

Effective Measures for Pain Management

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Editor Note

Pain is a complex and subjective phenomenon defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. Pain is an evolutionary trait which acts as body's defense mechanism by giving reflexive retraction to protect the affected body part. Individuals with insensitivity to pain will have less life expectancy. However, some pains like toothache and fingernail injury are not adaptive traits. Psychologically, pain motivates the animal or humans to withdraw from dangerous situations, to safeguard the damaged body part. Pain is the major common reason for consulting physician as it disturbs the person's way of life. Journal of Pain & Relief is an international open access journal that publishes articles related to pain, depression, anesthesia, antidepressants, hypnosis, etc. Recently journal published 7 articles in volume 5 issue 3 that discussed various aspects of pain and its management.

Pudchakan et al. described a new protocol for the administration of methadone for safe and effective management of severe chronic pain. The study suggested to constantly monitoring the patient's ECG and screening of drug interactions while administering methadone [1]. Htun studied the effects of an ilioinguinal-iliohypogastric (IINB) nerve block among patients undergoing unilateral open inguinal herniorrhaphy with spinal anaesthesia. The author observed that the application of 0.25% of IINB with bupivacaine decreased the pain and offered relief from the postoperative pain [2].

Maiga et al. reported about the impact of back pain and its epidemiological and clinical aspects on the quality of life of patients. The study concluded that Low back pain is more prevalent in women than men and low back pain is the typical and frequent form of trouble that patients may encounter. The study suggested multidisciplinary approaches to manage the lower back pain [3].

Aufero et al. and Hwan et al. have submitted their Case studies on treating lateral elbow tendinosis and complex regional pain syndrome respectively [4,5]. Galvez-Valdovinos and Kopsky have proficiently discussed about the Laparoscopic Sleeve Gastrectomy in Gastric Volvulus and topical analgesia respectively [6,7].

These articles were reviewed by the subject experts across the world in every perspective and added immense value to the field of study.

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