

Identifying Physical Pain Types

Type Of Pain	Location	Description Of Pain	Examples	Possible Treatments
Nociceptive: Superficial Somatic	<ul style="list-style-type: none"> • Skin and mucosa • Upper GIT and anis 	<ul style="list-style-type: none"> • Burning, stinging or sharp pain • Usually constant • Well localised pain 	<ul style="list-style-type: none"> • Lesions • Ulcers • Pressure sores 	<ul style="list-style-type: none"> • Non-opioid analgesia • Opioids and NSAIDs • Non-pharmacological interventions: <ul style="list-style-type: none"> – CBT – Heat – Topical preparations
Nociceptive: Deep Somatic	Muscles, joints and bones	<ul style="list-style-type: none"> • Aching, gnawing pain • Generally well localised 	<ul style="list-style-type: none"> • Osteoarthritis • Fractures 	<ul style="list-style-type: none"> • Non-opioid analgesia • Opioids and NSAIDs • Non-pharmacological interventions: <ul style="list-style-type: none"> – CBT – Heat – Exercise
Nociceptive: Visceral pain	Abdominal and thoracic organs	<ul style="list-style-type: none"> • Deep, cramping, squeezing pain • Sometimes felt as pressure • Diffuse pain, not usually well localised • May be referred to cutaneous sites 	<ul style="list-style-type: none"> • Abdominal colic • Bowel obstruction 	<ul style="list-style-type: none"> • Non-opioid analgesia • Opioids and NSAIDs • Anti-spasmodics • Non-pharmacological interventions: <ul style="list-style-type: none"> – CBT – Heat – Exercise
Neuropathic pain	Central and peripheral nervous systems	<ul style="list-style-type: none"> • Burning, shooting, electric shock, pins and needles • May be referred to the area that nerve would normally supply 	<ul style="list-style-type: none"> • Post-herpetic neuralgia (shingles) • Diabetic neuralgia • Post-stroke pain • Phantom limb pain • Sciatica • Tumour infiltration into nerves 	<ul style="list-style-type: none"> • Adjuvant analgesic interventions: <ul style="list-style-type: none"> – Anti-depressants – Anti-convulsants – Anti-arrhythmics • Topical preparations