

MANAGEMENT OF CANCER PAIN

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Abstract

2.TYPES OF PAIN

Pain is an unpleasant sensory and emotional experience related to or described in terms of actual or potential tissue damage. (International Association for the Study of Pain). Cancer pain can affect you physically and emotionally. It may interfere with healing and cause fatigue, loss of appetite and trouble sleeping. Treating pain requires energy to fight the disease and carry out your daily activities. For most people, the pain of cancer or its treatment can be controlled. The health care team can help you prevent, treat, or relieve it.

Keyword: (Pain, Cancer)

1.INTRODUCTION

Pain is an unpleasant sensory and emotional experience related to or described in terms of actual or potential tissue damage. (International Association for the Study of Pain).

Some types of cancer or their treatments can cause pain, but having cancer does not necessarily mean that you are in pain.

The fear that the new pain will start means that the cancer is getting worse or has spread. The intensity of the pain is not always related to the course of the cancer or the effectiveness of the treatment. A very small tumor that presses on a nerve can cause pain, while a large tumor elsewhere may not cause pain at all.

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For most people, the pain of cancer or its treatment can be controlled. The health care team can help you prevent, treat, or relieve it.

Pain is often defined by its duration.

- The acute pain is short-lived. It appears quickly, is relatively brief, and can range from mild to intense. It is caused by tissue inflammation or damage to the tissue.
- Chronic pain is long lasting. It can persist for a few weeks or months or be present for a long time. It can be constant or appear and then disappear and vary from light to intense. Chronic pain can manifest as acute pain and then last longer than expected for the normal healing. It is also called persistent pain.
- The breakthrough pain occurs when the pain succeeds in spite of the administration of regular doses of painkiller. It can be moderate to intense. When the breakthrough pain is linked to activity, this is called transient painful access. When it appears that the effects of the pain reliever are dissipating, it is called end of dose pain.
- Pain can also be described by the part of the body it affects.
- Neuralgic pain is caused by pressure on the nerves or spinal cord or by damage to the nerves. It can be described as a burn or tingling sensation. You may experience neuralgic pain after surgery, radiation therapy, or chemotherapy.
- Bone pain occurs when the cancer has spread to the bones. It can affect one or more bone regions. The bone pain is often continuous, dull or pulsating.
- Soft tissue pain occurs because an organ or muscle has been damaged. It is usually described as being lively, continuous or pulsating.
- Visceral pain begins in internal organs such as the intestine. It is often difficult to describe or find the cause. It is said to be colic or vague and is often associated with other symptoms such as nausea and vomiting.

- Phantom pain is pain or changes in feeling in an area of the body that has been amputated. Some people experience pain in an arm or leg that has been taken away or in the breast area after a mastectomy.
- Projected pain occurs when one part of the body causes pain in another part. A swollen liver, for example, can put pressure on the nerves and cause pain in the right shoulder.

3. CAUSES OF PAIN

The pain can be caused by the cancer itself, medical procedures or examinations, treatments or one of their side effects.

Tumors

A tumor can cause pain when it grows. It can damage parts of the body or put pressure on organs, nerves or bones. For example, a tumor can spread to the spinal cord and compress it. A tumor can also cause pain if it blocks organs, channels, or blood vessels.

4. MEDICAL PROCEDURES OR EXAMINATIONS

Sometimes medical procedures or exams cause pain. These procedures or exams can include injections, an IV line, lumbar puncture, bone marrow puncture and surgery. Whenever they do an intervention or exam, the healthcare team takes the necessary steps to prevent the pain as much as possible.

5. CANCER TREATMENTS

Cancer treatments can cause pain. Surgery to remove a tumor can, for example, damage tissue or nerves, and some people may become infected as a result of the operation. Some cytotoxic agents can cause vomiting, diarrhea, constipation, or sores in the mouth, all of which can be painful. Radiation therapy can also cause discomfort or pain, depending on the area being treated.

Talking about the pain

You can help make sure your pain is relieved or controlled by talking to your health care team. Be honest and let them know that you have pain or are concerned about its treatment. The more you talk about it and the more you answer your healthcare team's questions, the better they will be equipped to help relieve or control your pain.

Try to remember that you don't have to accept pain as part of your illness. People will not think that you are weak because you admit that you are in pain. Talking about your pain is not like being a pest or complaining about anything.

Pain treatment

The first step in treating your pain is for your healthcare team to ask you questions such as where the pain is felt, what it looks like, how intense it is, and how long it lasts.

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