

A visit of the concept of “total pain”: Psychological, social and spiritual pain

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The concept of “total pain” coined by Cicely Saunders has brought new awareness to how pain should be identified, assessed and intervened. Besides the physical pain, there is a need to attend to and address the psychological pain, social pain and spiritual pain. The objective of this presentation is to sensitize the healthful professionals to the multi-dimensions of pain and related suffering in the face of illness and dying. This will be achieved through a discussion of psychological, social and spiritual pain manifested among the patients living with advanced cancer and receiving palliative care; the dynamic, inter-related and yet didactical nature of pain. The presentation will be based on empirical data collected locally; case stories will be used to accentuate some key learning.