

**PAIN MANAGEMENT
in the
CANINE PATIENT**

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**Part 9
Psychosocial Aspects
of
Chronic Pain Management**

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Psychosocial aspects of Pain

- The Pain Orchestra



Psychosocial aspects of Pain

“We can use the metaphor of the brain as an orchestra to make sense of the brain changes that we’ve been talking about, i.e. those brain changes that occur as pain becomes chronic. It is like the orchestra in your brain has been playing the same pain tune over and over and over and over... It can no longer play a full repertoire of tunes.

Nor can it be creative, curious or seek new musical challenges. Key musicians quit because they have nothing to play. Other musicians get tired and sick because they play all the time. Some musicians take over others’ roles (e.g. The trumpeters take over the violinist’s part). The pain tune is not a happy tune. Tours get cancelled as the orchestra stays home. Audiences stop coming. Record sales drop. You get the picture:

the pain starts to dominate every aspect of life – work, friendships, family life, hobbies, thoughts, sports, emotions, devotions and beliefs.”

Butler & Moseley 2003

Psychosocial aspects of Pain

- A biomedical model is only the start of pain rehabilitation in humans
- A biopsychosocial model model also identifies non-physical barrier to progress in pain management (especially with chronic pain)

Watson 2004

Psychosocial aspects of Pain

- Psychosocial Assessment - ABCDEFW
 - Attitudes – beliefs about pain
 - Behaviours – impact of pain on behaviour / interactions with others
 - Compensation – monetary factors
 - Diagnosis & Treatment – what's been done & what are the pts beliefs, expectations, & role in treatment
 - Emotion – Fears & worries? Depression?
 - Family – Does family reinforce unhelpful beliefs & behaviours
 - Work – Are there physical & psychological demands of work? Opportunity for graded return to work?

Psychosocial aspects of Pain

- Thoughts and beliefs as nerve impulses
 - Powerful enough to maintain a pain state
 - 'I'm in pain so there must be something harmful happening to my body.'
 - 'I'm not doing anything until all the pain goes.'
 - 'I'm so frightened of my pain and of injuring my back again that I'm not doing anything.'



What is the dog in chronic pain thinking????
What is the owner thinking?
Does this have an impact?

Psychosocial aspects of Pain

☉ *Canine psychosocial theories*

Fear Reduction

- Practice pain free movements & activities
- Owners need to not catastrophize, especially when interacting with their pets



Psychosocial aspects of Pain

◎ *Canine psychosocial theories*

Stress Reduction

- Massage
- Pharmaceuticals for depression?
- Dog Appeasing Pheromones?
- Rest and exercise



Psychosocial aspects of Pain

• *Canine psychosocial theories*

Support

- Owner education on the physiology of pain (especially chronic pain: e.g. hurt does not equal harm; need to progress and stay active)
- From health care practitioners (to provide therapy to the animal and support to the animal owner)



Psychosocial aspects of Pain

- *Canine psychosocial theories*

Socialization

- Safe interactions with other dogs
- Interactions with family members
- Interactions with other human friends
(which may be health care practitioners)



Psychosocial aspects of Pain

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Rest

- Considerations for timing of pain medications
- Incorporation of sleep-promoting pharmaceuticals?
- Structured rest during the day that includes darkness, quietness, and comfort



Psychosocial aspects of Pain

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Distraction

- Treats and exercise
- Toys and exercise
- Other dogs / people to encourage activity and desire to move or engage



Psychosocial aspects of Pain

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Handling

- Grooming or petting
- Massage
- Gentle, purposeful touch



Psychosocial aspects of Pain

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Practiced Movement

- Practice painful movements within pain-free ranges
- Just move!
- 'Visualization' via use of mirrors with your exercises, or watching of other dogs move & play



Psychosocial aspects of Pain

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Sunshine / Vitamin D

- Human studies show that we need light / sunshine / Vitamin D to survive
- Link between Vit. D deficiency & chronic pain
- Go outside!
- Eat sardines, trout, tuna, herring

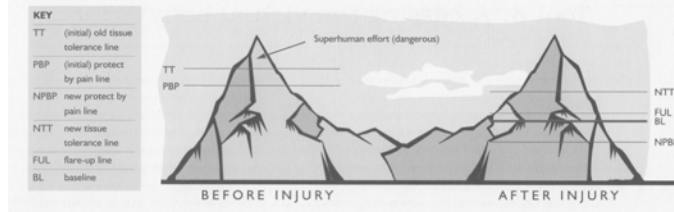


Psychosocial aspects of Pain

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Graded Exposure

- Gradual increases in activity (progressing duration, speed, difficulty or complexity of an activity one component at a time)



Psychosocial aspects of Pain

- *Canine psychosocial theories*

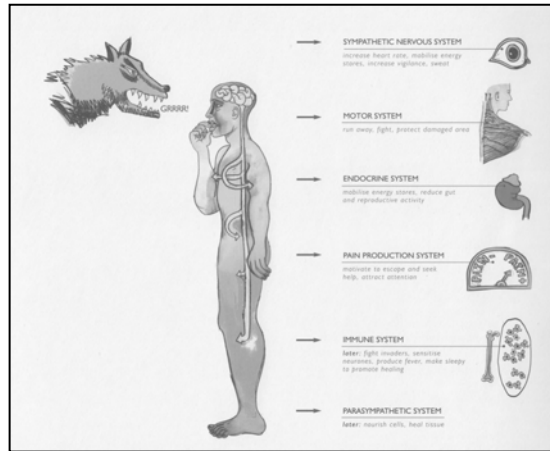
Enjoyment of Life / Purpose / Humour / Positive Routines

- Daily walks (perhaps shorter)
- Games (e.g. 'hide the cookies / toys / owner' or 'cover the dog')
- Play
- Trips / Outings



Psychosocial aspects of Pain

- *Canine psychosocial theories*
- Other ideas?



Psychosocial aspects of Pain

- *Canine psychosocial theories*
- This part of 'human' pain management is entirely untapped in animal health care!
- Nothing proven... but nothing to lose either!

