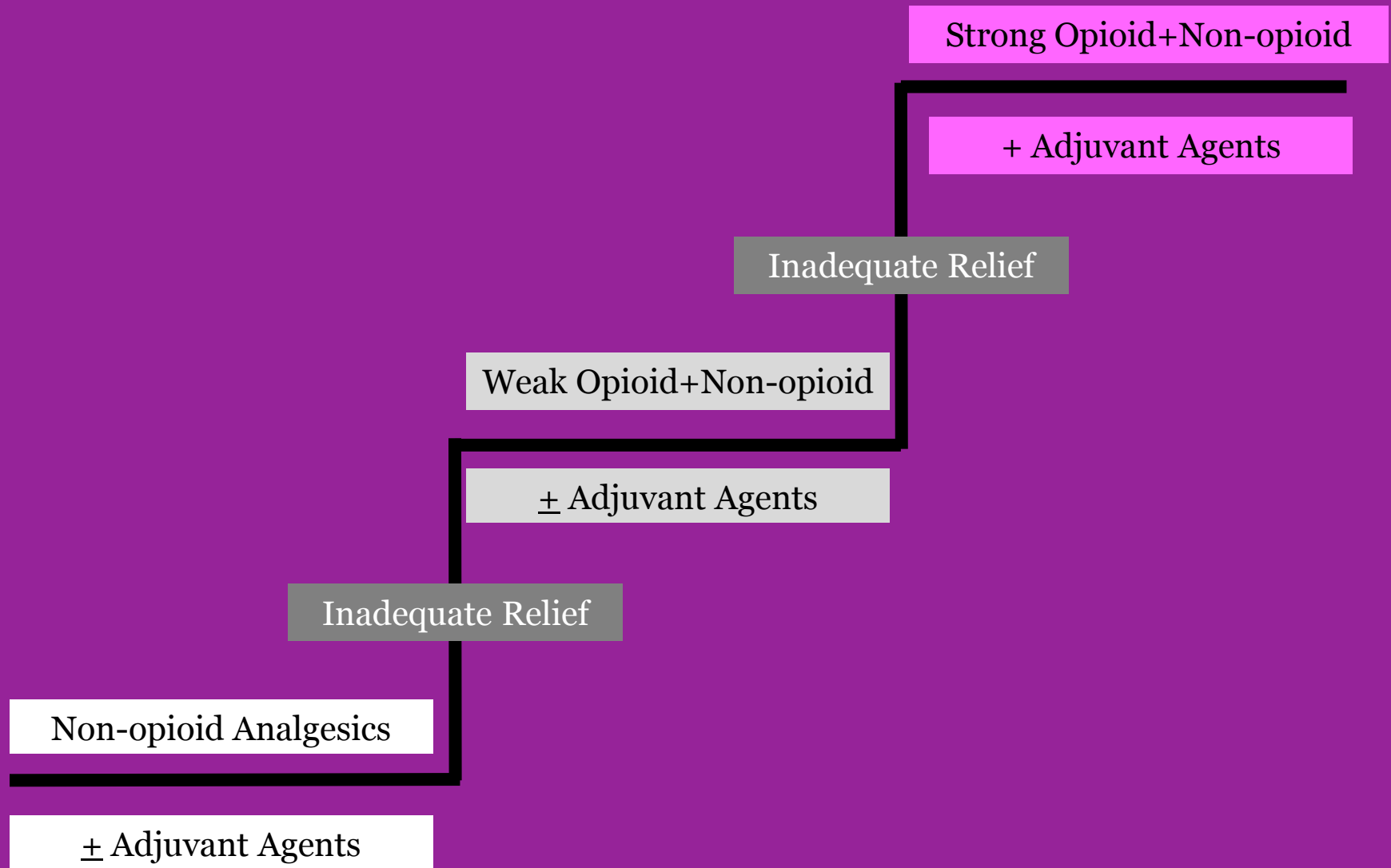
(Davison 2003)

# Definition of Pain

‘Pain is whatever the experiencing person says it is, existing whenever he/she says it does’

(McCaffery 1992)

# WHO Analgesic Ladder



# Non-Drug Interventions to Manage Pain

- **Physiotherapy:** for positioning and maintenance of function
- **Heat or ice packs:** to reduce muscle aches, stiffness and oedema
- **Massage:** for relaxation
- **Hypnotherapy**
- **Acupuncture**
- **Transcutaneous Electrical Nerve Stimulation (TENS)**
- **Relaxation and Distraction therapies**

(Lynch 2001)

