

Shallow Somatic Pain Table

Shallow (Superficial) Somatic Pain

Physiology (site of pain stimulus)	Clinical Example	Quality Descriptors	Associated Signs	Localization	Treatment
Skin	sunburn minor radiation burn IV, central line sites	burning sharp, prickling stabbing, zinging sore aching	skin tenderness swelling, redness, heat hyperalgesia (exquisite sensitivity)	Well localized easy to "point to"	Keep skin clean. Protect sites with topical creams and protective dressings as appropriate and ordered. NSAIDs or acetaminophen for mild to moderate discomfort Opioid for moderate to severe pain Consider topical anesthetic or topical opioids
Subcutaneous tissue	cellulitis shallow wounds, ulcers herpes zoster (shingles) S/E Radiation treatment to rectum, colon, prostate, uterus (irritation of rectal, bladder, gynecological, urethral tissues) surgical incisions feeding tube sites				
Mucous membranes	stomatitis, mucocitis, esophogitis herpes simplex (cold sore)				

