

**REFERENCES:**

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2. Kress, H, et al. (2015). A holistic approach to chronic pain management that involves all stakeholders: Change is needed. *Current Medical Research Opinion, 31*(9), 1743-1754.
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**KEY POINTS**

* Chronic pain is influenced by factors outside the realm of biomedicine
* A biopsychosocial approach allows social and psychological aspects of chronic pain to be incorporated as well as the traditional biomedical view
* Using a broader approach to chronic pain will allow for more accurate assessment, diagnosis and treatment (including the use of traditional and alternative medicines)
* The goal of chronic pain treatment must focus on improving overall well-being and function, not just pain relief

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Highlights:

* Pain management is often considered a low priority by HCPs and is under-resourced
* Chronic pain is a medical condition in its own right
* Multidisciplinary biopsychosocial approaches are needed and barriers could be addressed by improving education at the undergraduate and postgraduate levels

Highlights:

* Pain is a multidimensional health problem that requires an equally multifaceted explanation and treatment approach
* Treatment requires a combination of biological and psychosocial approaches
* Biopsychosocial approaches provide a broader scope of inquiry than traditional biomedical approaches as they allow treatment to address functional ability and overall well-being, as well as physical pain relief

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***THEME:***

***RECONCEPTUALIZING PAIN***

Highlights:

* Patients often express preference for traditional healing practices (THP) for pain-related conditions
* THP are often used to treat pain of indeterminate origin
* Patients conceptualize traditional healing as treating the underlying causes (usually of spiritual nature) rather than just acute symptoms
* THP with biomedical practices treats both the underlying causes and the acute symptoms of pain

**Selected Studies**

The concept of chronic pain must be broadened to include the biopsychosocial aspects of pain, as well as the traditional biomedical view. Chronic pain must be understood as a disease rather than a symptom of an associated condition.

**OPIOID PRESCRIBING PROJECT**

**LITERATURE SUMMARY SHEET**