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## Key Definitions

### pain management

Pain management is the systematic study of clinical and basic science and its application for the reduction of pain and suffering. This newly emerging discipline emphasizes an interdisciplinary approach to treatment, blending tools, techniques and principles taken from a variety of the healing arts to create a holistic paradigm for the reduction of pain and suffering.<sup>1</sup>

### acute pain

Also known as warning pain, this pain is the discomfort or signal that alerts you something is wrong in your body. Pain results from any condition that stimulates the body's sensors, such as infections, injuries, hemorrhages, tumors, and metabolic and endocrine problems. Acute pain usually abates as the underlying problem is treated. Early management of acute pain may hasten the recovery of the causative problem and reduce the length of treatment, therefore reducing health care costs.<sup>2</sup>

### chronic pain

A pain state which is persistent and in which the underlying cause of the pain cannot be removed or otherwise treated. Chronic pain may be associated with a long-term incurable or intractable medical condition or disease.<sup>3</sup>

### addiction

Addiction is a primary, chronic, neurobiologic disease, with genetic, psychosocial, and environmental factors influencing its development and manifestations. It is characterized by behaviors that include one or more of the following: impaired control over drug use, compulsive use, continued use despite harm, and craving.<sup>4</sup>

### physical dependence

Physical dependence is a state of adaptation that is manifested by a drug class specific withdrawal syndrome that can be produced by abrupt cessation, rapid dose reduction, decreasing blood levels of the drug, and/or administration of an antagonist.<sup>4</sup>

### tolerance

Tolerance is a state of adaptation in which exposure to a drug induces changes that result in a diminution of one or more of the drug's effects over time.<sup>4</sup>

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Information to help identify patients with opioid abuse problems

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### pseudoaddiction

Pseudoaddiction is a term which has been used to describe patient behaviors that may occur when pain is undertreated. Patients with unrelieved pain may become focused on obtaining medications, may clock watch, and may otherwise seem inappropriately drug seeking. Even such behaviors as illicit drug use and deception can occur in the patient's efforts to obtain relief. Pseudoaddiction can be distinguished from true addiction in that the behaviors resolve when the pain is effectively treated.<sup>4</sup> Misunderstanding of this phenomenon may lead the clinician to inappropriately stigmatize the patient with the label 'addict'. In the setting of unrelieved pain, the request for increases in drug dose requires careful assessment, renewed efforts to manage pain, and avoidance of stigmatizing labels.<sup>5</sup>

### pseudotolerance

Pseudotolerance is the need to increase dosage that is not due to tolerance, but due to other factors such as: disease progression, new disease, increased physical activity, lack of compliance, change in medication, drug interaction, addiction, and deviant behavior. When a once-fixed opioid dose is no longer effective, the above conditions should be reviewed to exclude pseudotolerance.<sup>5</sup>

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