

A SOCIETAL IMPACT OF PAIN (SIP) POLICY FRAMEWORK FOR THE DELIVERY OF PAIN CARE

The purpose of this document is to introduce a **national policy framework for the delivery of pain care** aimed at addressing the challenges of chronic pain. While the implementation of specific details is likely to vary depending on the country and healthcare system, there are some essential **components** that a comprehensive and high-quality policy framework for the delivery of pain care should include.

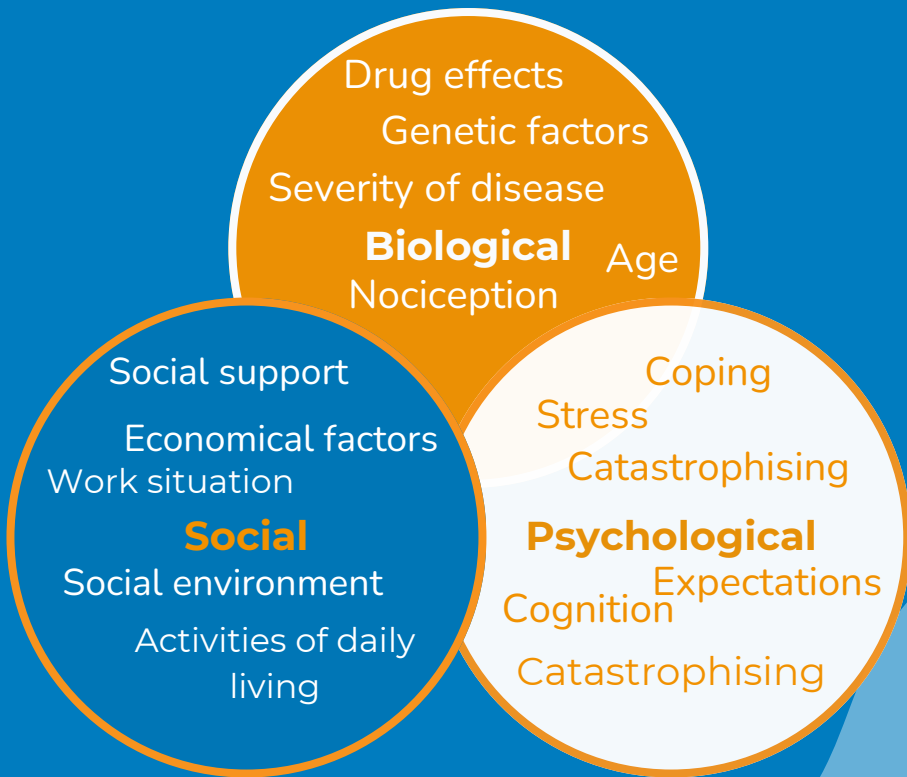


What is Pain?

Pain is an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage (IASP 2020).

Acute pain is pain that resolves reasonably quickly. Definitions of acute pain vary. Some state that acute pain lasts less than 30 days, while others state that acute pain can refer to any pain that resolves before 3 months.

Chronic or persistent pain is pain that persists or reoccurs for more than 3 months, although definitions are not always agreed upon.



What is the Biopsychosocial Approach?

A key aspect to achieving **effective pain management** is a person-centred approach, recognising the importance of the biopsychosocial influence in both **causation** and **management** of chronic persistent pain. According to the biopsychosocial model, pain arises as a result of a complex interaction among biological, psychological, and social factors, which differ from person to person.

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NINE TYPES OF COMPONENTS:

1

**Patient-oriented
& individualised
care**

2

**Multimodal,
multidisciplinary
pain management
& treatment Access**

3

**Data
collection**

4

**Pain as a quality
indicator**

5

**Pain
research**

6

**Pain in
employment**

7

Pain education

8

Collaboration

9

**Raise
awareness**

