

Overview of Acute Pain

WHAT IS ACUTE PAIN?

Acute pain is a sudden and sharp onset of pain. It can result from¹⁻⁴:



Surgery

Eg, bunionectomy, dental procedures



Trauma

Eg, burn, musculoskeletal injury (broken bone, ankle sprain), neural injury



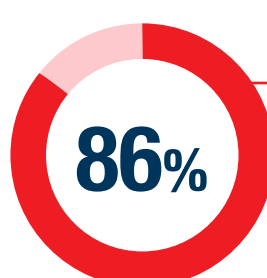
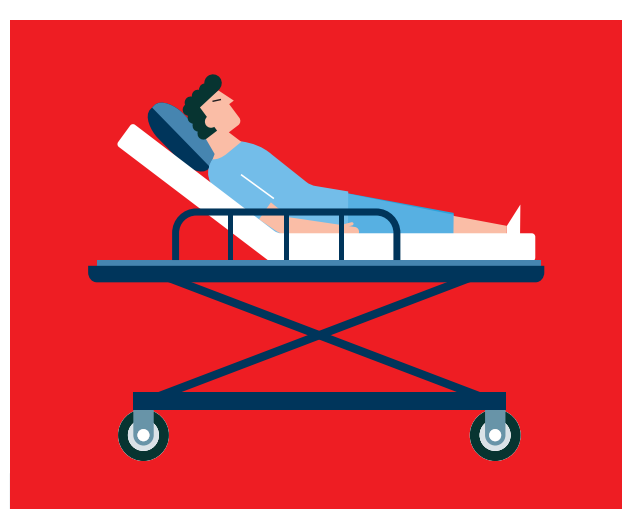
Medical Illness

Eg, infections (wound, bacterial), kidney stones, migraine

- Acute pain usually comes on suddenly and gradually resolves when the underlying cause (eg, injury or medical condition) is resolved^{5,6}
- It is considered a protective mechanism against further injury⁵
- Acute pain commonly lasts **7 or fewer days or as long as 30 days**^{5,6}
- The most common type of acute pain is low back pain, according to the US Centers for Disease Control and Prevention (CDC)⁷

ACUTE PAIN IMPACTS MILLIONS OF PEOPLE EACH YEAR⁸

Acute pain is very common, impacting almost everyone at some point during their lifetime

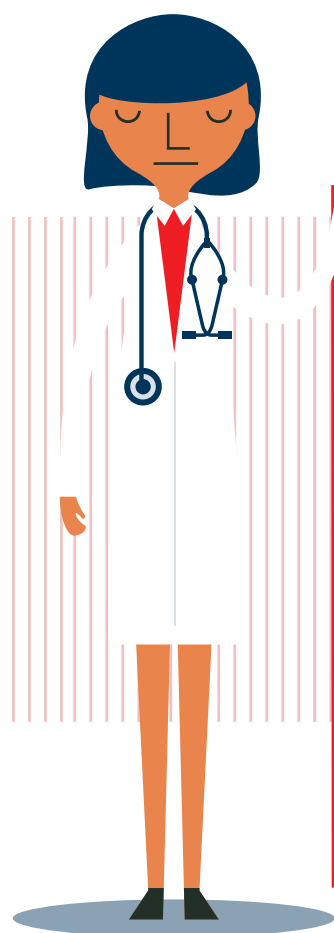


of the US population undergoing surgery experiences acute postoperative pain⁹

>70%

of emergency department visits are related to acute pain¹⁰

ACUTE PAIN PRESENTS CHALLENGES TO HCPs AND PATIENTS



- For patients, **acute pain can cause a significant burden**, especially when it is not well controlled. Uncontrolled pain can affect many systems throughout the body, including the central nervous, cardiovascular, pulmonary, gastrointestinal, renal, immune, and muscular systems¹¹
- **Acute pain can be complex to treat** and can lead to a number of negative consequences¹²:
 - o Increased morbidity
 - o Risk of developing chronic pain
 - o Impaired physical function
 - o Slowed recovery
 - o Reduced productivity⁵

CURRENT TREATMENT FOR ACUTE PAIN INVOLVES NONPHARMACEUTICAL AND PHARMACEUTICAL TREATMENTS



Restorative therapies—occupational and physical therapy and transcutaneous electrical nerve stimulation (TENS)



Behavioral health approaches—behavioral and cognitive therapies



Various classes of medicines—opioids (eg, buprenorphine, codeine, hydrocodone, morphine, oxycodone, tramadol) and nonopioids (acetaminophen, gabapentinoids, nonsteroidal anti-inflammatory drugs [NSAIDs])

- The treatment of acute pain includes both pharmaceutical and nonpharmaceutical regimens and typically follows a stepwise approach depending on the severity¹³
- Current treatment guidelines for acute pain from leading medical societies, including the American Academy of Pain Medicine,¹⁴ recommend an approach involving combinations of different components¹⁵:
 - o Interventional procedures—nerve blocks and epidural steroid injections
 - o Complementary and integrative health therapies—acupuncture, massage, and yoga

Physicians need new options to treat patients suffering from acute pain who are not benefiting from existing therapies.

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