

Incorporating Integrative Medicine in Pain Management

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Diagnosis as to pathophysiology of chronic/persistent nonspecific (ie. no specific pathology) musculoskeletal and/or visceral pain is a challenge. This lecture will be based on a handout detailing the precise phrasing of the many questions which need to be asked of a patient with a persistent pain problem. A particular focus will be on scalp sensitivity, leg 'giving way' walking ± fall(s), temperature regulation disorders, and the nonspecific (ie. no specific rash) itch which many patients with persistent pain also experience.

The subtle additional to usual practice physical examination will be reviewed in particular examination of the whole body (examined prone as well as supine) for skin colour/temperature/texture changes, both diffuse and focal tenderness, and muscle hypertonia.

Such detailed questioning and additional subtle physical examination clarifies likely pathophysiology, enabling clarity of discussion with the patient, also having important implications in regard to management options.

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Current research and particular clinical interest pathogenesis, diagnosis and management of chronic musculoskeletal/visceral pain and atypical pain syndrome acute and chronic