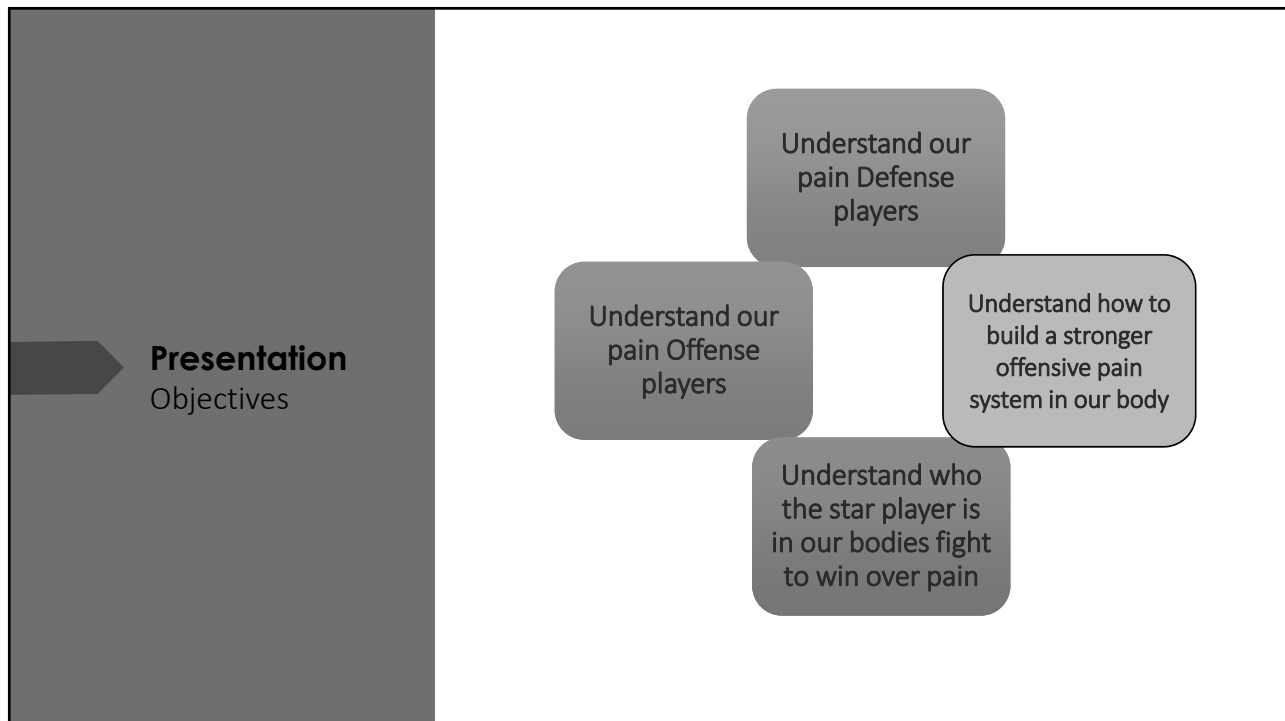


**CMSA**

# WIN OVER YOUR PAIN

## The Pain Playbook

Simone Nakfoor BS OTR/L  
Erica Fernandes PT MS DPT



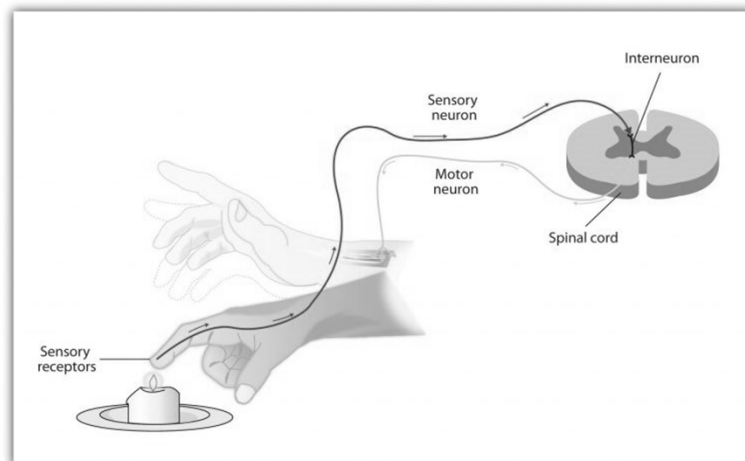
## Definition of pain

Pain is a signal in your nervous system that something may be wrong. The pain signal communicates a feeling, such as a prick, tingle, sting, burn, or ache

Acute pain  
Chronic pain

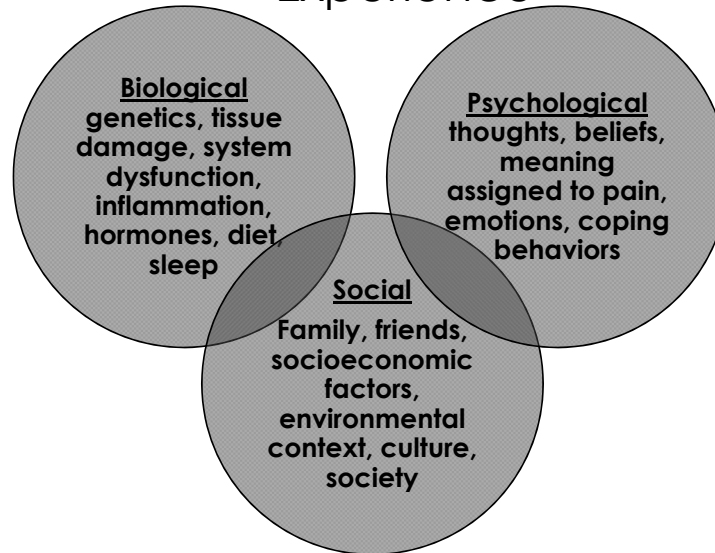
## Defense system

- When a nerve is damaged or signals a threat, it sends a message to the brain, which interprets the message as pain.



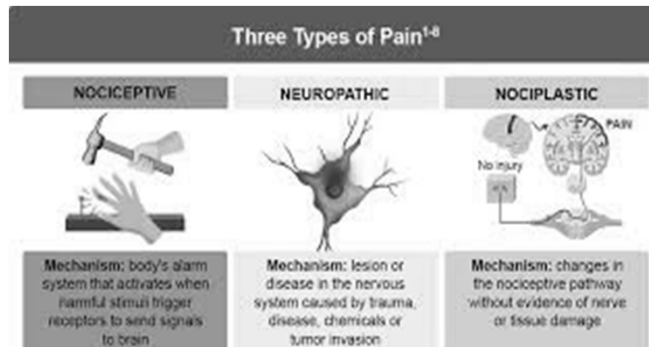
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## Pain is a Bio-psycho-social Experience



## The Defense players...

### Three Types of Pain<sup>1-3</sup>



## The Pain Defense Team includes ...

- Visceral Pain receptors : Pain originating from internal organs, often described as deep, cramping, or squeezing.
- Somatic Pain receptors: Pain arising from tissues like skin, muscles, and bones
- Phantom Pain receptors : Pain felt in a limb that has been amputated.
- Referred Pain: Pain felt in an area different from the source of the pain.

## Importance of pain

### Protective function:

- Pain alerts you to potential harm, prompting you to protect yourself or take action.

### Learning:

- Pain helps you learn about your body and avoid situations that cause pain in the future.

### Widespread impact:

- Not being able to do the things we enjoy affects our happiness and emotional well being, can we learn to do it a *different* way?  
Modify behavior, modify the environment.

# Pain Assessment in Seniors with Dementia

## Challenges in Communication

Individuals with advanced dementia have difficulty expressing pain, making assessment complex and often requiring alternative approaches.

## Use of Observational Tools

Behavioral tools like the PAINAD scale help caregivers assess pain through signs such as facial expressions and body movements.

## Training and Collaboration

Regular training for caregivers and teamwork among professionals are vital for accurate pain recognition and management.



## PAIN ASSESSMENT IN ADVANCED DEMENTIAL SCALE

Behavior	0	1	2	Score
Breathing	*Normal	*Occasional labored breathing *Short period of hyperventilation	*Noisy labored breathing Long periods of hyperventilation, cheyne-stokes respirations	
Negative vocalizations	*None	*occasional moan or groan *low level speech with a negative disapproving quality	*repeated calling out *loud moaning or groaning *crying	
Facial expressions	*Smiling or inexpressive	*sad *Frightened *Frown	*Facial Grimacing	
Body Language	*Relaxed	*Tense *distressed pacing *fidgeting	*Rigid. *Clenched fists/jaw *knees pulled up. *Striking out *pulling/pushing away	
Consolable	*No Need to console	*easily distracted *reassured by voice or touch	*unable to console, distract or reassure	
			TOTAL	

## Our **Playbook** The Autonomic Nervous System

### **ANS Controls Involuntary Functions**

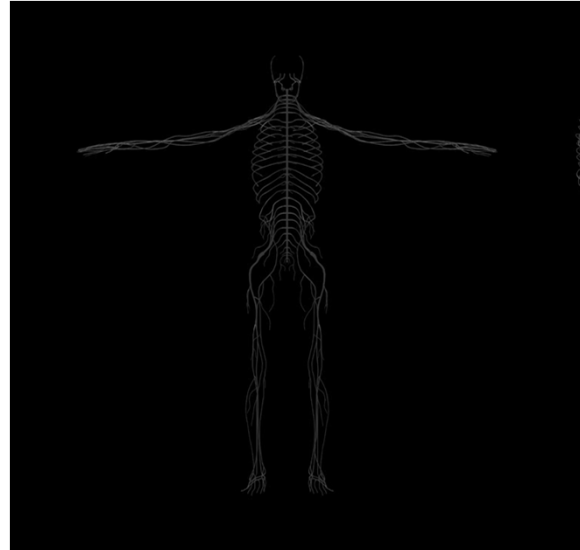
The autonomic nervous system modulates incoming pain signals and influences arousal which can affect pain perception and is responsible for physiological changes to pain such as heart rate and blood pressure.

### **Sympathetic Nervous System**

This branch prepares the body for action, increasing alertness and energy use it also activates the 'fight or flight' response,

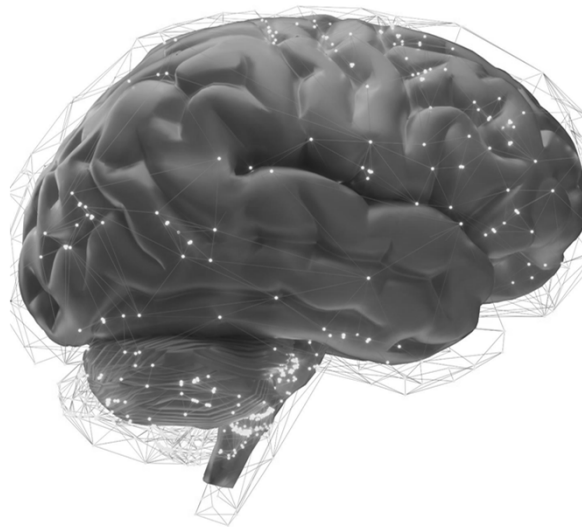
### **Parasympathetic Nervous System**

This branch helps the body relax, restore and recover by promoting 'rest and digest' activities and maintaining internal balance.



## Introducing Offensive Players...

- Dopamine
- Endorphins
- Serotonin
- Oxytocin



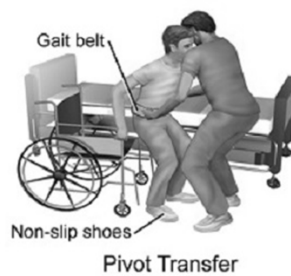
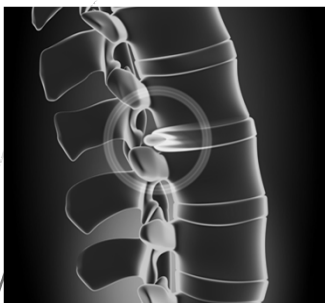
# Exercise to Boost Endorphin Levels

## Exercise for Endorphins

Regular physical activities like running or dancing naturally boost endorphin production and help improve mood.



## Posture & Body Mechanics



## Extension Based Postural Exercises

### Standing Back Extension



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## Whole Body Vibration Benefits

### Muscle Strength and Flexibility

Whole body vibration stimulates muscle contractions, enhancing overall muscle strength and flexibility for better physical performance.

### Improved Circulation

Vibration therapy boosts circulation, helping deliver oxygen and nutrients more efficiently throughout the body.

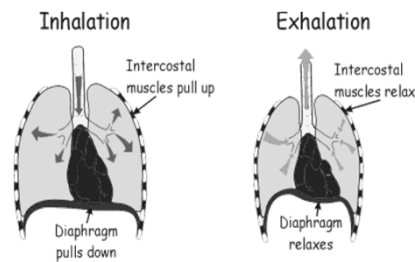
### Bone Health and Density

Regular use supports bone health and density, making vibration platforms valuable for fitness and rehabilitation.



## Perfecting the Technique of breathing to reduce pain

- Controlled Breathing Method uses the diaphragm
- Reduction of Stress and Anxiety affects pain perception
- Can be performed in Any Environment



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## Mastering Boxed Breathing for Pain Relief

### Four-Step Technique

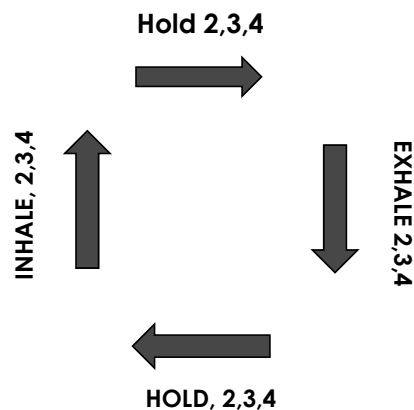
Boxed breathing consists of inhale, hold, exhale, and hold steps, each lasting the same amount of time.

### Stress Reduction

This technique calms the mind by regulating breathing and activating the parasympathetic nervous system.

### Improved Focus and Well-being

Regular practice of boxed breathing enhances focus, emotional control, and overall well-being.



## Other plays to win over pain... the possibilities are endless

- ▶ Life history profile questionnaire especially good w dementia
- ▶ Nature reminiscence, running water, bird sounds, dolphin sounds
- ▶ Music is said to accelerate the healing process
- ▶ Learning something new stimulates neuron growth in the brain
- ▶ Meditation silent or active meditations /mantras (Louise L Hay)
- ▶ law of attraction, say what you want to draw it to you
- ▶ Gratitude journaling
- ▶ Aromatherapy, Lavendar, Euchalyptus, Ginger, Lemon

## The Star player of the pain management team... Motivation

- ▶ Individual mindset
- ▶ Changing relationship with pain
- ▶ Challenge negative thoughts
- ▶ **Lasting change comes when simple habits build momentum.**



## THE MARCONI UNION- Weightless



## Questions and Answers

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**SOME PEOPLE ARE  
HUMAN MEDICINE YOU  
SPEND AN HOUR WITH  
THEM AND EVERYTHING  
FEELS BETTER**

