



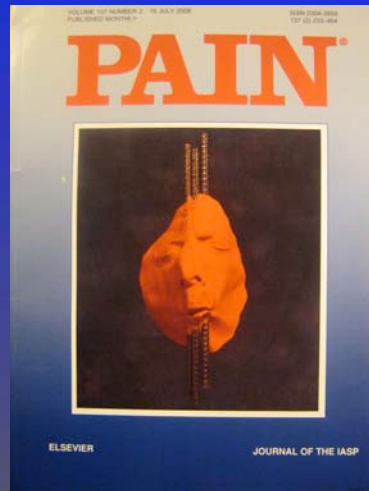
SMERTER FORSTÅELSE BEHANDLING

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SMERTE



DEFINISJON 1

Smerte er en ubehagelig vond opplevelse som skyldes eksisterende eller truende vevsødeleggelse eller som blir opplevet og beskrevet på en slik måte

(Merskey IASP, 1986)

DEFINISJON AV SMERTE 2

FYSIOLOGISKE MEKANISMER

SKADE

- Skade organer
- Ødelegge vev
- Skade nervebaner
sansemodaliteter
- Psykologiske
dysfunksjoner
- Varige skader
- Ukjent årsak

SMERTE

- Visceral
- Nociseptiv
- Nevropatisk
- Psykogen
- Kronisk
- Ideopatiske

DEFINISJON AV SMERTE 3

Nociseptoraktivering er

Nervøse og Hormonelle responser

Formidlet via Hypothalamus, Hypofysen og
Nevrongrupper i Hjernestammen.

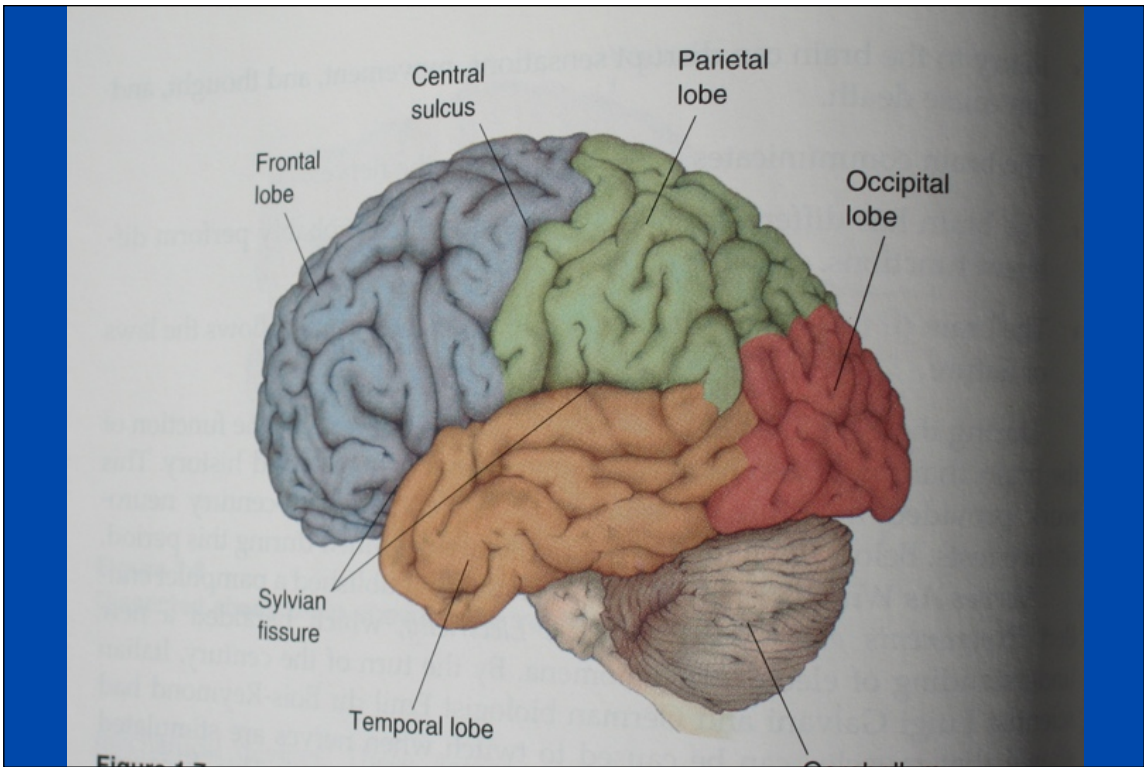
Individens subjektive tolkninger og
opplevelser av dette

DEFINISJON AV SMERTE 4

- Tid Akutt - Kronisk
- Område Sted på kroppen
- Type Kausalitet
- Styrke Sterke svake
- Symbol Kommunikasjon
Individ-familie-kultur

GATE THEORY OF PAIN
Patrick Wall Ronald Melzack





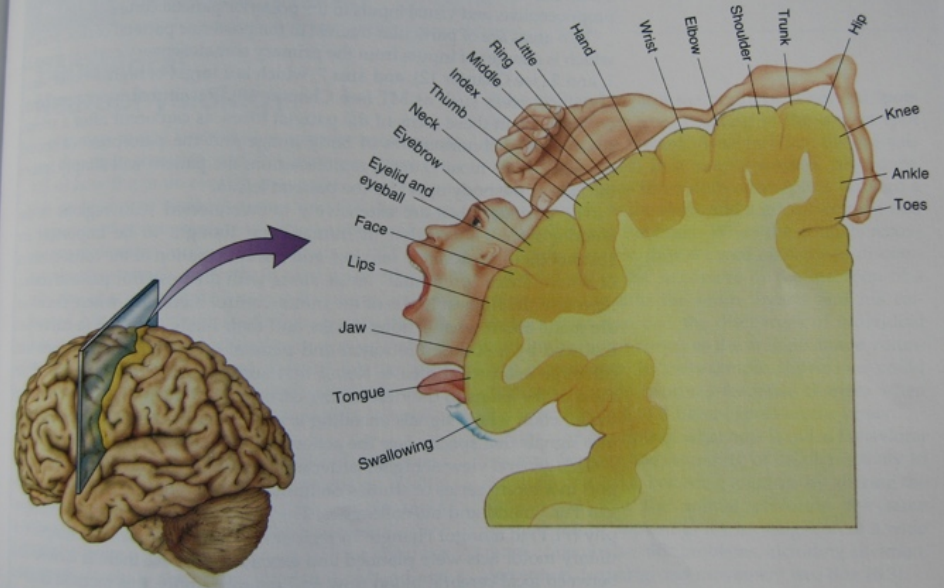


Figure 14.8
Somatotopic map of the human precentral gyrus.

MÅLING AV SMERTE

VET PASIENTEN BEST

DIREKTE

- VASi - intensitet
- VASa- affekt
- Nervebaner
- Skadens art omfang
- Hjerneaktivering
- Kroppsundersøkelse

INDIREKTE

- Mestring
- Smertehefte
- McGill Pain Quest
- GHQ livskvalitet
- MPI profil
- Aktivitet

Evaluation of pain

- Sensory - the body
- Affect - emotions
- VAS 0 - 10 -----
- Behaviour - pain behav.
- Situation - experience
- Communication - understand

UNDERSTANDING PAIN

PHYSIOLOGY

- Receptor - cell
- Spinal level
- Cortical level
- Descending pathways
- Melzack-Wall Gate theory
- Dynamic system

PSYCHOLOGY

- Signal
- Personality
- Experience
- Family
- Culture

BEHANDLING

- Avspenning, parasympatikus
- Mind over body opplevelse
- Endring av oppmerksomhet

HYPNOSIS

STATE

focus, response to
suggestions, involuntary

HYPNOTIZE ABILITY

level of trance
response suggestions

INDUCTION

methods to get into trance

HYPNOTHERAPY

clinical use to achieve
therapeutic goals

PAIN AND HYPNOSIS I

Gate theory
Wall

- Intensity SIGNAL
- Behavior ANS
- Affect CNS

- Piere Rainville

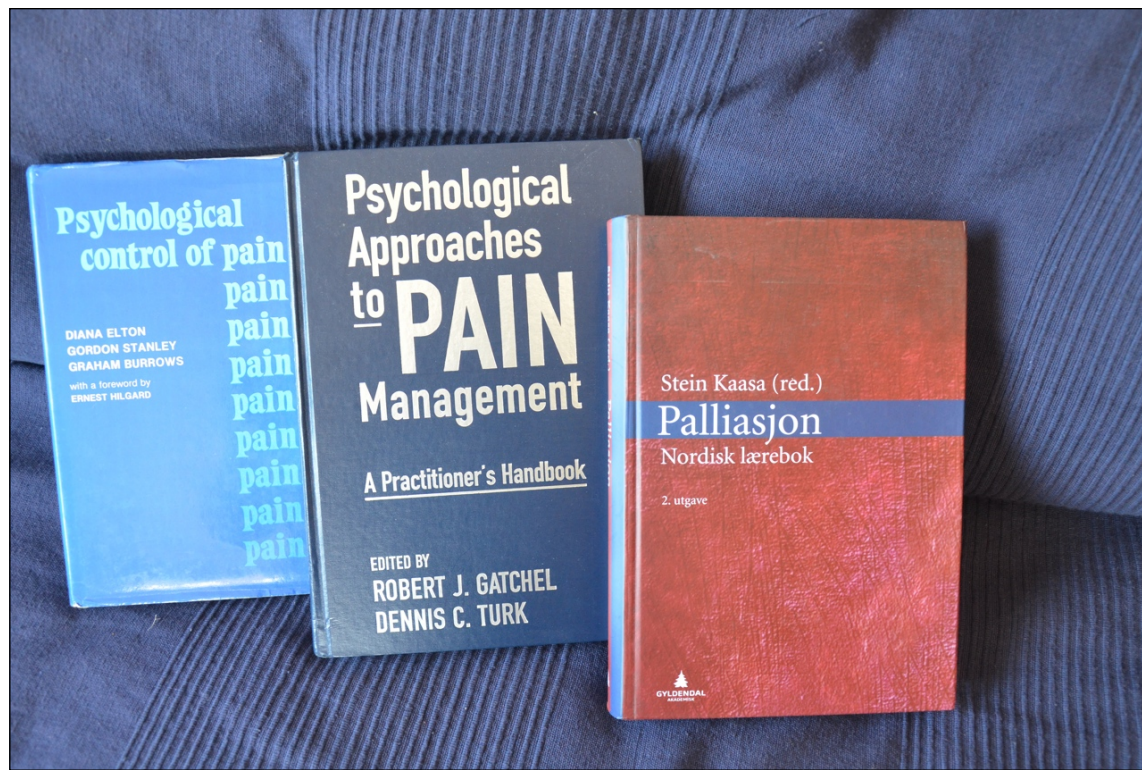
Melzack &

Modulating levels

- Peripheral
- Spinal
- Cortical
- Dissociation of sensory and affective pain using hypnosis 1999, Pain 82

PAIN AND HYPNOSIS II

- Ernest Hillgard: dissociation theory "hidden observer"
- Kiernan & Finer: R-III response
- Rainville: PET Differentiate between pain and unpleasant
- Rosén: f-MRI PET
Phantompain
Localisation
Movement
Position
Suggestion
Experience



Psychological control of pain
DIANA ELTON
GORDON STANLEY
GRAHAM BURROWS
with a foreword by
ERNEST HILGARD

pain
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Psychological Approaches to PAIN Management
A Practitioner's Handbook
EDITED BY
ROBERT J. GATCHEL
DENNIS C. TURK

Stein Kaasa (red.)
Palliasjon
Nordisk lærebok
2. utgave

GYLDENDAL

Behandling med Hypnose

Ikke spesifikk

- Avspenning, parasympatikus
- Egostøttende suggesjoner, Hartland
- Mind over body opplevelse
- Endring av oppmerksomhet

Behandling med Hypnose

Spesifikk

- Utgangspunkt i de individuelle opplevelser
- Smertekvalitet - personlige opplevelser
- Antagonistisk
- Fokus, endring av oppmerksomhet
- Forandring av S-R , ny koppling
- Observere legge merke til - disosiasjon
- Sensorisk overføring av analgesi

OPSUMMERING

- Brug tid med pasienten
- Ta gerne med fam.
- Felles forståelse
- Forsiktig individuelt tilpasset medisinerig
- Forventninger
- Realistiske mål
- Sekundær behandling
- God søvn
- Aktivitet
- Afspenning
- Sosialt liv

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