

# Types of Pain

Pain Origin	Clinical Example	Quality	Localization	Treatment
<p><b>VISCERAL</b></p> <p>Organs, Organ capsule or covering; lining; Connecting and supporting structures</p>	<p>Tumor invasion</p> <p>Obstruction (of ureters, colon, gastric outlet, gall bladder etc.)</p> <p>Bladder, GI distention or spasms, colic</p> <p>Angina, pancreatitis, appendicitis</p>	<p>Cramping</p> <p>Stabbing</p> <p>Deep and throbbing</p> <p>Squeezing</p> <p>Pressure</p> <p>Heaviness</p> <p>Sharp</p> <p>Intense</p> <p>May have pattern of escalating intensity or waves of pain</p>	<p>Diffuse</p> <p>hard to localize</p> <p>Sometimes radiating or referred to other non-visceral structures</p>	<p>Opioids</p> <p>+/- NSAIDs or acetaminophen</p> <p>Dexamethasone for distention/obstruction to reduce inflammation and tumor burden</p>
<p><b>SOMATIC</b></p> <p>Skin; Subcutaneous tissue; Mucous membrane</p> <p>Joint capsules</p> <p>Connective tissue</p> <p>Fascia, Muscle</p> <p>Bone</p>	<p>sunburn</p> <p>minor radiation burn, IV sites</p> <p>Cellulitis, shallow wounds, ulcers</p> <p>herpes zoster (shingles)</p> <p>irritation of rectal, bladder, gynecological, urethral tissues</p> <p>incisions</p> <p>stomatitis, mucocitis, esophogitis</p> <p>herpes simplex (cold sore)</p> <p>arthritis; musculoskeletal pain; tendonitis, bursitis; gout, Lupus, fibromyalgia</p> <p>incisional pain, muscle sprain, deep skin wounds, tumor erosion in supportive structures</p> <p>Bone metastasis</p> <p>Pathological bone fracture</p>	<p>burning</p> <p>sharp,</p> <p>prickling</p> <p>stabbing, zinging</p> <p>sore</p> <p>aching</p> <p>aching, deep,</p> <p>cramping, throbbing</p> <p>constant, dull and gnawing</p>	<p>Well localized</p> <p>easy to "point to"</p> <p>less well localized</p> <p>Sometimes radiates to adjacent area (ie: sprained ankle)</p>	<p>NSAIDs or acetaminophen for mild to moderate discomfort</p> <p>Opioid for moderate to severe pain</p> <p>Consider topical anesthetic or topical opioids</p> <p>*NSAIDs</p> <p>acetaminophen</p> <p>+/- opioids</p> <p>(+/- dexamethasone for bone pain)</p>
<p><b>NEUROPATHIC</b></p> <p>Central, peripheral nerves</p>	<p>Peripheral Neuropathy (diabetes, HIV, chemotherapy, radiation treatment)</p> <p>Neuralgia (PHN, Trigeminal neuralgia)</p> <p>Spinal cord compression</p> <p>plexopathy</p>	<p>Stinging, burning, crawling, aching, pins and needles, tingling</p> <p>Paroxysmal, stabbing, shooting, allodynia,</p> <p>Intense, radiating, severe</p>	<p>Stocking/glove pattern</p> <p>Radiating, travels along nerve</p> <p>Radiates down nerves</p>	<p>TCA</p> <p>+/- anticonvulsant</p> <p>+/- opioid</p> <p>+/- corticosteroid, XRT</p>