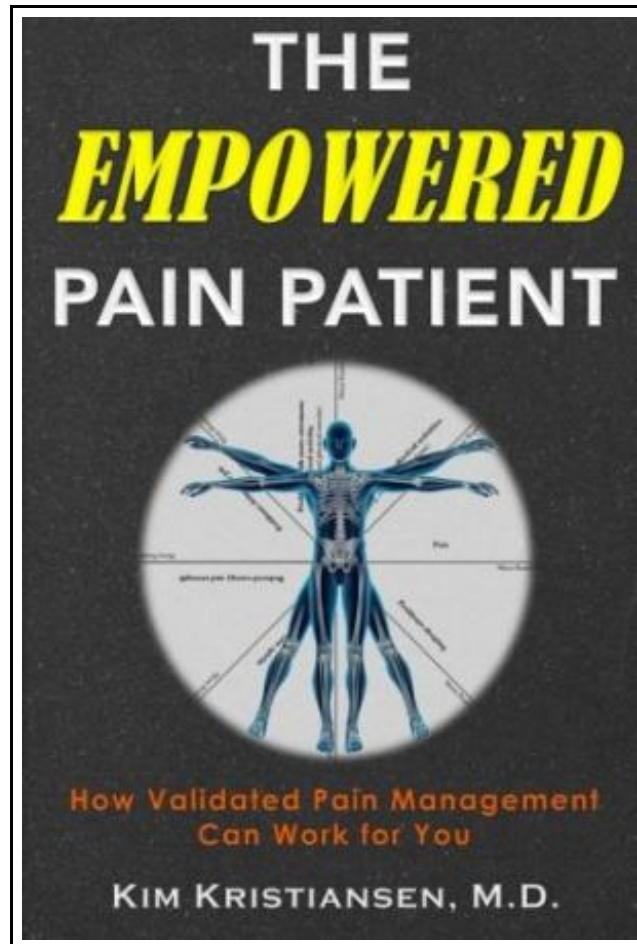


The Empowered Pain Patient: How Validated Pain Management Can Work for You



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

THE EMPOWERED PAIN PATIENT: HOW VALIDATED PAIN MANAGEMENT CAN WORK FOR YOU



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EvidenceProfile. Paperback. Book Condition: New. Paperback. 164 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Empowered to Manage a Life With Pain Living with ongoing pain is much more than living with the pain. It is a daily challenge to sleep, mood, tiredness, and much more. A challenge to the quality of life. In **The Empowered Pain Patient** primary care physician and pain researcher Kim Kristiansen, M. D. provides knowledge and strategies to individualized ongoing customized pain management, and enhanced shared decision making. Pain management based on individualized information about pain and quality of life. The pain is validated and acknowledged as is the pain's influence on the person's life. Information and understanding of pain mechanisms relates to the individual experience. The person, active in pain management, works with the health care professional(s) to set treatment goals and to evaluate and adjust the effects of treatment. Pain is the most frequent presented symptom in healthcare, and more than 100 million people in both USA and Europe living with pain every day. Pain management must be based on shared understanding and shared decisions between the patient and the healthcare professionals together. -----An excellent book which will be useful to patients living with pain, also to doctors and healthcare professionals. Peter Moore, co-author of **The Pain-Toolkit** Validated Pain Management In Validated Pain Management knowledge about pain mechanisms is linked to the individual patient's actual experience and situation, clear to see and understand by both the patient and the healthcare professional(s). Together. This also acknowledges and validates the patient's pain and its impact on the quality of life. Based on this can treatment options be discussed, chosen, and evaluated still based on shared understanding of the actual individual experience and available medical knowledge. Pain management is an ongoing process, and it must be comprehensive and involve more than the...



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