



### **Michel Vanhalewyn**

General Coördinator

Société scientifique de Médecine générale  
(SSMG)

### **Pain management in practice**

Recently, via a better awareness of the medical profession associated with development of neuroscience, the domain of pain knew obvious progress.

These advances in science led to taking greater account of the person who is suffering from pain, with a better understanding of the different factors and possible treatments. They will also influence the future of the patient and the evolution of its painful phenomenon. Progress will become a priority in public health in view of the evolution of life and the concept of global health (physical, mental and social). The approach is fundamentally different for acute and chronic pain.

The treatment of acute pain is often etiological and drug therapy is often better to treat the symptom. The action of different medications can be effective at different levels: blocking or decrease sensitivity receptors (prostaglandin synthesis inhibitors), changing neurotransmission (tricyclic antidepressants), and activating opioid receptors at the central nervous system (morphine and derivatives).

Clinical studies on the treatment of chronic pain are facing many difficulties. Most are made in the framework of postoperative pain or concerns only a period short (4-8 weeks). When the pain becomes chronic, the same approach can remain relevant. On the other hand, if pain is part of a chronic pain syndrome, isolated drug approach must be questioned. There is a large individual variability of responses to the painkillers. Chronic pain is associated with a significant regression

relational and functional capacity, an excessive use of medicines and medical procedures, and a mood disorder. The medical approach request a change in the attitude of caregivers providing coaching patients more adapted and accompanied by nature social and psychological interventions.

The functional rehabilitation has an important place in the therapeutic process. The beneficial short-term and long-term multimodal cognitive-behavioural treatment effect was reported in many international studies.