

International Conference on

Pain Research & Management

October 03-04, 2016 Vancouver, Canada



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Pain management and assessment for healthcare practitioners

Pain is an unpleasant feeling, produced by the brain indicating damage or potential injury to the body. Acute pain is a sudden pain that last for few weeks or months and is common with tissue damage such as sprain strain. Chronic pain last for more than 3 months and is not associated with tissue damage is not the issue. The assessment of a patient's experience with pain is a crucial component in providing effective pain management. Accordingly, effective pain management ought to include ways to reduce pain, increase comfort, improve physiological, psychological and physical function and increase most importantly increase satisfaction with pain management. In return this comprehensive pain assessment should not only allow for the healthcare professionals to describe the pain, make evaluate and make decisions about the pain, but also it could perhaps produce positive outcomes for the patient. Pain is subjective and thus, only the patient can really know what he or she is feeling. In health care, there are ways to go about assessing a patient's pain including self-report assessment and asking the patient information about his/her pain. However, the question is which way of exploring and assessing maybe more suited and is more effective for pain management? This paper examines the reliability of several widely used methods to assess patient's pain for healthcare practitioners and to determine which method is more suited and useful.

Biography

Agaezi Ikwugwalu is the Founder and CEO of Charmony Healthcare Center, a multidisciplinary clinic. She holds a Bachelor's degree in Microbiology, a Doctor of Chiropractic, Post-graduate Certificate in Diabetes Educator and a Post-graduate Certification in Exercise and Lifestyle Management. She has been involved in healthcare and wellness for more than 2 decades.

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