

Psychological Issues in Acute Pain

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A dense crowd of people walking on a city street at night. The scene is filled with people of various ages and ethnicities, some looking towards the camera and others looking away. In the background, there are city lights, a red double-decker bus, and a pedestrian crossing sign. A semi-transparent text box is overlaid in the center of the image.

Homo sum, humani nihil a me alienum puto.

I am human nothing human is alien to me

Mental Health in the Acute Hospital

- 5% A&E attendances,
- 25% of primary care attendances
- 30% of acute inpatient bed occupancy 30% of acute readmissions
- self-harm accounts for between 150,000 and 170,000 A&E attendances per year in England⁸
- MUS approx 50% of acute hospital outpatient activity
- 13–20% of all hospital admissions and up to 30% of hospital admissions via A&E at weekends are related to alcohol
- 1/4 of all patients admitted to hospital with a physical illness also have a mental health condition
- 2/3 NHS beds are occupied by older people, up to 60% of whom have or will develop a mental disorder during their admission.



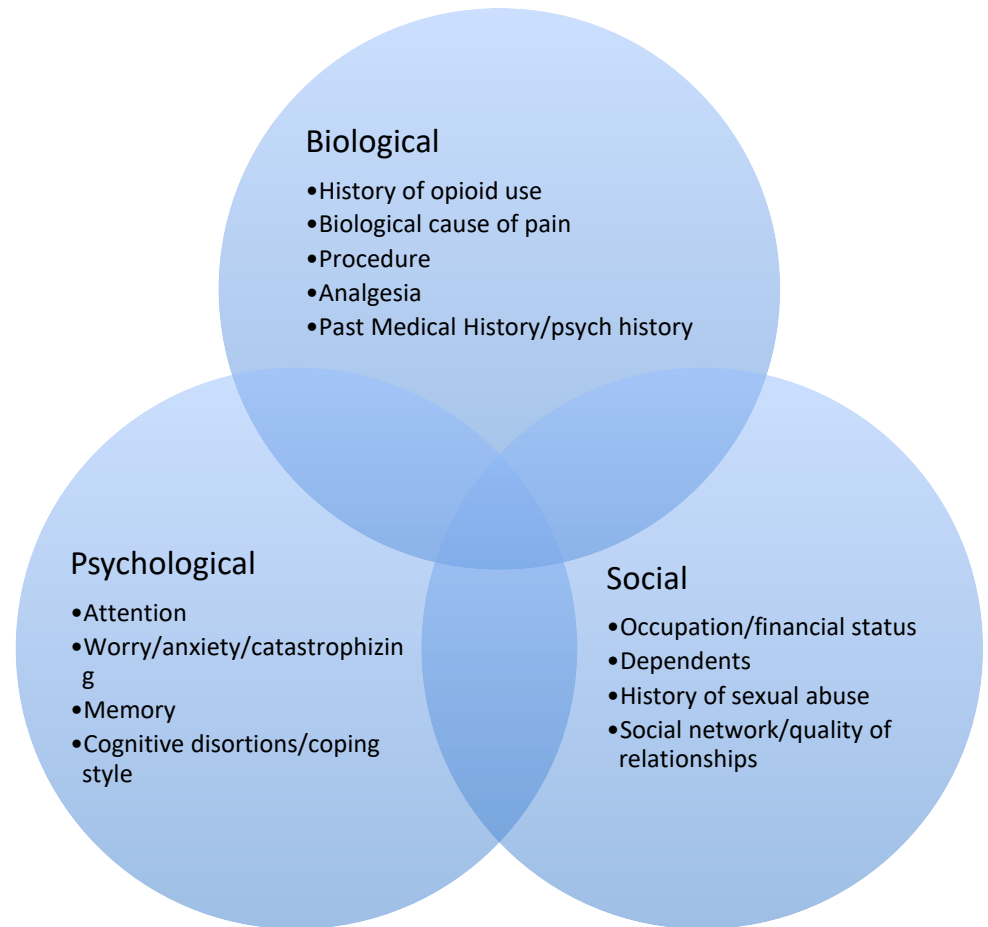
I think; therefore I am.

~ Rene Descartes

*Homo sum, humani nihil a
me alienum puto.*

*I am human nothing
human is alien to me*

Terence



Psychological factors - ATTENTION



“Any psychological factor that draws attention to pain will increase pain perception. Conversely any psychological factor that draws attention away from pain will decrease pain perception.”

Psychological factors - ATTENTION

- Evidence – studies of pain modulation in humans and change in brain activity under varying conditions of attention and distraction

Bushnell, M. C. et al Attentional influences on noxious and innocuous cutaneous heat detection in humans and monkeys. *J. Neurosci.* 5:1103-1110, 1985)

R. Peyron et al Functional imaging of brain responses to pain. A review and meta-analysis (2000)

Psychological factors - ATTENTION

- Interventions – distraction methods



ann. behav. med. (2011) 41:183–191
DOI 10.1007/s12160-010-9248-7

ORIGINAL ARTICLE

Virtual Reality as an Adjunctive Non-pharmacologic Analgesic for Acute Burn Pain During Medical Procedures

Hunter G. Hoffman, PhD • Gloria T. Chambers, RN • Walter J. Meyer III, MD, PhD •
Lisa L. Arceneaux, PhD • William J. Russell, MS • Eric J. Seibel, PhD •
Todd L. Richards, PhD • Sam R. Sharar, MD • David R. Patterson, PhD

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Psychological factors - Catastrophizing



Pain 120 (2006) 36–43

PAIN

www.elsevier.com/locate/pain

Acute low back pain: pain-related fear and pain catastrophizing influence physical performance and perceived disability

Ilse E.J. Swinkels-Meewisse^{a,b,*}, Jeffrey Roelofs^a, Rob A.B. Oostendorp^{c,d}, André L.M. Verbeek^e, Johan W.S. Vlaeyen^{a,f}

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^f Institute for Rehabilitation Research, Hoensbroek, The Netherlands

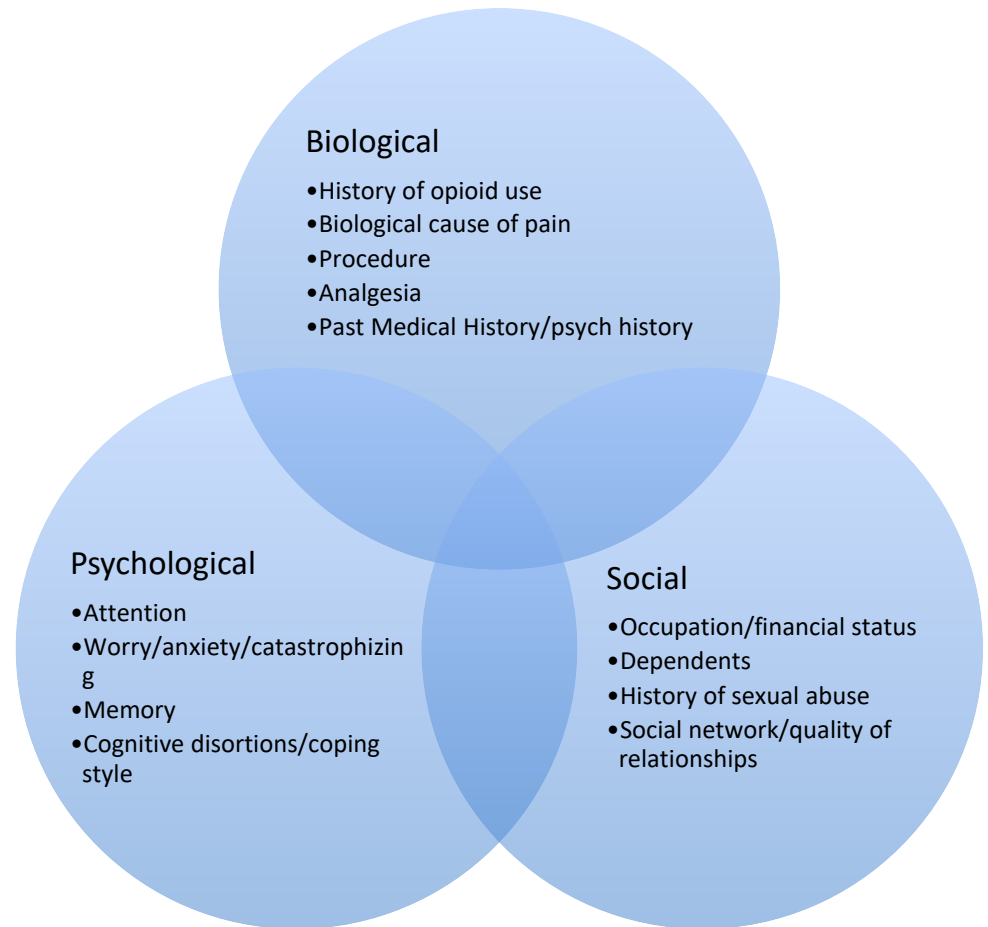
Received 1 June 2005; accepted in revised form 24 August 2005; accepted 10 October 2005

Catastrophizing – exaggerated negative interpretation of pain

Sullivan MJ, Thorn B, Haythornthwaite JA, Keefe F, Martin M, Bradley LA, Lefebvre JC. Theoretical perspectives on the relation between catastrophizing and pain. *Clin J Pain* 2001;17:52–64.

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me alienum puto.

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human is alien to me



You're thinking,
"This is really stupid -
people can't read minds."

How'd she
know that?



IMPARTS PROJECT

-> PSYCHOLOGICAL MEDICINE

ABOUT US

PEOPLE

STUDY

RESEARCH

- Mental health, ethics and law
- Centre for Affective Disorders
- Affective disorders
- Chronic Fatigue Research and Treatment Unit
- Diabetes, Psychology
- Eating disorders

Integrating Mental & Physical healthcare: Research, Training & Services

RES NOT



Integrating Mental & Physical healthcare: Research, Training & Services (IMPARTS) is an initiative funded by King's Health Partners to integrate



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Overcoming the historic divides between mental and physical healthcare

Mind & Body



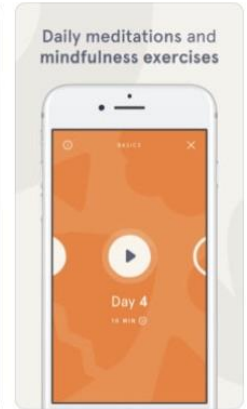
Headspace: Guided...

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The Mindfulness App

Meditation for Everyone

★★★★★ 154

UPDATE



Mental Health & Mortality

People with severe mental illness die 20 years earlier than everyone else



Psychological factors in acute pain

- Important
- Worth addressing
- Can be addressed with right tools/skills

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Thank you

Dr Lia Ali @LJ_Ali1