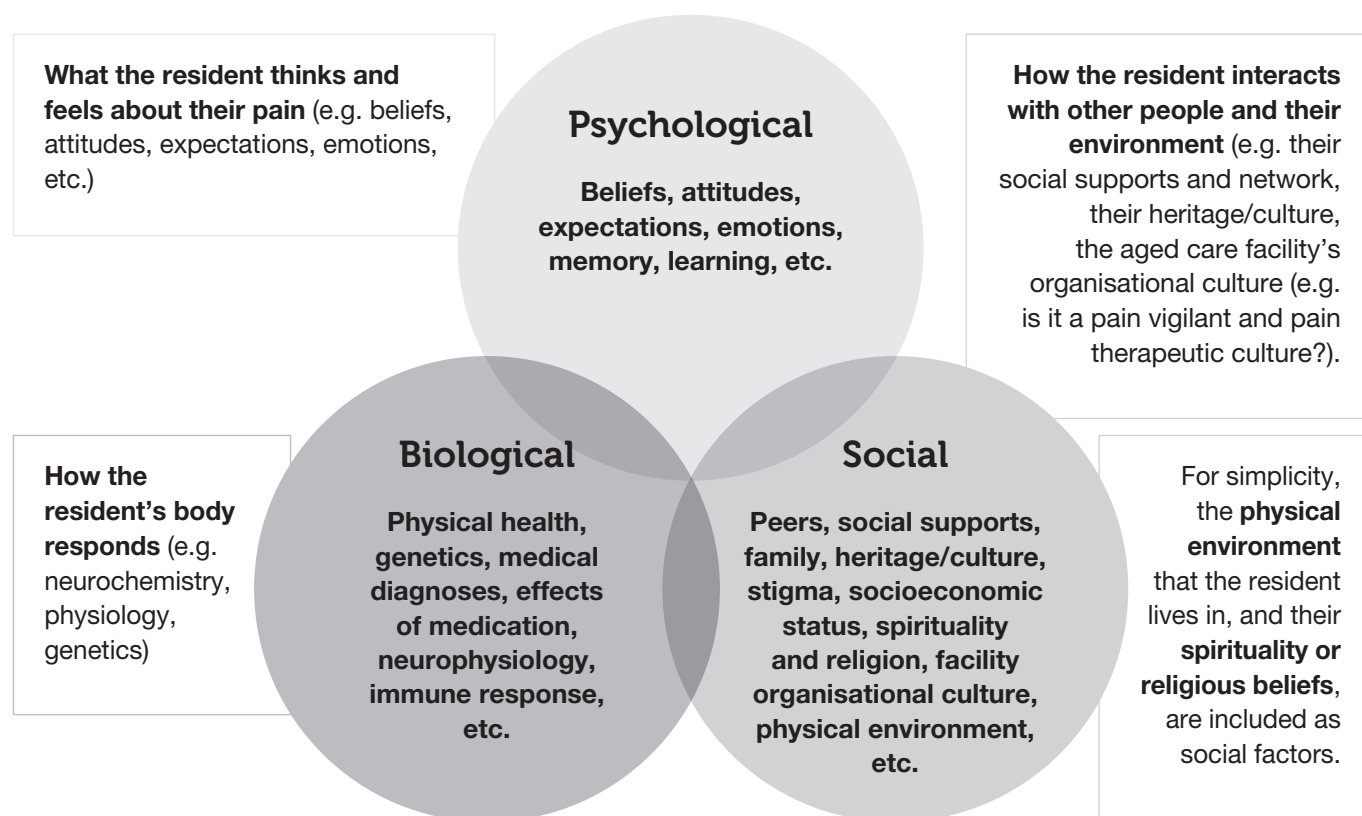


# The bio-psycho-social model of pain

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Pain is more than just a sensation or a symptom. Pain is an intensely personal experience. Like any experience, pain is influenced by our emotions, thoughts, beliefs, relationships, and environment. Considering how chronic pain has impacted a person's life is very important.

**It is essential that managing chronic pain is embedded in a person-centred approach that goes beyond medical diagnoses.**



These areas are all opportunities for pain treatment or may be protective from experiencing greater pain or worsened disability or loss of function.

These three dimensions, the **biological, psychological, and social** all interact and all should be considered in pain management approaches.

For example, pain management approaches (including identification, assessment, treatment and monitoring/evaluation) should involve working with the resident's family or carers (i.e. their **social** support system), should consider and address **psychological** factors (e.g. cognition, beliefs and attitudes about pain), and should consider and address all **biological** or physical conditions comprehensively.

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