

Perspectives of Acute Pain Evaluation

	Perspective			
	Disease	Dimensional	Behavioral	Life Story
Distinction	<i>What does the patient have?</i> Does the patient have treatable risk factors to reduce the risk of acute pain becoming chronic?	<i>Who is the patient?</i> What are the patient's intrinsic traits that inhibit response to treatment or evoke more pain?	<i>What does the patient do?</i> Does the patient engage in unproductive behaviors that interfere with recovery?	<i>What does the patient encounter?</i> Are the patients' life stressors distracting and demoralizing?
Logic	Categorical	Quantitative	Goal and Purpose	Narrative
Concept	Cause and Effect	Composition and Context	Choice and Outcome	Event and Meaning
Treatable Risk Factors for Chronic Pain	<ul style="list-style-type: none"> Major depressive disorder Neuropathic pain Sensitization that occurs in the nociceptive system 	<ul style="list-style-type: none"> Somatosensory amplification, has a less efficient system to suppress nociception when exposed to painful stimuli Multiple somatic symptoms 	<ul style="list-style-type: none"> Fear and avoidance behaviors that result in disuse, disability, and more pain Substance abuse 	<ul style="list-style-type: none"> Hyperarousal by potential threats (PTSD) Expecting major negative consequences from having acute pain, caused by magnification, rumination, and helplessness
Treatments	<ul style="list-style-type: none"> Antidepressants Anticonvulsants 	<ul style="list-style-type: none"> Relaxation Training Cognitive-behavioral Psychotherapy 	<ul style="list-style-type: none"> Physical Therapy - Exercise Substance Abuse Counseling 	<ul style="list-style-type: none"> Interpersonal Psychotherapy Patient Support Groups

Adapted from Clark, MD, MPH, MBA, M. R. (2013) How best to prevent acute pain from becoming chronic? Supplement to the Journal of Family Practice, 62(9), S3-S9, Table 2.