

# What is Pain?

PRESENTED BY THE EUROPEAN PAIN FEDERATION EFIC

Pain is an unpleasant sensory and emotional experience that is not always related to tissue injury/damage. It is always influenced by biopsychosocial factors.



## TYPES OF PAIN

There are two types of pain: Acute pain resolves reasonably quickly. Chronic pain lasts a long time.



Spinal pain, headaches, and cancer pain are, among others, responsible for high levels of disabilities worldwide.

## PAIN IN EUROPE

In Europe alone, almost 20% of the adult population have chronic pain.



Pain is managed through a biopsychosocial approach involving both pharmacological and non-pharmacological treatments.

## MEASURING PAIN



All pain is real and can be measured via self-reporting.

Questionnaires are used to measure the intensity of a person's pain.

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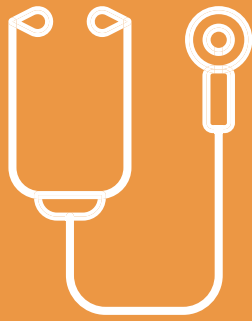
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## THE ROLE OF PAIN

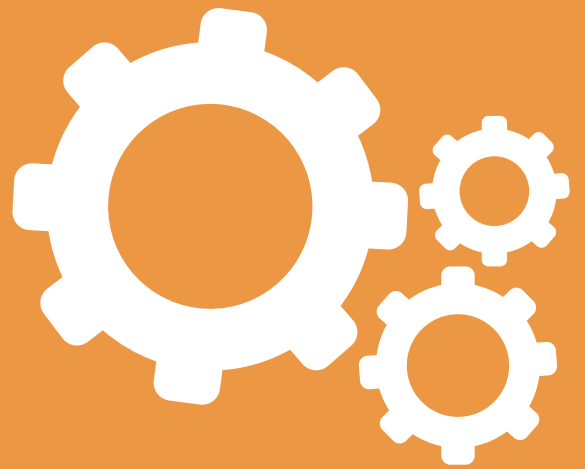
Pain usually serves an adaptive (protection) role, but can have psychosocial consequences when it persists.



Pain is a symptom, but many are calling for some chronic pain presentations to be called a disease.

## WHAT IS NOCICEPTION?

Nociception refers to the nervous system's encoding of potentially damaging events.



## THE GLOBAL BURDEN OF DISEASE STUDY



The Global Burden of Disease Study 2016 found pain and pain-related diseases are the leading causes of disability and disease burden globally.