Pain

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Pain

• Nociceptive
  • Pain sensors conduct signals of potentially damaging stimuli
  • Caused by stimulation of nociceptors signaling injury

• Neuropathic
  • Central (MS, stroke, spinal cord injury)
  • Peripheral (diabetes, metabolic conditions, shingles—herpes zoster and other infections, nutritional deficiencies, toxins, immune disorders and physical trauma to nerve)
Pain

- Acute
  - Mobilizing the sympathetic branch of the ANS - less “habituation”

- Chronic – with & without demonstrated physical pathology
  - Less sympathetic arousal
  - Persists beyond healing or longer than 6 months
  - No well-defined neurological mechanism
  - May be categorized as a DSM V Somatic Symptom-Related Disorder
<table>
<thead>
<tr>
<th>Severity</th>
<th>Neuropathic Pain</th>
<th>Nociceptive Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>+</td>
<td>TCAs &amp; SNRIs</td>
<td>NSAIDs (inflammatory)</td>
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<tr>
<td>++</td>
<td>Pregabalin or Gabapentin</td>
<td>Acetaminophen (not inflammatory)</td>
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<tr>
<td>+++</td>
<td>Other anti-epileptics or Tramadol</td>
<td>TCAs or SNRIs</td>
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<tr>
<td>++++</td>
<td>Opioids</td>
<td>Opioids</td>
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</tbody>
</table>
## Pain

<table>
<thead>
<tr>
<th>Medication</th>
<th>Behavioral Side Effects - Common</th>
</tr>
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<tbody>
<tr>
<td>TCAs</td>
<td>Sedation, fatigue, urinary retention, dizziness</td>
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<tr>
<td>SNRIs</td>
<td>Insomnia, dizziness, somnolence, fatigue, gastrointestinal complaints</td>
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<tr>
<td>Gabapentin - Pregablin</td>
<td>Dizziness, somnolence, ataxia, fatigue</td>
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<tr>
<td>Tramadol</td>
<td>Dizziness, somnolence</td>
</tr>
<tr>
<td>Opiates</td>
<td>Somnolence, constipation, dizziness, dysphoria, euphoria</td>
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</tbody>
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Tools for Assessment and Tracking

- EMR (Electronic Medical Record) Based
  - Vital Signs – Pain Scale, BMI
- Tools and Questionnaires – Assessing Pain and Progress
  - See references like: Hunter, Goodie, Oordt and Dobmeyer (APA, 2010)
Most Common Goals

• Increased Physical Activity
  • Independently Improves Pain Management
  • Reduce BMI (if Appropriate) – Add Dietary Change

• Stress Reduction – CBT, Mindfulness, Breathing Exercises

• Improved Mood -> Reduction in Dysphoria (or Depression) & Anxiety

• Improved Sleep

• Smoking Cessation & Reduced Substance Use (if Appropriate)
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