



Pain 101 - What is Pain?



Pain is an unpleasant personal experience associated with actual or potential tissue damage.



Pain 101 - What Is Nociception?



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



Pain 101 - The Role of Pain



Pain usually serves an adaptive role.

It may have effects on function and social and psychological well being.



Pain 101 - Acute vs. Chronic Pain



While pain that resolves reasonably quickly is referred to acute pain, chronic or persistent pain lasts a long time.



Pain 101 - Types of Pain



Pain syndromes vary across countries and specific subgroups. Common examples are low back pain, headaches or widespread pain.



Pain 101 - A Symptom or a Disease?



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



Pain 101 - The Burden of Chronic Pain



In Europe alone, 20% of the adult population report having moderate or severe chronic pain.



Pain 101 - Pain Management



Pain management in Europe follows a biopsychosocial approach, involving both pharmacological and non-pharmacological treatments.



Pain 101 - Pain Measurement



Pain measurements are self reported. Methods such as questionnaires allow measuring the intensity of a person's pain.



Pain 101 - The Global Burden of Disease Study



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