



INVESTIGACIÓN

DE LEÓN GARCÍA DANIELA ELIZABETH

Lic. Arreola Jiménez Eduardo Enrique

UNIVERSIDAD DEL SURESTE

Lic. En enfermería

Ingles

Tapachula, Chiapas

21 de septiembre del 2024

index

Acute pain	3
• Chronic pain	4
• Somatic pain	5
• Visceral pain	5
• Referred pain	5
• Psychogenic pain	6
• Oncological pain	6
Bibliographic	7

Pain is a neurophysiological response that occurs after an injury or physical damage; it can also be expressed in cases where the injury is non-existent, but the body acts as if it had occurred. In broader terms, pain has been defined as an experience that can be sensorial or emotional, and that can be perceived by any living being with a central nervous system. Pain has several classifications according to its duration, cause or location.

Different types of pain

Acute pain is a sudden, short-lived discomfort or inconvenience caused by a specific injury or illness; The symptoms of acute pain depend on the cause, but the most common are: sudden, sharp pain in a part of the body, feeling of discomfort or uneasiness, possible swelling or redness in the affected area, temporary limitation of mobility or function. The diagnosis of acute pain is based on the patient's medical history and a physical examination by a doctor; in some cases, imaging tests such as x-rays or MRIs may be necessary to evaluate the underlying cause of the pain. The causes of acute pain are diverse and may include: physical injuries: sprains, fractures, or cuts; Acute infections: appendicitis or urinary tract infections; recent medical procedures or surgeries; headaches or migraines; pain associated with acute medical conditions: renal colic. In many cases, acute pain cannot be completely prevented as it can be the result of accidental injuries or unforeseen acute illnesses, however, taking precautions to avoid injury, leading a healthy lifestyle and receiving proper medical care can help reduce the risk of experiencing acute pain.



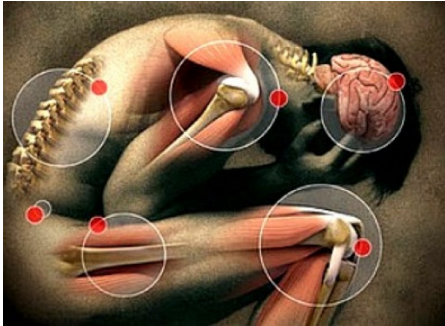
- **Chronic pain** is pain that lasts more than 3 months or persists after 1 month of the injury having resolved, and generally indicates a dysfunction in the nervous system or in the nerve fibers at the affected site, arising in most cases together with a chronic disease, such as rheumatoid arthritis, osteoarthritis of the spine or knees, fibromyalgia or cancer. Treatment for chronic pain may vary depending on the type of intensity of the pain, and may recommend the use of medications, infiltrations or injections, physiotherapy and, in more severe cases, surgery; The main types of chronic pain are: Nociceptive or somatic pain, Neuropathic pain, Mixed or non-specific pain. Treatment for chronic pain is carried out on an individual basis, oriented according to the needs of each person and can be carried out by a general practitioner or, in more complex cases, by pain specialists.



- **Nerve pain** occurs when the nervous system does not function normally and therefore interprets external stimuli incorrectly. Possible causes that can also damage the peripheral nervous system include conditions such as infections, nutritional imbalances, alcoholism, immune system diseases such as cancer, HIV, kidney disease, cardiovascular accidents and nerve trauma. The pain can worsen considerably when the patient remains inactive; lack of mobility causes the pain to intensify and the discomfort to increase.



- **Somatic pain** is the type of pain you feel in your skin, muscles, joints, and bones. It can feel like a bite, ache, or cramp; you will experience somatic pain if you cut your skin, overstretch a muscle, exercise for a long period of time, or fall to the ground and hurt yourself. Somatic pain is usually isolated to a particular part of the body and is often made worse by movement. It is nociceptive, meaning it is caused by injury, inflammation, or pressure. There are two types of somatic pain: superficial and deep, they differ in terms of where in the body the pain originates.

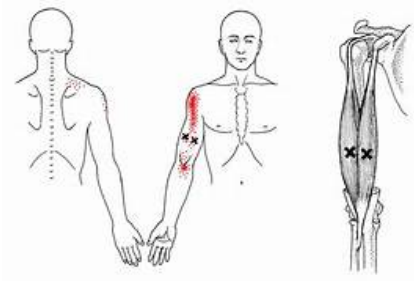


- **Visceral pain** is caused by trauma and diseases affecting internal organs or viscera. Not all viscera produce visceral pain: solid viscera such as the lung, liver or kidney do not produce pain, but their capsule does; distension or inflammation of the viscera or hollow organ does produce pain. Visceral pain can produce pain referred to other areas of the body and is accompanied by autonomic and motor reflexes. It is a dull, deep, diffuse and poorly localised pain, and is described by the patient as intense, pressure-like or traction-like. It is usually poorly localised and continuous and cutting. It is also accompanied by vegetative phenomena, disrupts sleep and can be associated with certain concomitant symptoms.



- **Referred pain** is the response of a body area that indicates that there is damage in a distant area but related to another point of origin; that is, it manifests itself as an extension of the painful sensation, in a different area to where the injury was originally created. This painful manifestation may be due to damage at an internal

level, that is, visceral; or at a somatic level when structures such as tendons, bones or muscles have been affected.



- **Psychogenic pain** is a condition that affects many people around the world, although it is not a physical pain, it can be as real and debilitating as any other type of pain; the causes of psychogenic pain can range from stress and anxiety to depression and emotional trauma, symptoms can include chronic pain, fatigue, insomnia and digestive problems; fortunately, there are effective treatments available to help people manage and overcome psychogenic pain.



- **Oncological pain** refers to the pain that cancer patients may suffer, either due to the progression of the disease itself or due to associated treatments and pathologies. Pain often increases anxiety and affects the patient psychologically, which ends up affecting pain control itself, so it is necessary to dedicate time to improve one's own emotional response in order to improve pain control.



In conclusion, pain is a signal from the nervous system that something is wrong. It is an unpleasant sensation, such as a prick, tingling, sting, burning or discomfort. The pain can be sharp or dull, it can be intermittent or constant. You can feel pain in a specific part of your body, such as your back, abdomen, chest or pelvis, or you can feel generalized pain. Pain can help diagnose a problem. Without pain, you could seriously hurt yourself without knowing it or not realize that you have a medical problem that requires treatment.

Bibliographic

Dolor Agudo. (n.d.). Topdoctors.cl. Retrieved September 21, 2024, from <https://www.topdoctors.cl/diccionario-medico/dolor-agudo/>

Dolor oncológico. (n.d.). Top Doctors. Retrieved September 21, 2024, from <https://www.topdoctors.es/diccionario-medico/dolor-oncologico-tratamiento>

Dolor psicógeno: causas, síntomas y tratamientos eficaces para superarlo. (2022, July 17). *Pernatel.* <https://pernatel.es/que-es-el-dolor-de-origen-psicogeno/>

Dolor neuropático ¿Qué es? Ejemplos - ¿Tiene cura? *Neurocirugía Madrid.* <https://neurocirugia.madrid/actualidad/que-es-el-dolor-neuropatico/>

Google Traductor. (n.d.). Com.Mx. Retrieved September 21, 2024, from <https://translate.google.com.mx/?sl=es&tl=en&op=translate>

¿Qué es el dolor somático? *MEDSALUD.* <https://medsalud.org/que-es-el-dolor-somatico/>

Dolor visceral. Clínica Edolor | Entendemos tu dolor; Clínica Edolor. <https://edolor.com/dolor-visceral/>