

## Pain Management in Opioids Users without Use of Medicines

Original  
Article

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Notable researchers tell us about acute pain management in opioid users and how it works and which drug group works effectively in them. The purpose of our study is to manage pain in opioid users during detox without the use of Analgesics. An experimental study is conducted among 36 male patients in the age group of 25 to 55 from Punjab, Pakistan. The purposive sampling technique was used in the collection of samples due to limited resources. We divided these samples into 3 different groups (medication, placebo, and physiotherapy) and after doing treatment according to their group we get the results through a self-report inventory. Most rehabilitation centers used analgesics to relieve symptomatic pain management but the problem is the drug-seeking behavior of opioid users. Data was analyzed by using SPSS version 26. Of 12 patients in the placebo group only 25% feel better through a placebo treatment plan and in the analgesic group 75% of patients feel relieved and in the physiotherapy group, 66% of patients feel relieved. As a result of this, we concluded that physiotherapy can also play role in the rehabilitation process of opioid users and helps to minimize their drug-seeking behavior. Our research concludes that a positive but weak association between placebo in opioid pain management is present while strong but less association between physiotherapy in opioid users then analgesics.

**Keywords:** Pain management; Opioids, Placebo, Physiotherapy; Opioid Users

### Introduction:

Notable researchers tell us about acute pain management in opioid users and how it works and which drug group works effectively in them. Anesthesiologists face a difficult challenge when it comes to the preoperative management of patients who have been exposed to long-term opioids, whether they were used for therapeutic or recreational purposes. This demographic is growing as a result of the recent ten years fast increase in the number of patients in most developed nations who receive long-term opioid prescriptions. A significant public health issue is the growth in overdoses and addiction to prescription opioids. Recently, many health organizations advised doctors to be cautious when writing opioid prescriptions, particularly for patients with histories of substance abuse. As a result, those who use drugs and experience persistent non-cancer pain have fewer therapeutic options. To effectively manage acute pain in opioid-using patients, it is important to minimize withdrawal symptoms, prevent relapse and worsening of the addiction disease [1].

Numerous psychiatric illnesses are well-known and extensively treated by mental health physiotherapists. In addition to chronic pain, cognitive behavior therapy is frequently used to treat conditions such as depression, phobias, eating disorders, alcohol and drug addiction, and conversion disorders. Many physiotherapists who focus on mental health have completed additional postgraduate training in cognitive behavior therapy or are doing so right now [2].

People can manage their pain and its effects on their everyday lives by engaging in pain management. The goal of pain management is to reduce pain as much as is practical. If, this is not feasible, pain management will aid in pain reduction and teach patients how to deal with their pain daily. People will be able to regulate their pain as a result and they will learn techniques to attempt to increase their independence and quality of life. Many patients, especially those with chronic pain, benefit from the assistance of physiotherapists in managing their pain. To assist you to preserve your functional capacity, physiotherapy will show you how to manage your symptoms and enhance your quality of life [3], [4].

Certain therapies help reduce the severity of the discomfort. You could for instance, be given medicine, ranging from basic painkillers to more sophisticated pharmaceuticals. Other pain-relieving therapies include "hands-on" therapies, massage and acupuncture, albeit the effects of these therapies wane after each session. The impact of long-term pain on general quality of life can be lessened, which is another strategy for controlling it. This can entail picking up relaxing methods, mastering the art of goal-setting and discovering strategies to get better sleep. A specialized pain clinic or a particular pain treatment program may be recommended to you. Teams of skilled medical specialists, including physicians, psychiatrists and physiotherapists work in certain pain clinics [5].

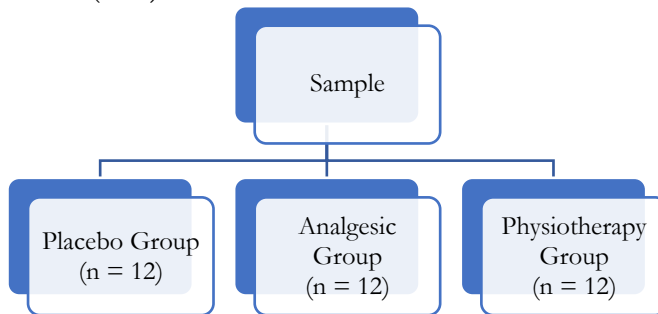
Patients who suffer from chronic pain are frequently seen individually by physiotherapists. After evaluating you and your physiotherapist will collaborate with you to develop a treatment strategy. It could be appropriate to have a specialized manual treatment, such as a massage or soft tissue mobilization or even acupuncture. However, guidance regarding posture, mobility and techniques to reach your goals is more likely to be part of the treatment. A physiotherapist can also suggest feasible solutions, such as ensuring you have the proper tools or footwear. Working as a part of a specialized team, physiotherapists also see patients in a pain management clinic. It's more probable that this will be a group session [6], [7].

Regular evaluations with the physiotherapist are crucial and you should request to see them if your condition changes. Your condition and challenges will be evaluated by the physiotherapist who will also provide you with advice and maybe physical therapy (see above). It's a good idea to dress comfortably and wear appropriate undergarments since you might need to take some of your clothes off so the physiotherapist can observe how you move and how your muscles are working, which could be causing your pain [6], [8]. Based on existing literature, the following objectives were formulated; 1) The basic purpose of our study is to manage pain in opioid users without the use of pain killers (analgesics), 2) To explore the supportive role of physiotherapy in pain management and reducing drug-seeking behavior among opioid users.

## Methods

An experimental study was conducted among 36 male patients in the age group of 25 to 55 from Punjab, Pakistan. The purposive sampling technique was used in the collection of samples. We divided these samples into 3 different groups (medication, placebo and physiotherapy) and after doing treatment according to their group we get the results through a self-report rating scale. Most rehabilitation centres use analgesics to relieve symptomatic pain

management but the problem is the drug-seeking behaviour of opioid users. Data was analysed by using the SPSS version (26.0).



**Figure 1.** Flow chart on sampling distribution.

Every participant willingly took part in the study. The university's ethics committee gave their consent before the study can be conducted using human subjects. Before participating in the study, each participant signed an informed consent form. Since encouraging people to improve physical activity, including regular and moderate therapy in their daily routines and supporting this effort indicates support for community health care. This study is significant from the standpoint of community health care. The findings of this study will also contribute to our understanding of how attempts to improve physical activity based on a stage-of-change paradigm affect psychological concepts.

**Results**

**Table 1.** Impact of Intervention on Pain among Participants.

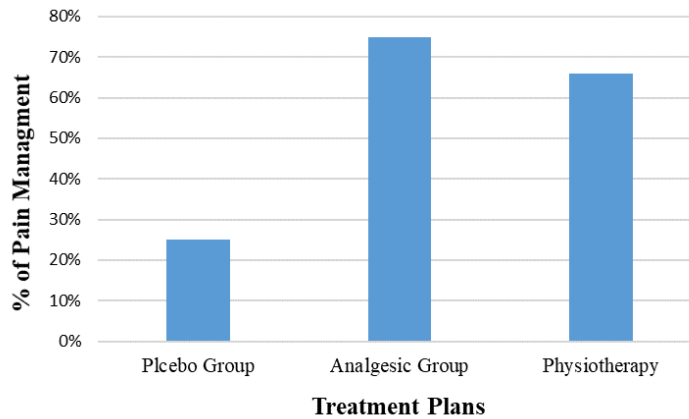
Participants	<i>n</i>	%Age
Placebo Group	12	25
Analgesic Group	12	75
Physiotherapy Group	12	66

Table 1 shows impact of the intervention on pain among participants. Results indicated, 12 patients in the placebo group only 25% feel better through a placebo treatment plan and in the analgesic group 75% of patients feel relieved. In the physiotherapy group, 66% of patients feel relieved. As a result of this, we concluded that physiotherapy can also play role in the pain management process in opioid users and helps to minimize their drug-seeking behaviour.

**Discussion**

Whether acute or chronic pain can be terrible, and sadly it affects a lot of individuals. Effective pain treatment may lessen discomfort and enhance function, allowing people to enjoy doing the things that are most important to them. The drugs known as analgesics are used to treat pain. Analgesics don't cut off nerves, impair your capacity to detect your surroundings or affect consciousness, unlike drugs used for aesthetics during surgery. They are referred to as painkillers or pain relievers occasionally. A meta-analytic finding considered analgesia adequate in 45 to 100% of patients analyzed in the studies [9].

When there is long-term pain (also known as chronic pain) or an accident, physical therapy is frequently one of your best options. It can help you feel better, move better and get stronger. The physical therapist is advised by the doctor. The best improvements are likely to come from a series of appointments and the patient should perform some of the exercises at home. Physical therapists have extensive education. Asking them about their expertise working with persons who have experienced problems similar to yours is still a smart idea. The patient may also inquire about the required number of sessions [10], [11].



**Figure 2.** Pictorial Description of Impact of Intervention.

Instead of attempting to solve the issue, physiotherapy concentrates on assisting patients in managing the effects of chronic pain on their lives. Patients get physiotherapy and physical therapy (PT) owing to functional limitations and/or discomfort issues. Although examining and treating tissue structures and biomechanics physically have traditionally been the primary focus of therapists a growing body of research over the past few decades has highlighted the significance of processing by the central nervous system and psychosocial factors in pain perception [12], [13].

### Conclusion.

Our research concludes, a positive but weak association of placebo in opioid pain management is present while strong but less association of physiotherapy in opioid users than analgesics. The study has implications for clinical psychologists, psychiatrists and researchers.

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