



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

By Kim Kristiansen

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...



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