

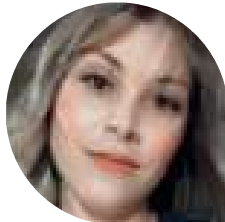
Knowledge about pain and challenges for practical applicability



Maria Aurélia da Silveira Assoni

Master in Health Education, Executive MBA in Health, Specialization in Preceptorship of the SUS, Teaching in Education, Occupational Nursing, Intensive Care and Emergency for Children and Adolescents, Gynecology and Obstetrics. Graduation in Nursing.

Continuing Education Coordinator of the Hospital de Amor health network. Coordinator of the Specialization Course in Management and Leadership in Nursing at the Faculty of Health Sciences of Barretos Dr. Paul Silver.



Daniela Paro Zanzarino

Degree in Nursing from the Faculty of Medicine of São José do Rio Preto (FAMERP) State Authority - 2005. Degree in Pedagogy from Faculdade Paulista Unipiaget - 2019. Specialization in Cardiac and Hemodynamic ICU from the Faculty of Medicine of São José do Rio Preto, FAMERP. Nursing Specialization in Nephrology. Herminio Ometto University Center of Araras, UNIARARAS. Specialization in Teacher Training in Nursing Faculdade de Educação São Luís, Jaboticabal.

Currently, she has been working as a Corporate Education Nurse at Hospital de Amor de Barretos since August 2020.



Érika Moreti Campitelli

Graduated in Nursing at the Faculty of Medicine Marília (2002), Graduate in: Oncology Nursing, Faculty of Medicine USP (2004) and Specialization in Health Management, Senac (2008), Leadership and Health Management - FACISB (2021).

I work with a nurse in Corporate Education at the Hospital de Amor, Barretos-SP.

Pain can be present at all stages of life and is one of the main reasons why people seek health services, for this relevance it is essential to have knowledge to provide quality and excellent care.

In addition, it is prevalent in most diseases, making it essential to assess the 5th vital sign as a criterion for checking, recording and managing it, ensuring effective pain control for patients.

In health care environments, assisting people with pain complaints is part of the work routine. However, as it is a daily occurrence, in some situations health professionals may underestimate this clinical condition of patients. Which makes us reflect on the importance of rethinking the role of professionals in relation to the subject and the impacts that ineffective care has on the quality of life of citizens.

Having knowledge of this subject is fundamental to define which methods

will be used for the evaluation and which will be the strategies to guarantee its control. Also taking into account the different cultures, values and beliefs, which influence whether or not pain is tolerated.

However, surveys carried out show that knowledge about the fifth vital sign is far below what is necessary for us to provide adequate support to patients who need care, treatment and pain control. In this way, the IASP (International Association for the Stu-

dy of Pain) launched in 2022 the campaign entitled “Global Year to translate pain knowledge into practice”, which has among its objectives the encouragement of actions aimed at expanding awareness and knowledge of pain, as well as benefiting those who live with it.

For those who develop professionals in the health area, these are great challenges. There are several fronts to be improved on the subject, among them is health education, with an approach to professionals, patients and family members in order to improve the evaluation, understanding, adherence and maintenance of care and treatment.

When there is not enough knowledge about pain, there is an impact on prolonged hospitalizations, superfluous therapies, indiscriminate consumption of analgesic drugs, sick leave, absenteeism at work, school absences, non-compliance with commitments, low quality of life, greater need for material and financial resources, long and costly treatments.

In Brazil, 30% of the adult population treats chronic pain at a cost of R\$ 7.3 billion, according to a study carried out by CAPESESP (Caixa de Previ-

dência e Assistência dos Servidores da Fundação Nacional de Saúde), entity affiliated to UNIDAS (National Union of Self-Management Institutions in Health).

In 2021, a survey was carried out on the knowledge of physicians regarding medication overuse headache (MOH). A total of 312 physicians were interviewed, half of whom were unaware of MOH, a condition that leads to work and financial losses, in addition to reducing the patient's quality of life.

In view of the above, we suggest a reflection regarding training courses and professional development in health, on the importance of training them in the assessment, care, treatment and follow-up of people who feel pain.

We also reinforce the need to qualify services, based on the assumptions that guide pain management as the fifth vital sign, providing processes related to the combination of knowledge and practices that seek to approach human beings in their physical, social, mental and spiritual dimensions.

It is expected in this way to expand the development of actions such as the implementation of pain assessment and management protocols, acquisition of

knowledge and training by the health team, understanding that pain is multifactorial and needs a holistic view with a focus on an interdisciplinary approach aimed at the quality of patient care. We emphasize that the broad knowledge about pain allows a correct evaluation and indication of the best therapeutic options, providing quality of life, cost reduction and autonomy to the patient.



In health care environments, assisting people with pain complaints is part of the work routine. However, as it is a daily occurrence, in some situations health professionals may underestimate this clinical condition of patients



REFERENCES

- 2022 ANO GLOBAL DA DOR: DO CONHECIMENTO À PRÁTICA. Associação Portuguesa para o estudo da dor, 2022. Disponível em: <<https://www.aped-dor.org/index.php/sobre-a-dor/global-year-pain>>. Acesso em: 25.05.2022
- MARQUES, Vanessa. Dor crônica afeta 30% dos brasileiros e custa mais de r\$7,3bilhões aos planos de Saúde. Rede Jornal Contábil, 2019. Disponível em: < <https://www.jornalcontabil.com.br/dor-cronica-afeta-30-dos-brasileiros-e-custa-mais-de-r-73-bilhoes-por-ano-aos-planos-de-saude/> > Acesso em:25.05.2022
- CIAMPI DE ANDRADE D. Introduction for special issue on pain in developing countries. Pain Rep. 2019 Dec 6;4(6):e800. Disponível em: doi: 10.1097/PR9.0000000000000800. PMID: 31984303; PMCID: PMC6903336. Acesso: 27de maio 2022
- ISSI, ZEYNEP TUNCER ET AL. Medication overuse headache and awareness. Arquivos de Neuro-Psiquiatria. 2021, v. 79, n., pp. 1095-1100. Epub 29 Nov 2021. ISSN 1678-4227. Disponível em <https://doi.org/10.1590/0004-282X-ANP-2020-0547>. Acesso: 26.05.2022
- Rotinas de Enfermagem, Segunda Edição, 2022, 640 páginas, Ed Eureka soluções pedagógicas LTDA. In:Cuidados de enfermagem em dor: contribuições da educação profissional. ISBN 978-65-87177-22-9.