

iv CONTENTS

| | |
|--|-----------|
| Measuring Pain Intensity | 27 |
| Unidimensional Scales | 28 |
| Categorical Scales | 29 |
| Multidimensional Tools | 30 |
| Psychosocial Evaluation | 33 |
| Emotional Reactions | 33 |
| Warning Signs for Referral to a Psychologist, Psychiatrist, or Mental Health Professional | 34 |
| Cognitions, Coping, and Beliefs about Pain | 34 |
| Behavioral Reactions | 36 |
| Family Functioning and Responses to Pain | 37 |
| Social and Occupational Functioning | 37 |
| Psychiatric Disorders and Pain | 39 |
| V. Types of Pain | 43 |
| Acute Pain | 43 |
| Postoperative Pain | 43 |
| Chronic Pain | 44 |
| Back and Neck Pain | 44 |
| Headache | 50 |
| Arthritis Pain | 62 |
| Neuropathic Pain | 69 |
| Central Pain Syndrome | 81 |
| Fibromyalgia | 82 |
| Myofascial Pain | 83 |
| Chronic Abdominal Pain | 84 |
| Cancer Pain | 84 |
| VI. Approaches to the Management of Pain | 97 |
| Nonpharmacologic Options for the Management of Pain | 97 |
| Physical Modalities | 97 |
| Psychological Treatments | 100 |
| Complementary and Alternative Medicine Approaches | 108 |
| Pharmacologic Options for the Management of Pain | 114 |
| Non-Opioid Analgesics | 114 |
| Opioid Analgesics | 117 |
| Rational Polypharmacy and Pain Management | 137 |