
CLINICAL TIPS AND PEARLS



Clinical Tips and Pearls

- The most common type of chest pain is from myocardial infarction.
- The most common type of abdominal pain is urinary colic.
- Visceral pain emanates from internal organs.
- Visceral pain is poorly localized and can be referred somatically.
- Visceral pain can be caused by stretching, hypoxia, or inflammation.
- Visceral pain is usually nociceptive only, but can be mixed pain with neuropathic components.
- Pain hypersensitivity is the dominant feature of visceral pain.
- Use a multimodal approach to clinical assessment and with attention to red flags and consideration of psychological and physical symptoms.
 - Focus should be placed on determining the possible cause of the underlying pain.

Clinical Tips and Pearls

- Psychological assessment is important in the investigation of visceral pain.
- Visceral pain may be accompanied by autonomic features. Always look for autonomic symptoms.
- Visceral pain is associated with a number of comorbidities.
- Visceral pain has a negative impact on a patient's quality of life.
- Acute abdominal pain could be due to zona with radiating pain.
- Treatment of visceral pain should be pain and disease specific.
- Chronic visceral pain should always be treated using a multidimensional approach.
- There are no standard approaches for the management of visceral pain.
 - Effective management may include a combination of pharmacological and non-pharmacological treatments.

Clinical Tips and Pearls

- Use tricyclic antidepressants and opioids with caution in patients with irritable bowel syndrome (IBS).
 - Acute visceral pain occurs with surgery.
 - Treat the pain, and don't hesitate to refer the patient to a pain specialist.
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