Module 11

Cultural Knowledge – Pain Expression and Management

Pain

- Latin *Poena* > *Punishment*
- Greek
  - Akos > Psychic Pain >>> “ache”
  - Algo > Neglect of love
  - "ποινή" (*poine*) > price paid, punishmet

Sensory Affective Cognitive

Barriers to Pain

- Race
- Ethnicity

Barriers on Provider's End

- Inadequate or inaccurate knowledge of pain management or assessment techniques
- Concerns with overuse of or addiction to controlled substances
- Fear of adverse effects or developing tolerance to analgesics

Systemic Barriers

- Inadequate reimbursement for costly pain management therapies
- Stringent regulation around controlled substances
- Low priority given to pain treatment

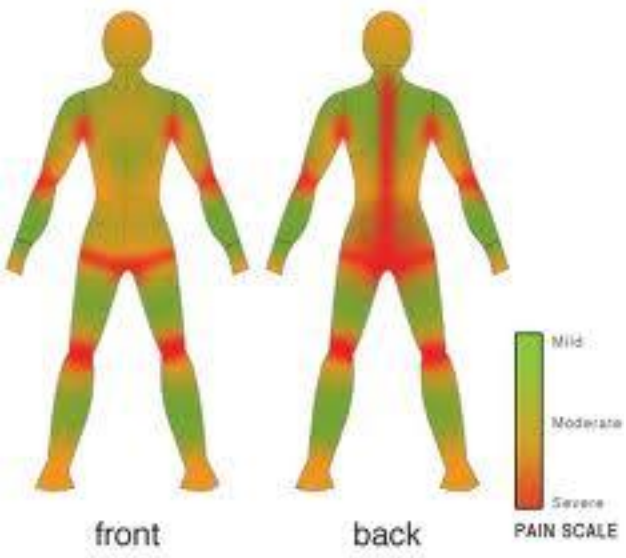
Barriers on Patient's End

- Reluctance to report pain
- Unwillingness to take medication for several reasons
- Fears that patient may associate with pain or pain medication.

Cost = Quality

Assessing Pain Tolerance

- Ethnic and Cultural Values
- Developmental Stage
- Environment & Support
- Past Pain Experience
- Meaning of Pain
- Anxiety and Stress



Ethnic and Cultural Values

Developmental Stage

Environment & Support

Past Pain Experience/Meaning of Pain

Anxiety and Stress

Culture & Pain Management

- Language & Interpretation
- Non-verbal communication
- Culturally & Linguistically inappropriate pain assessment tools
- Underreporting
- Reluctance to Pain Medications
- Access to Pain Medication
- Prejudice and discrimination & Provider's fear of drug abuse