



STUDENT NAME: Jesús Alonso Cruz Mérida

SUBJECT NAME: English IV

TEACHER NAME: Arreola Jimenez Eduardo
Enrique

UNIVERSITY NAME: Universidad Del
Sureste.

PROJECT NAME: Different types of pain.

DELIVERY DATE: 09/21/2024

INDEX

Types of Pain.....	4
Acute Pain.....	4
Chronic Pain.....	4
Somatic Pain.....	5
Visceral Pain.....	5
Neuropathic Pain.....	6
Breakthrough Pain.....	7
Incidental Pain.....	7
End-of-dose Pain.....	8
Bibliography.....	10

Pain is a signal from the nervous system that something is wrong. It is an unpleasant sensation, such as a prickling, tingling, stinging, burning, or aching. Pain can be sharp or dull. It can come and go or be constant. You may feel pain in one place in your body, such as your back, abdomen, chest, or pelvis. Or it can be a general ache. Pain can help diagnose a problem. Without pain, we could seriously hurt ourselves without knowing it or not realize that we have a medical problem that requires treatment. There are different types of pain and each person experiences it differently, so finding the right words to explain to the doctor what you are feeling can be difficult. Knowing more about pain and knowing how to refer to it will help you better express the sensations and determine the intensity of the pain when you go to the doctor's appointment.

Pain can be classified in various ways, depending on its origin, duration, location, intensity, and other factors.

Acute pain

This is an intense pain that appears suddenly, usually due to an injury, illness, or inflammation. It is a symptom of illness and an alarm system that warns that the body is in danger. Bonica proposes to speak of acute and chronic pain depending on the duration and the amount of underlying pathology, so that short-term processes with a lot of underlying pathology would coincide with acute pain and painful processes of longer duration and less underlying pathology would be classified as like chronic pain.



Chronic pain

This is a persistent pain that lasts more than 3 or 6 months and interferes with daily life. Among the characteristics of chronic pain we can highlight the following:

- Temporary persistence beyond tissue repair.
- Be secondary to pathophysiological changes that occur in the nociceptive system.

- Unlike acute pain, which is a symptom of a disease, chronic pain is a disease in itself.



Somatic pain

This is a localized pain that is produced by the activation of pain receptors in the skin, muscle, bone, and subcutaneous tissue.



Visceral pain

This is a cramp-like pain that is produced by the distension of the layers surrounding the visceral organs.

Visceral pain meets 5 clinical characteristics:

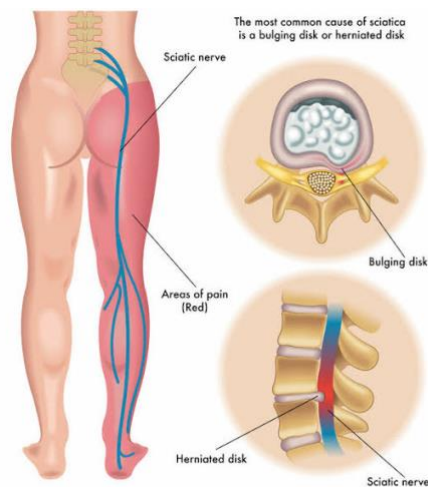
1. First of all, it must be noted that not all viscera are capable of generating pain; In fact, the liver, kidneys, lung parenchyma and most solid viscera are not capable of generating painful sensations.

2. It is not always associated with harmful or aggressive stimuli. For example, some harmful stimuli, such as cuts or burns, may not cause pain, and non-noxious stimuli, such as distension, may be painful.
3. Visceral pain is characterized by being diffuse and poorly localized.
4. It is accompanied by referred pain in other locations.
5. It is capable of triggering vegetative and motor reflex responses.



Neuropathic pain

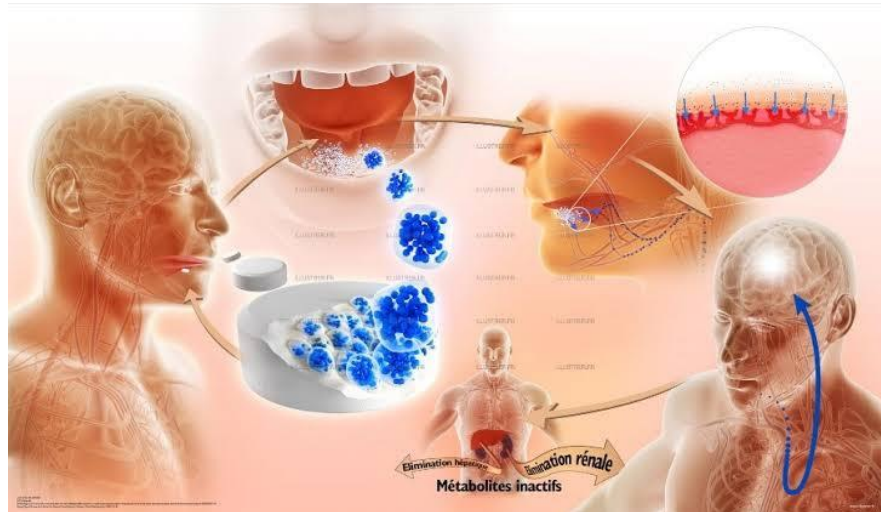
This is a pain caused by an injury to the nervous system that can be stabbing, lacerating, burning, or stinging.



Breakthrough pain

This is a sudden, intense, short-lived pain that appears without an identified cause.

It appears suddenly, is short-lived and has moderate or high intensity.



Incidental pain

This is pain that has an identifiable and preventable cause, such as walking, coughing, or urination. It is divided into three subtypes:

Volitive or predictable, It is triggered by a voluntary action, such as eating, walking, chewing or getting up.

Nonvolitional or unpredictable, It is triggered by involuntary factors, such as intestinal or bladder spasms.

Procedural, It is related to a therapeutic procedure, such as wound care.



End-of-dose pain

This is pain that occurs before taking a dose of an analgesic medication.



We can come to the conclusion of the great importance of knowing the different types of pain that exist, the fact of knowing the types of pain and the areas in which they can occur, achieve and help an early diagnosis of a possible internal disease or injury of the body, together with at least a little knowledge about their pathologies. It is also worth mentioning that knowing what type of pain we have when going to the doctor is of utmost importance, since the correct identification of this will lead us to the pertinent studies to identify the cause of the same pain, making a little easier and faster, so to speak, the work of the treating physician, benefiting not only him but also us as people; since having prior knowledge not only helps the first instance physical examination to be fast and effective, but we could also use this same knowledge in our daily life, so to speak, even with our family, and determine if the pain could be within the parameters of what is said to be normal or would need immediate attention from a professional.

Bibliography

Types of pain: <https://medlineplus.gov/spanish/pain.html>

What is pain:

https://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S0378-48352005000300006

Illustrative images taken from Google.