



Shefa Neuroscience Research Center



**Inter-disciplinary Pain Center**

# دردم از بار است و درمان نیز هم



## Handout for the patients referring to Shefa multi-diciplinary pain clinic

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**P**ain is one of the most prevalent causes which impels patients to refer to the physician and accompanies mankind from the primary spot of creation. In fact, it is pain that conducts patient to the physician and directs physician to the diagnosis. Nevertheless, pain is still an unsolved problem in some cases especially when the pain appears,

not only as a symptom of a disease, but also as an absolute illness which disturbs drastically quality of life.

In such patients, we need specific knowledge and skill to diagnose and cure disease. Pain disease is closely related to variant factors and causes such as physical, mental, psychic, emotional, familial, social, occupational problems.

This booklet contains some information to help you regarding the pain concept, different types of pain and variant causes and reasons, beside introduction to the Multi-specialty pain clinic services.

## Index

About pain and different kinds of pain .....	3
Pain disease .....	5
Multi-specialty approaches .....	7
Multi-specialty pain clinic services .....	9
The admission process .....	12
Diagnostic-therapeutic facilities of the clinic .....	14
Address and work time hours .....	17
Cooperative scientific centers .....	19





## Hakim Avicenna:

Pain is a negative feeling and there are two exclusive factors which causes it. The first kind of pain changes health condition instantly and the second kind disports adherence.



The International Association for the study of pain (IASP) defines pain as "an unpleasant sensory and mental experience associated with an acute or potential tissue damage or even imagination of such damage".

## Types of pain

Pain can be divided into three categories based on exact time of onset, cause, its duration and development.

1. Recent pain (Acute)
2. Old pain (chronic)
3. Pain disease



## 1. Recent or Acute pain:

Acute pain begins suddenly and has specific characters.

- Informs us of an acute or potential tissue damage in one of the body parts.
- It is a sign of a disease in the body.
- It is a symptom of a dysfunction in one of the organs of the body.
- It makes fear. This fear conduct patient to physician and direct physician to the diagnosis.

In fact, this kind of pain is a friendly alarm and great blessing.

## 2. Old or chronic pain:

Chronic pains have the same quality as acute pains but they last months or years. Sometimes, chronic pain starts intensively over and over and can cause patients to suffer. Some of the specific characters of this kind of pain include:

- this kind of pain usually does not change its location and does not spread.
- In fact chronic pain warns that the main cause of acute pain has not yet eliminated.
- chronic pain makes it easy to start pain disease.
- Include some physical and emotional effects such as depression, exhaustion and insomnia.





### 3. Pain disease:

Sometimes, pain may not originate from specific illness, but it is an independent phenomenon which remains active and can affect all aspects of patient's life borderlessly .In such cases, pain do not have a specific cause or sensible reason. Therefore, it's pretty hard to find a treatment .Moreover, this kind of pain is not pacifiable easily and patients find it hard to cope with the pain during day or even at night. This pain is an evolving monster that takes over patient's body and soul and turns his or her life unbearable. Actually, pain is transformed to an independent disease.

In the pain disease, pain has an independent nature and cause which is separable from physical ones.

Acute pain may also cause pain disease. If acute pain does not be diagnosed or cured in time, it will be recurrent over and over: even may go more intensive and diffuse gradually.

If the process continues, pain turns to pain disease. This process makes it extremely hard for the patients to tolerate pain.

Hence, one of the most significant duties of the physician, especially pain physician, is to try to diagnose acute pain in time and treat its causes correctly.



## What to do?

As said before, pain disease is a special and complicated phenomenon which influences various aspects of patient's life.

The only way to recognize and conquest pain is cooperation of an efficient team of specialized physicians in different fields of medicine.

This is the best way to use the knowledge and skills of many specialized physicians to recognize various aspects of pain disease and select the most appropriate way to cure patients. In fact, the most efficient way for diagnosis and treatment in pain disease is that benefit from knowledge, proficiency and experiences of every person in the team.



# People altogether, know everything.

Hakim Bozorgmer (Iranian great philosopher)

We have defined pain from the medicine's point of view. The point is that human's body face the pain so many times in their life time, but everybody feels it in the way that is special for him /her. In fact, every person experiences pain exclusively and feel it in a unique way. A sense that is memorized for himself/herself and nobody can perceive pain in this way.

Therefore, no physician, no matter how much skill full, can feel or understand patient's quote about his or her pain lonely,. In other word, it is not possible for a physician who is specialized in every field of medicine, to perceive various types of pain experiences with different causes along with other social, cultural, mental and psychical abnormalities and analyze them. As a result, it is a difficult affair to deal, with and we need a team of physicians of different specialities to work together and the ultimate result of their consultation is the multi-disciplinary treatment of pain that patient benefit.





*We hope patients cooperate with us to fight against pain.*  
*We hope patients cooperate with us to fight against pain.*

It is obvious that experience and specialty of every person in the team is valuable in the process of prognosis and treatment of pain disease, but it is not possible to do this without patient's cooperation. In fact, one of the most essential principles in curing disease is that patient need to cooperate in a friendly and honestly manner with medical team.

It is clear that cooperation occurs when patient and medical team trust each other thoroughly. This happens while everybody in the team can understand patient and perceive his/her problem. In other hand patient need to believe physicians and trust their ability and sympathy.

The Patient should know about the process of diagnosis, treatment and physician's thought. Moreover .he/she is eligible to be aware of medicines, prescription and other medical or non medical facilities which are prepared to cure his/her disease.

Unfortunately, some of the cultural abnormalities, fallacious traditions, which are common in the society, virulent experiences in the past, family beliefs and irregular compliments hamper communication and trust between people. If a patient from anywhere in the world, believe the physician's honesty and compassion, this person can trust indefinitely. We are trying here to establish immense trust with our patients.



Statistics show that about 1-2 percent of population in the developed countries refer to pain center complaining of pain each year. These centers begin therapy through hospitalization or other measures to diagnose and cure disease.

Unfortunately, accurate statistics are not available regarding pain disease for our patients in our country .Bear in mind that firstly it takes a long time to diagnose other disease accompanying pain in our country, secondly stress and social pressure is difficult to counter and finally there is a lot of handicap war victims and disabled people in natural disasters there are many patient that suffer from pain disease in our country who are tackling their pain.

For these reasons ,Shefa pain clinic begins to cure patients in any stage of disease and physicians specialized in pain, Anesthesia, Neurosurgery, internal medicine, Orthopedics, Psychology, Psychiatry, social work, Physiotherapy, Acupuncture and sport therapy examine and treat patients at the same time.

*The innate reason for any pain is  
separation of the union.*

*Galen (Ancient Greek physician)*





## Curable pains in multi-disciplinary pain clinic

Different kinds of pains, which are curable in multi-disciplinary pain clinic, can be divided to these categories:

- pain in the organs and joints
- Spine and waist pain
- Headache (Migraines, Tension headache or Stress headache)
- pain originating from physical damages or Trauma (accidents, unexpected events, and casualties).
- Pain after surgery
- Phantom pain (Limb pain after amputation)
- Pain originating from brain, nerve, and spinal cord damages)
- Cancer pain
- Pain originating from vascular diseases & circulatory disorders
- Pain originating from pelvis, urinary system, and genital system.







Shefa Multi-disciplinary pain center, is the first multi-disciplinary research center in Iran which has been established using the approaches in the developed countries, explore to understand and cure the pain disease.

In this clinic, we are trying to provide team-based treatment and benefit from the well-known professional specialists and experts in the areas of neurosurgery, internal medicine, neurology, psychiatry, orthopedics, urology, rheumatology, nephrology, anesthetics, acupuncture, sports therapy, physiotherapy and psychology.

One of the most significant approaches of the clinic's managers and our co-workers is to prepare developed medical and non medical equipments and facilities for patients and more importantly creating a friendly environment and smoothing atmosphere in order to maintain trust between patients and health care providers, to dedicate honestly and compassionate care for them.

# Shefa pain center admission process

## **Outpatient clinic:**

The first step is to refer to outpatient clinic. In this stage patients will be examined exactly by the physician following initial documentation. That means in the first place the physician interview the patients to collect informations about their medical history, reason of referring and other medical records and then physical or clinical examination which is the process to be done by a doctor to investigate the body of a patient for signs of disease.

## **Day care ward (Day-Clinic):**

when a patient requires more diagnostic effort and medical interference we have to hospitalize him or her in the day care ward. Some of the services provided by clinic in this ward include: detailed assessments of disease, visit by specialist doctors, nerve block used in treatment of patients with local pain and to evaluate how much our effort to control pain is effective during hospitalization.

## **Pain disease Inpatient unit:**

This ward focuses on providing patients with critical pain care, advanced diagnostic, therapeutic measures, surgeries, observed care.





In the case of complicated patients, pain teams have to organize meetings with the patient present.

In these meetings, Multi-disciplinary pain team evaluates patient's medical documentation and the result. The professional specialty team applies all members to find the cause of disease and make decision.

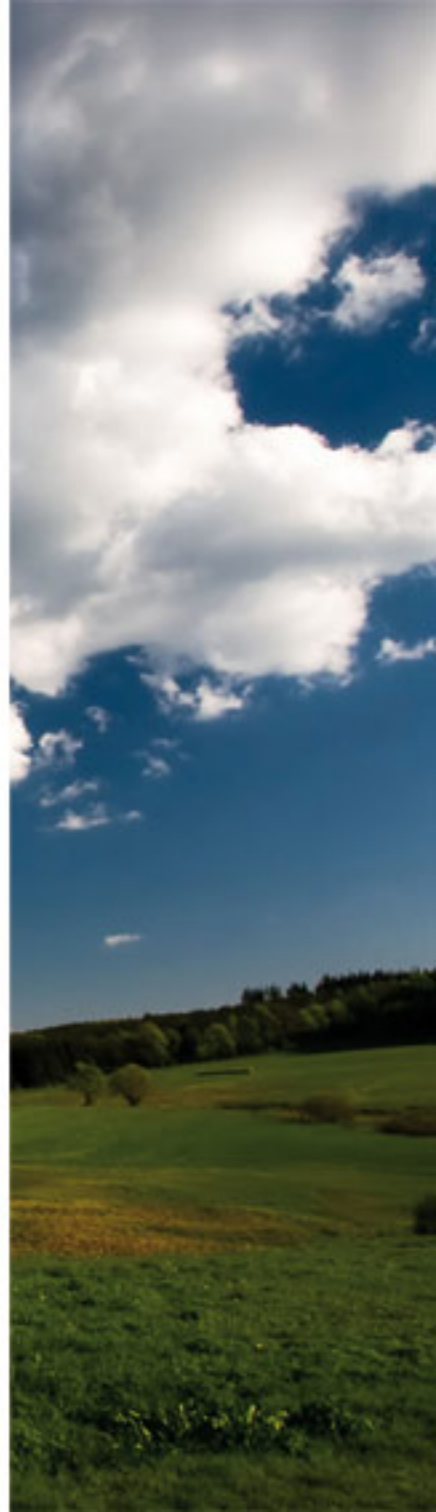
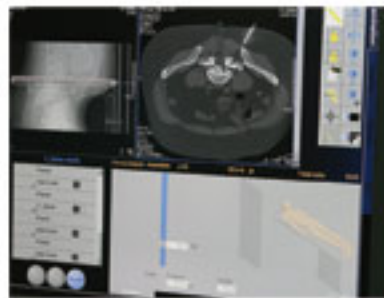
After completing diagnostic process, patient will be referred to some other physicians in the specialty and sub-specialty clinics in the areas of neurosurgery, neurology, internal medicine, rheumatology, urology, nephrology and Orthopedics in the khatam-al-anbia hospital in Tehran.





## Diagnostic and Treatment Facilities of center

1. Medical specialist team work
2. Utilizing advanced medical and non medical facilities in the Khatam-al-anbia hospital in Tehran.
3. Cooperation with other specialities in the hospital in various medical disciplines.
4. Direct availability of modern diagnostic and therapeutic equipments and operation rooms.
5. Diagnostic-therapeutic blocks and Neurolysis under guidance of C.T.Scan, C-ARM and Fluoroscopy.
6. Nerve block with cryolysis machines and Radio frequency.



7. Patient assessment and diagnostic and therapeutic measures to manage pain in the Day clinic or in the pain ward if it is necessary for him/her.
8. Contriving intrathecal drug pumps beside charging and controlling them constantly.
9. Implanting DCS (Dorsal Colum stimulator) device.
10. Using complementary medicine like Acupuncture, and sports therapy.
11. Using Biofeedback techniques in psychotropy.
12. Utilizing of CSF flowmetry, F-MRI, 3Tesla MRI, CT Scan, digital radiography, CT-Myelography for diagnostic evaluations
13. Employing thermo graphic method to diagnose pains originating from sympathetic nervous system





14. Diagnostic consulting net work with Freiburg's pain clinic, saint Josef clinic in Germany supervised by Professor Mohsen Mohadjer (Video Conferencing)

15. Organizing weekly training session in relation with some new and important findings in the area of pain disease. (Journal club)

16. Holding annual congress, training workshops and consulting with other prominent professors in the Fryeburg's university in the different subjects relating patients constantly.





# Address and clinic hours



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[www.shefaneuroscience.ir](http://www.shefaneuroscience.ir)



## Cooperation science centers include:



1. Pain Multi-specialty center, university of Freiburg, Germany
2. Pain, psychological, psychiatric center, Saint Josef Hospital, Germany
3. International Association for the study of pain (IASP)
4. Iran Association for the study of pain.
5. Departments of pain and Anesthesia, university of medical Science, Tehran and Shahid Beheshti University

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اتحاد بهلول درد آرزوی ما

بهلول





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