

Straumann® CARES® CAD/CAM

[About Dental Tubules](#) [How to advertise](#) [Contact us](#)

Search site

The Right to be Pain Free The Right to be Pain Free

By Michael Sultan - 27/11/2011

0 comments

12 views

No votes yet

Dr Michael Sultan of Endocare starts his column for [dentalintubules.com](#). In the first article Dr Sultan talks about pain and the role of the dental professional in relieving our patients in pain.

To read future articles from Dr Sultan, access his series page by [clicking here](#)



Pain is defined by The World Health Organisation as "an unpleasant sensory or emotional experience associated with actual or potential tissue damage, or described in terms of such damage".

While recognising its existence, what the WHO doesn't mention is that pain is, of course, entirely subjective which is one of the reasons why it is such a challenge and a major global public health issue. We probably know far more about pain and its treatment than ever before yet there is a disconnect between having that knowledge and using it to treat and manage pain.

I believe passionately that dental professionals in general and endodontists in particular, should commit to the right of every patient to be free of pain and, through our work as compassionate professionals, to understand acute pain management if we are to provide real health and emotional benefits for our patients.

We are approaching the end of the 'Global Year Against Acute Pain', during which time the International Association for the Study of Pain (IASP) published a paper that points to inadequate education of healthcare practitioners as one of the main reasons for underestimating the seriousness of, and failing to recognise treatment options for, acute pain [1]

It is clear therefore that, despite huge advances in a vast array of sophisticated medical and non-clinical treatment options, we are part of the problem so we must become part of the solution.

By increasing our own awareness and understanding of the issues surrounding the assessment and treatment of acute pain, we can in turn, help educate our colleagues in the use of anaesthetics and analgesics so they are better placed to offer information and help to their patients, many of whom are reluctant to use painkillers for fear of unpleasant side effects or even, addiction.

Pain is both physical and emotional which is why it is fundamentally important to recognise that it is subjective and that different people will have different pain thresholds and indeed, vastly different capacity to deal with it. Interestingly, the Australian and New Zealand College of Anaesthetists (ANZCA) puts at the very top of its list of a statement on Patients' Rights to Pain Management [2]. "The right to be believed, recognizing that pain is a personal experience and that there is a great variability among people in their response to different situations causing pain"

Acute pain is the awareness of noxious signals from damaged tissue and is complicated not only by sensitisation in the periphery but also by changes in the central nervous system. Someone's emotional state can often have a significant influence on pain and increase the level of distress and impact on quality of life. Pain is hugely debilitating and makes life extremely miserable for millions of people every day and there are many underlying cultural, economic and social reasons that should also be taken into consideration. [3]

I firmly believe that the dental profession must work with the government, policy makers and campaigners to ensure that every patient has access to pain free dentistry which in some cases will mean NHS patients receiving treatment from private dental specialists, an issue raised by the Steele report's [4] suggestion that poorer patients are forced to settle for extractions and dentures rather than tooth preservation and that root canal treatments are the preserve of the rich. While there is no legally enshrined right to be pain free, there are those who believe that

NSK
New eBrochure now available!
Take a look at the latest offers from NSK as well as some great new products including the superior new Ti-Max Z Series contra-angles.
Download the latest issue here!
0800 6341808 www.nsk-uk.com

Carestream DENTAL
STERITRAK
keeps track of instruments throughout the cleaning and sterilisation process
CQC Outcome 8 compliance made easy

Medi-States
FREE On-site Practice Appraisal
UK's Leading Dental Practice Sales Broker

Use Reminder Texts To Drive Patients To A Mobile Website
Provide offers and info on private services to discuss at their appointment
WorkFlows
Mobile Websites For Your Business



the internationally established and recognised rights to health include that by implication and inference. We can at least encourage greater awareness, better education and knowledge sharing as well as raising patient expectations to be pain free

[1] Global Year Against Pain Fact sheet *Why the Gaps between Evidence and Practice?*

<http://www.iasp-pain.org/Content/NavigationMenu/GlobalYearAgainstPain/GI...>

[2] <http://www.anzca.edu.au/resources/professional-documents/ps45.html>

[3] www.pain-initiative-un.org/doc-center/.../pain-cult.pdf

[4] http://www.dh.gov.uk/en/Healthcare/Primarycare/Dental/DH_094418 page 57ff (accessed 03.02.2011)

About the author

Author Dr Michael Sultan BDS MSc DFO is a specialist in Endodontics and the Clinical Director of EndoCare. Michael qualified at Bristol University in 1986. He worked as a general dental practitioner for 5 years before commencing specialist studies at Guy's hospital, London. He completed his MSc and in Endodontics in 1993 and worked as an in-house endodontist in various practices before setting up in Harley St, London in 2000. He was admitted onto the specialist register in Endodontics in 1999 and has lectured extensively to postgraduate dental groups as well as lecturing on Endodontic courses at Eastman CPD, University of London. In 2008 he became clinical director of Endocare a group of specialist practices.

For more information about EndoCare please call 0844 8932020 or visit www.endocare.co.uk



No votes yet

0 comments

Your name:
Enca Kilbum

Comment:

Notify me when new comments are posted

[Click here to comment](#)

Making Life EASIER!

Henry Schein Minerva provides everything you need to run a successful practice.



Tel: 08700 10 20 43
www.henryschein.co.uk



marketing that **delivers**

- digital marketing
- website design
- payment plan marketing material
- newsletters
- patient testimonials
- referral packs & cards
- patient reviews
- advertising CPD
- promotional kits
- promotional products

01642 206106 | www.designardental.co.uk

Our clients include: Best Marketing 2010 (Dentistry Awards) Best Marketing 2009 (Private Dentistry & Dentistry awards)

training with the **buzz factor**

Effective marketing campaigns will get your practice going, however opportunities are often lost to the competition unless they understand how to take the right decisions or communicate effectively.

Release the full potential within your practice

Call Tracy Stuart on 07782 220038 or email tracy@designerdentaltraining.co.uk

www.designerdentaltraining.co.uk

One Year Restorative Dentistry Course
from £349+VAT p/day

Manchester / Leeds & London
6 Hrs CPD p/day.

T: 0161 602 3128 | **TIPT N TRAINING**