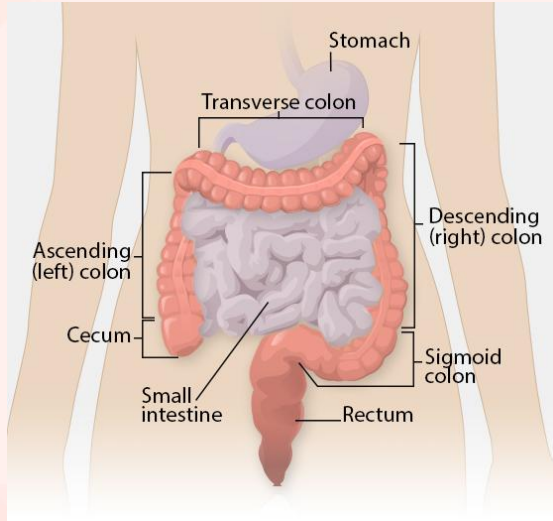


March is Colon Cancer Awareness Month



Signs and symptoms

Change in your bowel habits

Blood in your poo

Weight loss

Feeling a lump in your stomach

Fatigue

Abdominal bloating, or fullness

Long thin/narrow stools.

Bowel Cancer Screening

Offered to 51-70 year olds, every 2 years.

Involves sending a very small stool sample, which is examined for traces of blood. If possible, this does not definitely mean bowel cancer, but further investigations will be done, such as blood tests, CT scans, and colonoscopy.

The slide features a decorative border of various flowers and leaves. In the top left, there are white line-art flowers and a small green daisy. The top right has large, soft-focus pink and orange flowers. The bottom left shows a vibrant orange flower, a white daisy, and green leaves. The bottom right includes a pink daisy, orange leaves, and a white daisy. The center of the slide is plain white, providing a clear space for the title and author's name.

Biopsychosocial Model of Chronic Pain

Samantha Williams



Aims and Objectives of this session

AIMS

- To demonstrate how the BPS model can be used to improve the management of people with Chronic Pain.

OBJECTIVES

- Define acute and chronic pain.
- Identify how pain presents itself.
- Discuss how chronic pain affects the individual in a dynamic, unique manner.
- Analyse how application of the BPS model can improve chronic pain for the individual.



ASSESSMENT TOOL

If you could fill in the forms, taking just a moment or two!

Complete column 1 and 2 now,

The last column you will complete at the end of the session.

THANK YOU





Pain

“An unpleasant and sensory and emotional experience associated with....actual or potential tissue damage”

A personal experience influenced by biological, psychological and social factors.

Pain has the ability to teach us our human limits.

A persons report of pain should be respected, it is a subjective, individual experience.

Often the cause is obvious BUT sometimes the source of pain is unseen or difficult to find.



British Pain Society, 2024.



Acute Pain v Chronic Pain

- *Acute pain : This is short term, lasting less than 12 weeks, has a sudden onset, and is related to an obvious injury.*
- *Chronic pain : This is when the pain becomes long term, lasting more than 12 weeks, and becomes persistent. It can be a debilitating condition.*

British Pain Society, 2024



Presentation of pain

- It can be rare to see a simple pain presentation.
- Pain can be **somatic**: Physical/from the body; meaning it affects the soft tissues, skin or muscles.
- Pain can be **psychosomatic**: meaning it is a pain disorder induced by stress or mental illness. Caused by underlying emotional issues, such as grief, stress and anxiety.
- Those presenting with chronic pain often have multiple overlapping issues, ie depression/anxiety/sleep disorders/disabilities/social role loss/relationship issues.
- They often have a concerning overuse of medication.

A decorative border of various flowers and leaves in soft, muted colors (pinks, oranges, greens) surrounds the central text. The flowers include daisies, gerberas, and tulips, some in full bloom and others as buds. The leaves are simple, elongated shapes in shades of green and brown.

Pain Management

How have you personally dealt with pain??



So....

What have you learnt so far??

- 1) Chronic or persistent pain is NOT just a physical thing!
 - 2) It is something that affects every part of our life, biologically, psychologically and socially.
 - 3) Therefore it must be managed in a holistic manner too.
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TASK WORK

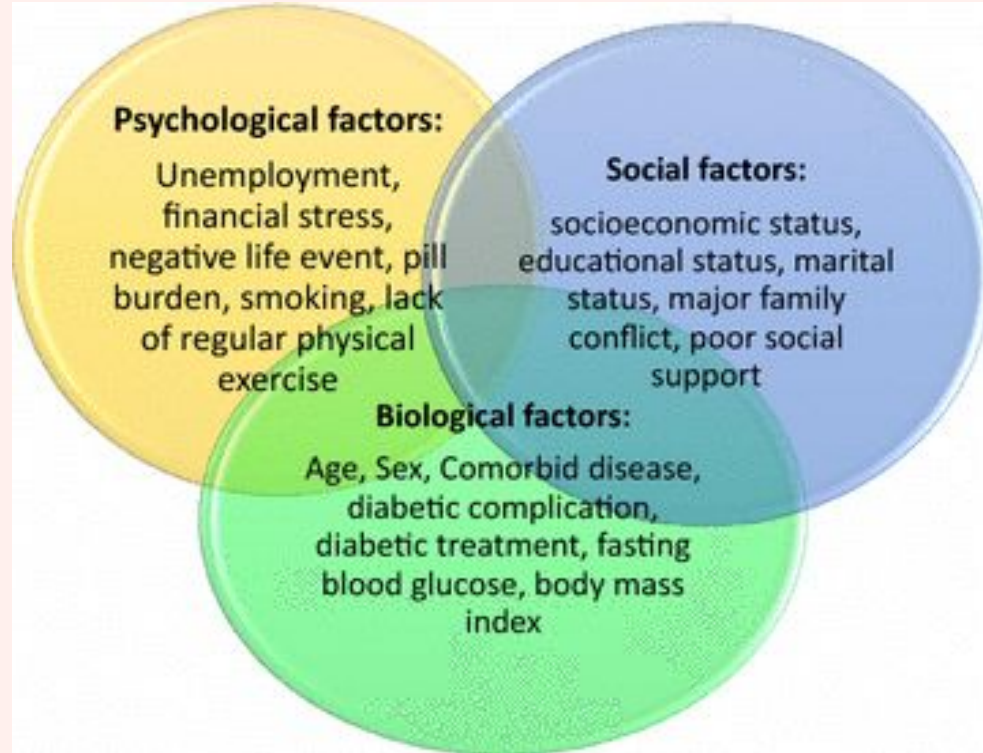
Think about what factors affect an individual's pain, depending whether it is

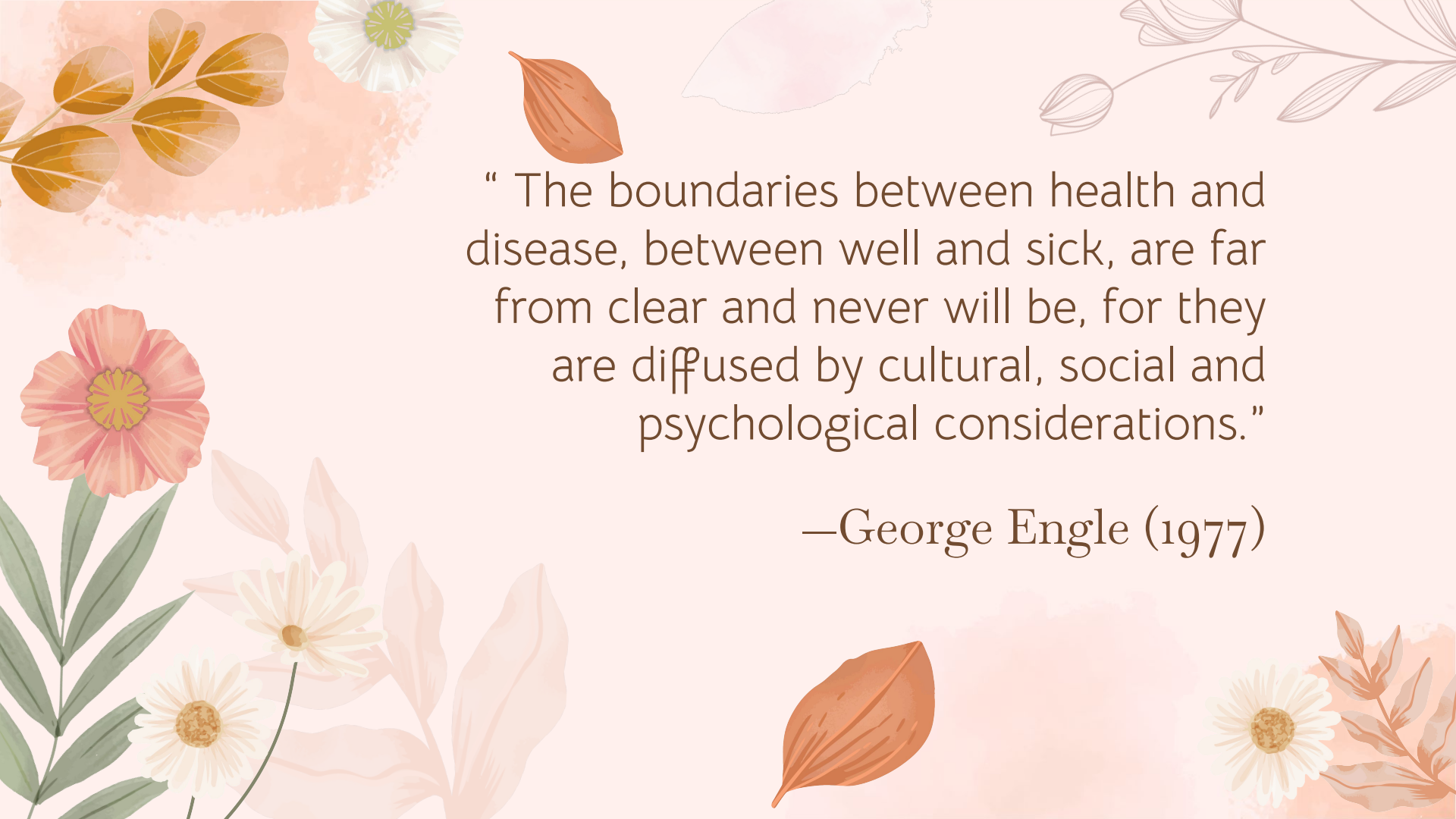
- A) Biological
- B) Psychological
- C) Social

SPLIT INTO 3 GROUPS, AND
TAKE 5 MINUTES TO
BRAINSTORM SOME IDEAS
FOR EACH AREA!

Biopsychosocial Model, George Engle

George Engle did not feel that the biomedical model of the time was sufficient to meet the needs of the patient, therefore he developed it further to include psychological and social factors when looking at health/ill-health, and how to manage them.



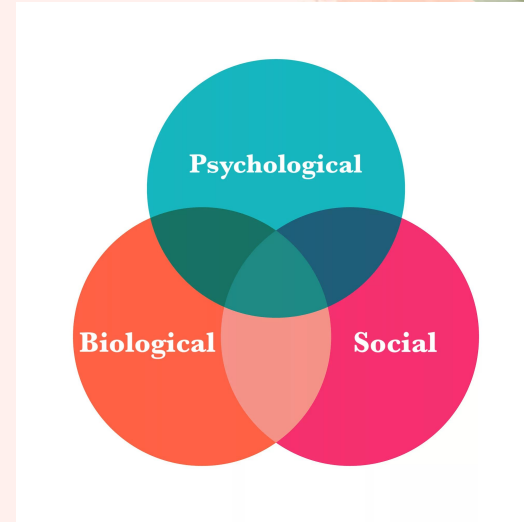


“ The boundaries between health and disease, between well and sick, are far from clear and never will be, for they are diffused by cultural, social and psychological considerations.”

—George Engle (1977)

How can we apply this to pain management??

- In addressing the sections of the model individually, we will not successfully manage an individual's pain.
- Understanding the dynamic relationships between the 3 factors are imperative in our nursing practice.
- Patient-centred holistic care.





Application of BPS Model



Biological

- Pharmacological interventions: 3 main classes, Paracetamol; NSAIs; Opioids. Adjuncts.
- TENs machines.
- Heat/cold compress.
- Massage/acupuncture.
- Exercise.
- Gender/ethnicity.

Psychological

- CBT
- Exercise
- Distraction techniques.
- Relaxation/music therapy.
- Meditation.
- Complementary therapies/aromatherapy /reflexology.
- Self-management strategies.

Social

- Socioeconomic status.
 - Addressing ageism.
 - Social interactions.
 - Improving family unity/support.
 - Social acceptance of chronic pain.
 - Work management/skills.
- 



Thank you

Please complete the last column on the assessment tool..



REFERENCES / FURTHER READING

- British Pain Society, (2024) 'What is pain?' Available at: <https://www.britishpainsociety.org/about/what-is-pain/>
 - Engle, G. Biopsychosocial Model of Health, (courtesy of google.)
 - Engel, G.L. (1977) 'The need for a new medical model: A challenge for biomedicine', *Science*, 196(4286), pp. 129–136.
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 - Gregory, G. 2014. 'Dealing with acute and chronic pain:part two-management'. *Journal of Community Nursing* 28:5
 - Miaskowski C. et al, 2020. 'A biopsychosocial Model of Chronic Pain for Older Adults'. *Pain Medicine* pp1793-1805.
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