

## Pain Diagnosis and Management: Challenges and Opportunities

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During chronic pain patient's visit, they give us an amazing chance to understand how pain has been affecting their life styles. Thus, discovering their pain cause and deciding on the proper medication, is such a big challenge.

Journal of Clinical Anesthesia and Management is an important journal, offering tangible evidence-based access to diagnose, and treat endless causes of pain. It is an ambitious journal, covering a lot of interesting topics. Therefore, authors should understand that this journal is useful for primary care practitioners, who have many time constrains, so their contributions should be clear, practical, concise and evidence-based.

Chronic pain epidemiologically is affecting more than 20% of the population in Europe. It is more common in elders and women. It is possible that the most crucial clinical factor for chronic pain at an exact site is the nociceptive feeling. The more serious the pain is, the more complicated its diagnosis and management.

Chronic pain also has a negative impact towards the patients and the society, especially in the case of inadequate treatment. Consequently, one of the major solutions for chronic pain management is the accessibility of

patients to a satisfactory treatment. Nevertheless, chronic pain has to get more attention for the societies' sake.

Moreover, multidisciplinary-pain clinics have been developed worldwide. The aim of these clinics is to provide better diagnosing and managing of the chronic pain. In developed countries, these clinics appear to be less hazardous, more effective and less expensive than conventional approaches.

Alternative therapies have shown some success in chronic pain management, especially in developing countries. Currently, several alternative and complementary therapies had been implicated to relieve chronic pain, including herbal medicine, acupuncture, and acupressure. Therefore, clinicians should gain knowledge about these complementary methods while trying to treat chronic pain. Nevertheless, these methods need more evidence and further studies to be one of the future potential therapies of chronic pain. Finally, we urge the recognition of chronic pain multiple dimensions and causes. Researchers should take into consideration the clinical, socio-demographic, alternative therapies and genetic factors while managing chronic pain. These factors beside others are important in both chronic pain diagnosing and managing, along with the ultimate goal of pain prevention.

**Received date:** 22 Mar 2016; **Accepted date:** 23 Mar 2016; **Published date:** 28 Mar 2016.

**Citation:** Raafat K (2016) Pain Diagnosis and Management: Challenges and Opportunities. *J Clin Anesth Manag* 1(2): doi <http://dx.doi.org/10.16966/2470-9956.106>

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