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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

Sommario/riassunto

Effective pain management enables people with cancer to live the lives they want to lead to eat, sleep, spend time with loved ones, work, pursue hobbies and this helpful guide explains the many pain-relief options available, including medicines and other methods. Readers will discover how to achieve acceptable pain control and how to understand the optimal balance between pain relief and the potential side effects of pain medications. The book addresses step-by-step ways to describe pain and communicate pain-relief needs; common barriers to pain relief and how to overcome them; and practical tips and strategies for coping with side effects of pain medication.
