

# Chronic Nerve Pain

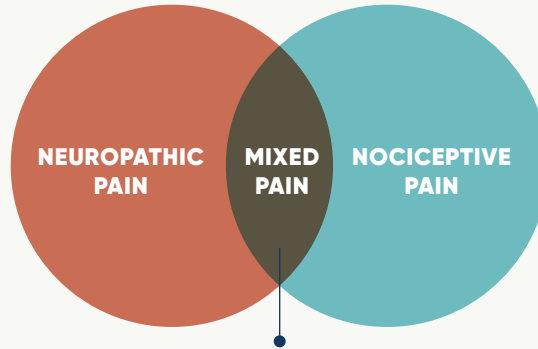
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**10%** OF THE GENERAL PUBLIC HAVE NEUROPATHIC PAIN

**Neuropathic pain** is any injury that has been caused to the central or peripheral nervous system. It is a form of chronic pain. Nerve pain represents 10% of all people with **chronic pain**



**Neuropathic pain** is initiated or caused by a primary lesion or dysfunction in the **nervous system** (either peripheral or central nervous system)



**Nociceptive pain** is caused by injury to **body tissues** (musculoskeletal cutaneous or visceral)

**Mixed pain** is with neuropathic and nociceptive components



Some individuals have **muscular and neuropathic pain**, the best example of this is someone who has a disc herniation or bulge. **7% of patients with back pain** may have associated neuropathic pain.

## Clinical features of neuropathic pain



Burning/electric shocks



Shooting pain sensations



Sensitive to touch

In medical terms the **goal in treatment**

is to get the

**PAIN TO UNDER 5/10**

because it is **not realistic** to **expect 0/10**

**PAIN IS WHATEVER THE PATIENT SAYS IT IS,**

chronic pain is invisible, so whatever the patient says must be understood as truth.

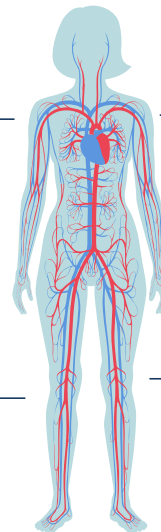
## EFFECTS OF CHRONIC PAIN ON THE PATIENT

### Physical Functioning

- Mobility
- Sleep disturbances
- Fatigue
- Loss of appetite

### Social Functioning

- Diminished social relationships (family/friends)
- Decreased sexual function/intimacy
- Decreased recreational and social activities



### Moods

- Depression
- Anxiety
- Anger
- Irritability

### Social Consequences

- Health care utilization
- Disability
- Loss of work days or employment
- Substance abuse

