



RESEARCH "UNIT I"  
"DIFFERENT TYPES OF PAIN"

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## DIFFERENT TYPES OF PAIN

Pain is an unpleasant sensation that can be a symptom that something is not right in the body, and that can be perceived as a stinging, burning, tingling, stinging or discomfort. The International Association for the Study of Pain (IASP) defines pain as an unpleasant sensory and emotional experience that is associated with actual or potential tissue injury. When we feel some of these sensations we know well that something is causing us discomfort and that we should check ourselves and if it is something serious go to the doctor. There are different types of pain classified according to duration (acute and chronic), pathophysiology (somatic, visceral, neuropathic), etiology (oncological, psychogenic) and intensity (mild, moderate, severe).

### Types of pain based on duration:



✚ **Acute pain:** Pain that comes on quickly, may be intense, but lasts a relatively short time; It disappears when the cause is solved. It occurs when the body suffers tissue or visceral damage. The causes may be injury, illness, surgery or childbirth.

### characteristics:

- Intense.
- Appears suddenly.
- Lasts a short time.

### Effects:

- Fatigue.
- Muscle spasms.
- Acceleration of heart rate.
- Numbness.
- Insomnia.
- Sweating.
- Dilation of the pupils.
- Anxiety.Ejemplos

## Examples

- Accidentally hitting the thumb or finger on the door.
- Labor pains.
- Touching a hot pot by mistake.
- Headache



✚ **Chronic pain:** Its duration extends for more than three months from the time the injury that caused it subsides, it is repeated and is associated with chronic diseases such as diabetes, arthritis, fibromyalgia or cancer.

## Characteristics:

- Lasts more than 3 months.
- It is repeated intermittently over months or years.
- It is associated with chronic diseases or an injury that does not heal.
- It can appear anywhere on the body.

## Effects:

- Asthenia.
- Depression.
- Anxiety.
- Tiredness.
- Insomnia.
- Decrease or loss of appetite.
- Weight loss.

## Examples

- Headache.
- Back pain.
- Cancer pain.
- Arthritis pain.
- Pain due to nerve damage.

## Types of pain based on pathophysiology



✚ Somatic pain: Caused by the activation of pain receptors in the skin, subcutaneous tissue, muscle and bone. It is a well-localized pain and is described as sharp.

### Characteristics:

- It occurs when the soft tissues of muscles, bones, joints, ligaments or skin are damaged.
- It is felt in specific areas of the body, such as the shoulders, hips, hands, or lower back.
- Described as sharp, dull, or stabbing.
- It responds to common pain relievers, such as anti-inflammatories and opiates.

### Effects:

- Less energy.
- Decreased appetite.
- Difficulty sleeping.

### Examples

- Superficial pain from cuts or sprains
- Deep pain from muscle cramps
- Pain from osteoarthritis or osteoarthritis
- Low back pain



✚ Visceral pain: Caused by the distension of the layers surrounding a visceral organ. It is a cramping pain and increases with palpation.

### Characteristics:

- It is poorly located and extends beyond the injured organs.
- It is accompanied by intense reflex reactions.
- Not all viscera are sensitive to pain.
- It can appear without having a direct relationship with injuries.

#### Effects:

- Burning, stinging, burning sensation.
- Sensation of colic.
- Pain when palpating.

#### Examples

- Colicky pains.
- Abdominal pain due to constipation, colitis, allergies, food poisoning, ulcers, kidney stones, heartburn, among others.
- Liver metastases.
- Pancreatic cancer.



🚩 Neuropathic pain: appears as a direct consequence of an injury or disease that affects the somatosensory system and may be associated with abnormal sensations called dysesthesias and pain produced by normally non-painful stimuli.

#### Characteristics:

- Tingling sensation, cramps, burning.
- Causes hypersensitivity to touch.
- Intense or constant pain.

#### Effects:

- Pain persists after the cause has ended.
- Difficulty moving.
- Muscle atrophy.

#### Examples

- ☐ Post-amputation pain.

#### Types of pain based on etiology.



✚ **Cancer pain:** Discomfort that cancer patients may feel, and may be caused by the disease or the treatments applied. It can be acute or chronic.

#### Characteristics:

- It can be dull, sharp, stabbing, burning, tingling, corking, itching, tightness.
- It can be mild, moderate or severe.
- It can be constant, intermittent, or irruptive.
- It can appear anywhere on the body.

#### Effects:

- Depression.
- Anxiety.
- Disability.



✚ **Psychogenic pain:** It does not result from nociceptive stimulation or a neuronal alteration, but from a psychological cause (depression, hypochondria, etc.) or from the psychogenic intensification of organic pain..

#### Characteristics:

- It is not the result of nociceptive stimulation or neuronal alteration.
- The intensity of the pain may be disproportionate.
- Sometimes it occurs in situations that suggest it is related to conflicts or problems.

#### Effects:

- The patient may require analgesics of little effectiveness.

## Examples

- Headaches.
- Myalgias.
- Back pain.

## Types of pain based on intensity.

- ✚ **Mild pain:** It is a type of pain that is annoying, but does not prevent you from carrying out daily activities. Although it may be persistent, it is generally not thought about.

## Examples

- Headache.
- Menstrual pain.
- Muscle pain.
- ✚ **Moderate pain:** It is pain that, when suffered, interferes with usual activities and requires treatment with minor opioids..

## Examples

- Toothache.
- Back pain.
- ✚ **Severe pain:** It is a type of intense pain that prevents rest and daily routine, and requires specific treatment.

## Examples

- Neuropathic pain.
- Visceral pain.

Each type of pain has different characteristics and is caused by different factors. It is very important to take each of them into account and go to the doctor whether we have mild pain or chronic, severe pain that is affecting our daily activities.



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