Spontaneous Intracranial Hypotension
Pain Management and Post-RX Pain

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Town hall format

What is pain experience?

1. What to do for pain management while you are waiting for test or treatment?
2. If drugs and simple measure does not work, what about intervention, CAM, Mindfulness
3. After a successful surgery, pain persist. What should you do?
DISCLOSURE

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1. Ascending Pathway
2. Descending Pathway
3. Visceral Pain
4. Brain Imaging
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Three Classical Teaching Slides
Definition of Pain (IASP)

• An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.

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Classification of Pain

- Nociceptive pain
- Somatic pain
- Visceral pain
- Neuropathic pain
Pain Experience

• Sensory-discriminatory
• Affective-motivational
• Cognitive-evaluative

Central Sensitization:
Key Players

Sensitization

Pain signal
— Amplify
Sensitization

Pain signal
- Amplify
- Modify

=
Implication

Definition of Pain (IASP)

• An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.
Pain Experience

- Pain intensity
- Character (e.g. shooting, burning, intermittent, constant)
- Location
- Affective emotional
- Cognitive
**Visual Experience**

*Light intensity*
Character (colour, contrast)
Location
Affective
emotional
Cognitive

**Visual Experience**

*Light intensity*
Character (colour, contrast)
Location
Affective
emotional
Cognitive
Visual Experience

Love

Calm

Lonely

Cold

Visual Experience

This reminds me of holding my own child

Light intensity
Character (colour, contrast)
Location
Affective emotional
Cognitive
<table>
<thead>
<tr>
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![Image of a person in a contraption with numerous wires connected to them.](image-url)
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Nociception & Pain

- Signal adjustment
- Descending modulation
- Perceived Pain
- Ascending input to brain
- Pain transmitting to spinal cord
- Source of pain
Attention

- mechanism by which sensory events are selected and enter awareness

Top-down selection
Relevant signal vs. noise
Intentional

Bottom-up selection
Unintentional

Sensory input / Signal


Implication

Mindfulness,
Cognitive behavior program
Yoga
Classification of Pain

Nociceptive pain

Somatic pain

Visceral pain

Neuropathic pain

Nociplastic pain

Pain that arises from altered nociception despite no clear evidence of actual or threatened tissue damage causing the activation of peripheral nociceptors or evidence for disease or lesion of the somatosensory system causing the pain.

Thank You