

Hyperbaric Oxygen Therapy in Chronic Pain Management

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Current Pain and Headache Reports 2006, 10:95-100

Current Science Inc. ISSN 1531-3433

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Chronic pain is one of the frequently encountered clinical problems that is difficult to cure. Hyperbaric oxygen (HBO) therapy has been reported in chronic pain syndromes with promising results. In this review, we focus on the effectiveness of HBO in fibromyalgia syndrome, complex regional pain syndrome, myofascial pain syndrome, migraine, and cluster headaches. HBO may be beneficial if appropriate patients are selected. HBO is a reliable method of treatment. However, physicians performing HBO must be aware of oxygen toxicity. Another problem regarding HBO is the scarcity of centers administering it. Further research is required focusing on the optimal treatment protocol, the cost/benefit ratio, and the safety of HBO in chronic pain management.

Introduction

Pain is the most frequent symptom that causes patients to visit health institutions. Pain is a normal sensation that warns the nervous system, as the result of a chemical, thermal, or mechanical stimulus, that it needs to protect itself against a probable danger. In addition to this physiologic pain, patients also complain of pathologic pain. There are two kinds of pathologic pain: acute and chronic. Acute pain occurs immediately after illness or injury and resolves after healing. Conversely, chronic pain persists beyond the usual course of the disease and may cause intermittent or continuous pain for months to many years. Chronic pain can occur after a disease or without a known reason. The treatment of chronic pain calls for an extraordinary effort from all physicians, but satisfying results cannot be obtained in most cases. For that reason, the efficacy of several pharmacologic and nonpharmacologic methods for the treatment of chronic pain is being investigated. Many

studies have been published examining the use of hyperbaric oxygen (HBO) therapy, used as an adjunct therapy in the treatment of chronic pain in recent times [1•,2•,3-8,9•,10-15]. The aim of this review is to investigate the role and effectiveness of HBO treatment as an adjunct in chronic pain management.

Principles of Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy is defined as the intermittent inhalation of 100% oxygen in a hyperbaric chamber at a pressure higher than 1 absolute atmosphere (1 ATA = 760 mmHg, the normal atmospheric pressure at sea level) [16]. HBO therapy usually is administered at 1 to 3 ATA. Typically, the duration of HBO therapy varies from 30 to 120 minutes. The frequency and total number of HBO sessions are not standard among hyperbaric medicine centers. HBO therapy is administered using monoplace or multiplace chambers. In the former, a single patient is treated and internal pressure is raised with oxygen. Multiplace chambers permit patients to be in the pressure chamber together with health personnel. In multiplace chambers, pressure is raised with compressed air and patients breathe oxygen through masks.

Hyperbaric oxygen therapy causes mechanic and physiologic effects. The mechanic effects are linked to Boyle's law, which states that there is an inverse relationship between pressure and volume. Use is made of the mechanic effects of HBO in the treatment of decompression sickness and arterial gas embolism. Gas bubbles that form in the vein shrink with increasing pressure and, as a result, are eliminated by collapse or expulsion from the lungs. At the same time, oxygen accelerates the dissolution of bubbles by replacing the inert gasses within them. The physiologic effects of HBO are linked to the hyperoxia it gives rise to in the tissues. At one atmosphere, 97% of oxygen in the arterial blood is transported with hemoglobin in erythrocytes. The remaining oxygen is transported in dissolved form in plasma. In addition to fully saturating hemoglobin with oxygen, HBO leads to a favorable increase in the amount of oxygen dissolved in plasma. HBO at 3 ATA increases the level of oxygen dissolved in plasma from 0.3 ml/dL to 6 ml/dL [17]. At rest and with good perfusion, tissues require 5 to 6 ml/dL of oxygen. In other words, with HBO at 3

Oxygen Therapy Chronic Pain Management

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Practical Chronic Pain Management Tariq Malik, 2020-06-19 This book focuses on both the management of the pain as well as the pain patient and is formatted as a practical evidence based guide to managing chronic pain conditions It meets the market need for a reference that aides physicians in understanding and improving chronic pain in their patients Organized across 46 chapters the book begins with an introduction on chronic pain evaluation and specifically stresses the importance of complete patient evaluation including social and psychological evaluation Subsequent chapters then start with an evaluation medical and interventional options available how and when to move from one option to another and the level of evidence offered for each intervention These unique chapter elements provide the reader with a case based approach to managing their patients Additionally a brief discussion of epidemiology and pathophysiology of the disease process is included and the technical aspects of interventional techniques are reviewed Edited by a leader in the field with international contributing authors across pain medicine *Practical Chronic Pain Management* this book is written primarily for anesthesiologists pain specialists rheumatologists and primary care physicians

Evidence-Based Chronic Pain Management Cathy Stannard, Eija Kalso, Jane Ballantyne, 2011-08-26 A genuine evidence based text for optimum pain relief in various chronic conditions Contributes an important advance in the practice of pain management providing the information on which to build more coherent and standardised strategies for relief of patient suffering Answers questions about which are the most effective methods AND those which are not effective yet continue to be used Includes discussion of the positive and the negative evidence and addresses the grey areas where evidence is ambivalent Written by the world s leading experts in evidence based pain management this is a seminal text in the field of pain

Ethical Issues in Chronic Pain Management Michael E. Schatman, 2016-04-19 Specifically designed to address the needs of all specialists involved in the care of chronic pain patients this source clarifies the ethical and legal issues associated with the diagnosis assessment and care of patients suffering from long term pain Divided into five comprehensive sections this source covers a variety of topics to help the ch

Chronic Pain Management in General and Hospital Practice Koki Shimoji, Antoun Nader, Wolfgang Hamann, 2020-07-27 This book covers a range of topics from the cause and identity of pain to pain relief management Starting from the mechanism of pain it continues to pain management techniques such as nerve blocks drugs pain killers noninvasive manipulations psychological techniques and electric management before describing the management of various painful conditions such as headaches back pain extremities pain post herpetic pain or complex regional pain syndrome It also provides the format of case reports which can be used to explain management options A novel feature of the book is that it provides additional insights into how clinicians involve patients in treating their own pain through guided self assessment and self management Recent studies have revealed that pain is not only a biological alarm that warns of disease but can also be the disease itself or the catalyst of a vicious circle of pain and disease Providing rapid pain relief is often effective in

sparking the rapid recovery from various diseases This book offers the perfect guide for all clinicians not only those working at pain clinics but all those who have to treat patients who are in pain **Clinical Pain Management : Chronic Pain** Peter Wilson,Paul Watson,Jennifer Haythornwaite,Troels Jensen,2008-09-26 The second edition of Chronic Pain now covers a vast scientific and clinical arena with the scientific background and therapeutic options much expanded In common with the other titles comprising Clinical Pain Management the volume gathers together the available evidence based information in a reader friendly format without unnecessary detail an **Pain Management: A Multidisciplinary Approach, 1e (Clinics Collections)** Joel J. Heidelbaugh,2015-10-15 Clinics Collections Pain Management draws from Elsevier s robust Clinics Review Articles database to provide multidisciplinary teams including general practitioners orthopedists obstetricians neurologists gastroenterologists nurses and other healthcare professionals with practical clinical advice and insights on this highly prevalent disease and its comorbidities Clinics Collections Pain Management guides readers on how to apply current primary research findings on pain management to everyday practice to help overcome challenges and complications keep up with new and improved treatment methods and improve patient outcomes Areas of focus include physiology and general management musculoskeletal pain of the head neck upper body and lower body as well as neurologic disorders psychologic disorders and special considerations Each article begins with keywords and key points for immediate access to the most critical information Articles are presented in an easy to digest and concisely worded format Elsevier Clinics Collections provide concise reviews of today s most prevalent conditions and significant medical developments Other Clinics Collections titles available include Type II Diabetes Mellitus Asthma and Obesity *Clinical Pain Management Second Edition: Acute Pain* Pamela Macintyre,David Rowbotham,Suellen Walker,2008-09-26 Acute Pain brings coverage of this diverse area together in a single comprehensive clinical reference from the basic mechanisms underlying the development of acute pain to the various treatments that can be applied to control it in different clinical settings Much expanded in this second edition the volume reflects the huge advances that continue to be made in acute pain management Part One examines the basic aspects of acute pain and its management including applied physiology and development neurobiology the drugs commonly used in therapy assessment measurement and history taking post operative pain management and its relationship to outcome and preventive analgesia Part Two reviews the techniques used for the management of acute pain Methods of drug delivery and non pharmacological treatments including psychological therapies in adults and children and transcutaneous electrical nerve stimulation are considered here Part Three looks at the many clinical situations in which acute pain can arise and the methods of treatment that may be suitable in each circumstance whether the patient is young or old has pain due to surgery trauma medical illness or childbirth or is undergoing rehabilitation Issues specific to the management of acute pain in the developing world are also covered here **Clinical Pain Management : Acute Pain** Pamela Macintyre,David Rowbotham,Suellen Walker,2008-09-26 Acute Pain brings coverage of this diverse area together in a single comprehensive

clinical reference from the basic mechanisms underlying the development of acute pain to the various treatments that can be applied to control it in different clinical settings Much expanded in this second edition the volume reflects the huge advances that contin

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Clinical Pain Management Mary E. Lynch,Kenneth D. Craig,Philip H. Peng,2022-03-16 Clinical Pain Management Pain has many dimensions biological psychological and social All of these warrant attention in clinical management and research Despite advances in pain management and understanding chronic pain in particular continues to be a major health concern Many challenging problems persist in our efforts to understand and manage chronic pain This revised and updated second edition of Clinical Pain Management A Practical Guide draws attention to the challenges that exist for people living with chronic pain conditions for the clinician trying to provide effective management of the patient s pain for the scientist seeking to unravel the mechanisms underlying pain and for society as a whole This book offers the opportunity for clinicians to improve their knowledge about pain and apply that knowledge for the benefit of their patients This second edition has built upon the first edition which was distinctive in its integration of the clinical psychosocial and basic science topics related to the different types of pain and their management With up to date information throughout the 44 chapters of this second

edition this book provides a valuable resource about pain from a variety of perspectives Clinical Pain Management A Practical Guide Second Edition will be particularly valuable not only for clinicians to help them assist with their patients experiencing an acute pain or suffering from chronic pain but also for scientists who wish to gain more insights into these pain conditions and their underlying processes *Symptom Oriented Pain Management* Dwarkadas K Baheti, Sanjay Bakshi, Sanjeeva Gupta, Raghubir Singh P Gehdoo, 2017-05-31 The new edition of this comprehensive guide has been fully revised to provide clinicians with the latest advances in symptom oriented pain management Divided into fifteen sections the book begins with an overview of acute and chronic pain clinical examination and evaluation and imaging modalities The following chapters discuss different types of pain including neck pain low back pain cancer pain neuropathic pain scar pain and more Techniques for accurate diagnosis of aetiology are explained in depth The final sections describe pain management techniques including physiotherapy psychotherapy and allied therapy A complete section is dedicated to challenging cases such as phantom limb pain and restless leg syndrome Edited by internationally recognised experts in the field this second edition is highly illustrated with clinical photographs and diagrams Previous edition 9789350257975 published in 2012 Key points Fully revised new edition presenting latest advances in symptom oriented pain management Complete section dedicated to challenging cases such as phantom limb pain and restless leg syndrome Edited by internationally recognised experts in the field Previous edition 9789350257975 published in 2012 Complementary Therapies for Pain Management Edzard Ernst, 2007-01-01 Pain is the single most common reason for patients to consult a CAM practitioner This essential new book provides concise evidence based information on complementary and alternative medicine CAM in relation to pain Each section has a clear and accessible design to enable quick decision making and includes an analysis of the most up to date research available Provides a single authoritative reference source on CAM for pain for healthcare professionals Takes a systematic and evidence based approach Offers concise information on CAM diagnostic methods and treatments for pain Summarises clinical trial data on the effectiveness of CAM for specific areas of pain Alerts readers to areas where CAM may present risks Weighs the benefits and risks of each CAM treatment in relation to pain Includes CD ROM for easy searching of the text **Deer's Treatment of Pain** Timothy R. Deer, Jason E. Pope, Tim J. Lamer, David Provenzano, 2019-08-01 Designed and written by a team of clinically established academics this is a unique book that is an excellent manual for physicians practicing pain medicine or treating pain in neurosurgery orthopedic neurology or family practice clinics As a practical resource this book is written to be more accessible to the reader and is designed to be more clinically focused and useful in day to day practice This 102 chapter volume is divided into seven separate sections Anatomy and Physiology of Pain Psychology of Pain Pharmacological Treatment of Pain Interventional Treatment of Pain Adjuvant Therapies for Pain and Suggested Reading The calculated organization of this book is supplemented by key photos drawings and a self assessment of four key questions at the end of each chapter thus making it an indispensable pragmatic resource that will benefit anyone

working in the pain management field Deer's Treatment of Pain An Illustrated Guide for Practitioners contains pearls for improving knowledge and improving one's practice as a physician *The Royal Marsden Manual of Clinical Nursing Procedures, Student Edition* Sara Lister, Justine Hofland, Hayley Grafton, Catherine Wilson, 2021-04-13 The student edition of The Royal Marsden Manual of Clinical Nursing Procedures has been the definitive market leading textbook of clinical nursing skills for fifteen years This internationally best selling title sets the gold standard for nursing care providing the procedures rationale and guidance required by pre registration students to deliver clinically effective patient focused care with expertise and confidence With over two hundred detailed procedures which reflect the skills required to meet The Standards of Proficiency for Registered Nurses NMC 2019 this comprehensive manual presents the evidence and underlying theory alongside full colour illustrations and a range of learning activities designed to support student nurses in clinical practice Loved and trusted by millions The Royal Marsden Manual of Clinical Nursing Procedures Student Edition continues to be a truly indispensable textbook for students and includes coverage of patient assessment and discharge planning communication infection prevention and control perioperative care wound management nutrition diagnostic testing medicines management and much more Learning features in this revised tenth edition include Learning outcomes summarise the focus of the information in each chapter Learning in practice asks you to consider issues within your practice environment Case studies provide learning around a particular patient scenario Clinical applications ask you to consider how you would apply your knowledge to a clinical situation Stretch activities challenge you with more nuanced advanced issues to reflect upon Many of the features in the book are relevant to trainee nursing associates especially when used in conjunction with supervision from academic and clinical teachers A companion website to this title is available at www.royalmarsdenmanual.com/student10e

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management for all those requiring a practical knowledge of process and treatment The book's highly practical approach makes it an ideal reference for every member of the multi disciplinary team treating the patient whether in post operative recovery ITU or on the ward

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