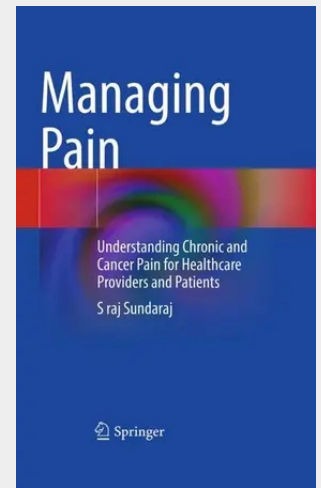


Managing Pain

Understanding Chronic and Cancer Pain for Healthcare Providers and Patients

This book offers a comprehensive, clinically grounded roadmap for understanding and treating chronic and complex pain conditions. Drawing on five decades of specialist experience, the Author distills contemporary pain science into a structured, accessible resource that guides readers through the mechanisms of pain, the factors that cause it to persist, and the principles behind effective management. The book balances scientific rigor with clarity, ensuring that both health professionals and people living with pain can engage fully with its explanations, frameworks, and applications. The book's distinctive strength lies in its practical, multidisciplinary orientation. It maps out the full ecosystem of modern pain care—from individual practitioners to fully integrated pain centres—and explains the roles of pain physicians, psychologists, psychiatrists, physiotherapists, occupational therapists, nurses, social workers, and addiction specialists. Each chapter includes real clinical cases that demonstrate what successful (and unsuccessful) treatment journeys look like in practice, translating theory into strategies that can be applied in everyday clinical encounters or patient self-management. Designed to fill a long-standing gap in accessible, evidence-based pain education, Managing Pain - Understanding Chronic and Cancer Pain for Healthcare Providers and Patients equips readers with the tools to improve understanding, communication, and outcomes. It offers actionable guidance on medication use, non-pharmacological interventions, neuromodulation, behavioural approaches, and functional restoration, while clearly addressing common misconceptions that hinder recovery. Above all, the book fosters a compassionate, realistic perspective—one that validates the lived experience of pain and emphasises shared responsibility, teamwork, and hope as foundations for sustainable, patient-centred care.

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