

# What can you do do to relieve pain?

Pain complaints are unpleasant. Your doctor will try to help you to reduce your pain, but you can also try learning to cope with pain yourself



Stay active



Stay close to nature



Listen to music



Don't look for the cause



Make sure you get enough rest at night



Try meditation or mindfulness



Keep a diary of what you can and can not do

## More information

Check out the links below or scan the QR code to learn more about pain management:

- [www.thuisarts.nl/chronische-pijn/ik-heb-pijn-die-langer-blijft-chronische-pijn](http://www.thuisarts.nl/chronische-pijn/ik-heb-pijn-die-langer-blijft-chronische-pijn) (Dutch website)
- <https://www.retrainpain.org>



## Patient organisations

For support and information:

- Pijnpatiënten naar één stem
- Stichting Pijn-Hoop
- Patiëntenfederatie Nederland

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# CHRONIC PAIN

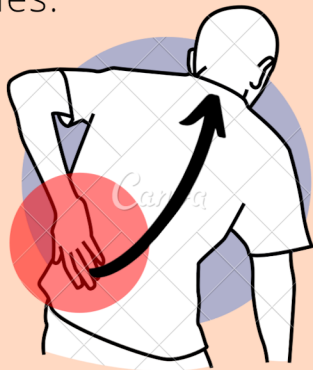
What is pain and how can you deal with it?

# What is pain?

Pain is an unpleasant feeling that can occur if you fall or bump into something. Pain can last for a short or long time.

Sudden pain usually has an obvious cause, such as an injury or an inflammation. Nerves in this area send signals to the brain which cause an uncomfortable and unpleasant sensations. This is called acute pain.

Pain that lasts longer than three months is called chronic pain. Examples are osteoarthritis, low back pain or prolonged headaches.



With prolonged pain, the nerves that transmit pain signals to the brain can become hypersensitive.

As a result, you may feel pain when there is no longer an obvious cause

## Painkillers

Painkillers can help you perform daily activities and deal with the amount of pain you are experiencing, but usually won't completely eliminate it.

Opioids are strong pain relievers. They are usually not the best way to treat long-term pain because they have many disadvantages and often help reducing pain temporarily.

Read more about the pros and cons of these painkillers on the back.

## Pros and cons of opioids like oxycodone, morphine, fentanyl, tramadol

### Pro

Short-term use of opioids can relieve pain.

### Cons

Opioids become less effective when used for a long time

Possible side effects: nausea, itching, constipation, drowsiness, and restlessness.

Opioids are addictive



## Other options to discuss with your doctor or pharmacist



Painkillers such as paracetamol, diclofenac, naproxen, ibuprofen.



Physiotherapy, behavioral therapy, mindfulness