Introduction

In ernal medicine i a pecial ha foc e on he diagno i , rea men , and pre en ion of ad l di ea e . In erni , or in ernal medicine ph ician , manage a ide range of comple and chronic condi ion , incl ding ho e a ocia ed i h pain. Pain managemen in in ernal medicine i a cri ical a pec of pa ien care, a man in ernal medicine condi ion are a ocia ed i h chronic pain ha igni can l impac pa ien q ali of life [1,2].

e scope of pain in internal medicine

Pain i a m l iface ed mp om ha can ari e from a arie of nderl ing condi ion . In in ernal medicine, pain i o en a ocia ed i h:

‡ ? g̃eU˙al̵VWS^V̵eadW̶e Condi ion like o eoar hri i , rhe ma oid ar hri i , and brom algia can ca e chronic pain and req ire caref l managemen .

‡ @Vg̃dâaY̶US^V̶f̵fa`e Ne ropa hic pain, a een in diabe ic ne ropa h or m l iple clero i , pre en niq e challenge in pain managemen .

‡ 5ad̷V̶ah̵Sc̵Ug̸Sd V̵e̶W̶e̶W Angina, m ocardial infarc ion, and o her cardio a c lar condi ion can be accompanied b igni can pain.

‡ 9̶Sefda`f̵W̶f̵`S^V̶eadW̶e Condi ion ch a irri able bo el ndrome (IBS) or in amma or bo el di ea e (IBD) o en in ol e abdominal pain.

‡ 7̵VaUd̷`W̶V̵eadW̶e Chronic pain ma be rela ed o hormonal imbalance or me abolic di order , ch a h roid di ea e or diabe ic ne ropa h [3,4].

Pain assessment in internal medicine

E ec i e pain managemen begin i h a horo gh a e men . In erni e ario me hod o e al a e pain, incl ding:

- **Patient history**: A de ailed hi or help iden if he on e , d ra ion, and charac eri ic of pain, a ell a an a ocia ed mp om .

- **Physical examination**: A comprehen i e e amina ion can help pinpoin he o rce of pain and a e i impac on f nc ion.

- **Pain scales**: Tool like he Vi al Analog Scale (VAS) or he McGill Pain Q e ionnaire a i in q an if ing pain in en i and q ali .

- **6̶[SY̵ ae̵f̵[U̶fW̶f̵e** Imaging die , labora or e , and o her diagno ic proced re ma be nece ar o iden if he nderl ing ca e of pain [5,6].

? S˙SY̶W̵ WfefodS̶fW̵[W

Pain managemen in in ernal medicine in ol e a m l idi ciplinar approach, combining pharmacological and non-pharmacological ra egie :

B̵Z̵S̵d̲ SU̶à^aY̵[US^fd̵W̶_ Wfe

- **3̵`̵SYW̲[U̵e** O er- he-co n er medica ion like ace aminophen and non eroidal an i-in amma or dr g (NSAID) are commonl ed for mild o modera e pain.

- **Opioids**: For more e ere pain, opioid ma be pre cribed, b heir e req ire caref l con idera ion d e o he ri k of dependence and ide e ec .

- **3̵V̵g̶h̵S̲ f̵ _ ẀUS̵t[̲ae** Dr g ch a an idepre an and an icon l an can be e ec i e for ne ropa hic pain and chronic pain ndrome [7,8].

@a`̲Z̵b̵S̲d_ SU̶à^aY̵[US^fd̵W̶_ Wfe

- **Physical therapy**: E erci e, re ching, and o her ph ical herapie can help manage m c lo kele al pain and impro e f nc ion.

- **5aỲ[f̲[h̵W̵TV̵Sh̶[adS^ fZ̵W̶S̵bk /5̶4Ffi** CBT and o her p chological in er en ion can help pa ien cope i h chronic pain and impro e heir q ali of life.

- **5a̵_ b̵V̵W̵W̵S̵d̵k̵fZ̲W̵S̵b̲[W** Techniq e ch a ac p nc re, ma age, and biofeedback ma o er relief for ome pa ien [9].

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5ZS^WWe[` bS[_ S SYW Wf

Managing pain in in ernal medicine can be challenging d e o e eral fac or :

• **5a_ b′yy[fk aXbS[`**: Chronic pain o en in ol e m l iple fac or , incl ding p chological, ocial, and biological componen , making i dj c l o addre i h a ingle rea men approach.

• **Ba′k_ adI[V[fk**: Man pa ien i h chronic pain ha e m l iple coe i ing condi ion , complica ing rea men deci ion and req iring a coordina ed approach.

• **Opioid stewardship**: e ri e of opioid e and i a ocia ed ri k nece i a e caref l managemen and e plora ion of al erna i e herapie [10].

Future directions

Ad ancemen in pain managemen are ongoing and incl de:

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