

What is pain?

Pain is a complex, unpleasant physical and emotional feeling. The experience of pain is different for each person and depends on its cause, location, as well as individual memories, attitudes and beliefs associated with the pain. Pain can be acute (sudden) or chronic (long-term) and interrupt a person's daily routine, making it difficult to focus, sleep and manage stress.

What are the treatment options for pain?

Pain is not a normal part of aging. Tell a health care provider about any pain being experienced. Over-the-counter or prescription medications may be ordered to treat the pain and in some cases, the health care provider may also recommend additional pain management strategies such as heat and cold therapy, massage or relaxation techniques.

There is an eLearning Course on this topic where the following is discussed in more detail:

- What is pain?
- What are the types and signs of pain?
- How is pain assessed?
- How is pain managed?

References

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Introduction: Pain

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