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Nota di contenuto	Cover; Copyright; Brief Contents; A Note to the Reader; Contents; Foreword by Betty R. Ferrell, PhD, FAAN; Advances in Understanding Pain; Partnering to Manage Pain; The Role of this Book in Pain Control; Everyone Has a Right to Pain Relief; Introduction; The Impact of Cancer Pain; Cancer Pain Is Undertreated; Methods of Pain Control; What You Can Do; How to Use This Book; About the American Cancer Society; Acknowledgments; CHAPTER 1 Understanding Cancer Pain; What Is Cancer?; What Is Pain?; Types of Pain; Acute Pain; Chronic Pain; Breakthrough Pain; Nociceptive Pain; Neuropathic Pain Factors that Influence PainCauses of Pain; Diagnostic Procedures; Cancer Treatment; Tumor-Related Pain; Pain Due to Other Causes; Help Is on the Way; CHAPTER 2 Coping with the Emotional and Social Impact of Cancer Pain; Pain's Impact on Quality of Life; Measuring Quality of Life; Common Feelings about Cancer and Cancer Pain; Factors that Affect Feelings about Pain; Individual Reactions to Pain; Pain and Depression; Pain and Anxiety; The Impact of Pain on Relationships; Support from Friends and Family; Asking for Help; When to Seek Counseling; Finding Support; Support Groups Individual TherapyFamily Therapy; Choosing a Counselor; Why Do Some People Need Help and Others Don't?; Will Insurance Pay for Counseling and Therapy Services?; CHAPTER 3 Achieving Effective Pain Control; Myths and Misconceptions about Cancer Pain; Myth 1: People Become Addicted to Pain Medications; Myth 2: Taking Too Much Pain

Medication Will over Time Decrease Its Effectiveness; Myth 3: Pain Is a Normal Part of Having Cancer; Myth 4: Pain Means that the Cancer Is Growing; Myth 5: Pain Can't Be Treated; Myth 6: Doctors Don't Understand Pain; Myth 7: Good Patients Don't Complain  
Myth 8: Focusing on the Pain May Be a Distraction from Treating the Cancer; Myth 9: People Should Be Able to "Tough it Out"; Myth 10: Pain Medications Cause Unpleasant Side Effects; The Importance of Communication; Communicating with Your Health Care Team; Communicating with Caregivers; Barriers to Communication; Language Barriers; Cultural Background; Pain Is Subjective; Limited Knowledge and Time; When to Seek Additional Help; CHAPTER 4 Describing and Measuring Your Pain; The "Language" of Pain; Talking about Your Pain; Talking with Family Members and Caregivers about Pain  
Talking with Your Health Care Team about Pain How Pain Is Measured; The Initial Pain Assessment; Preparing for a Pain Assessment; When the Person with Cancer Is Unable to Discuss Pain; Tools for Rating Your Pain; Numeric Scales; Word Scales; The Faces Scale; Color Scales; The Brief Pain Inventory; What to Do after the Initial Pain Assessment; Your Pain Treatment Plan; Communicating about Pain and Pain Relief; The Pain Log; Assessment for Recurrence of Pain; CHAPTER 5 Pain Relief through Medication; Determining Pain Medication(s) Appropriate for You  
Types of Medications Used to Control Cancer Pain

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