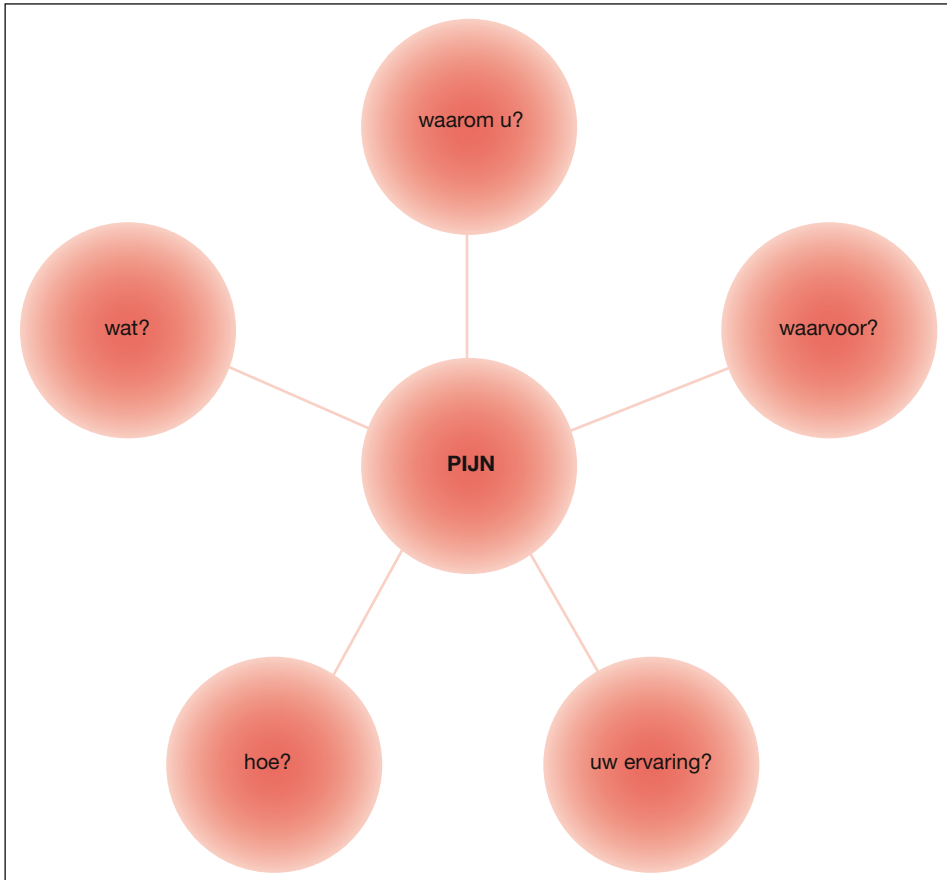


Slides te gebruiken bij het geven van pijneducatie

Slide 1



Slide 2



Slide 3

inleiding

natuurlijk **beschermingsmechanisme**



lichaam gewaarschuwd voor gevaar



gepast reageren



OVERLEVEN

Slide 4

inleiding

acute pijn:

- duidelijke oorzaak
- bijv. pijn na een trauma

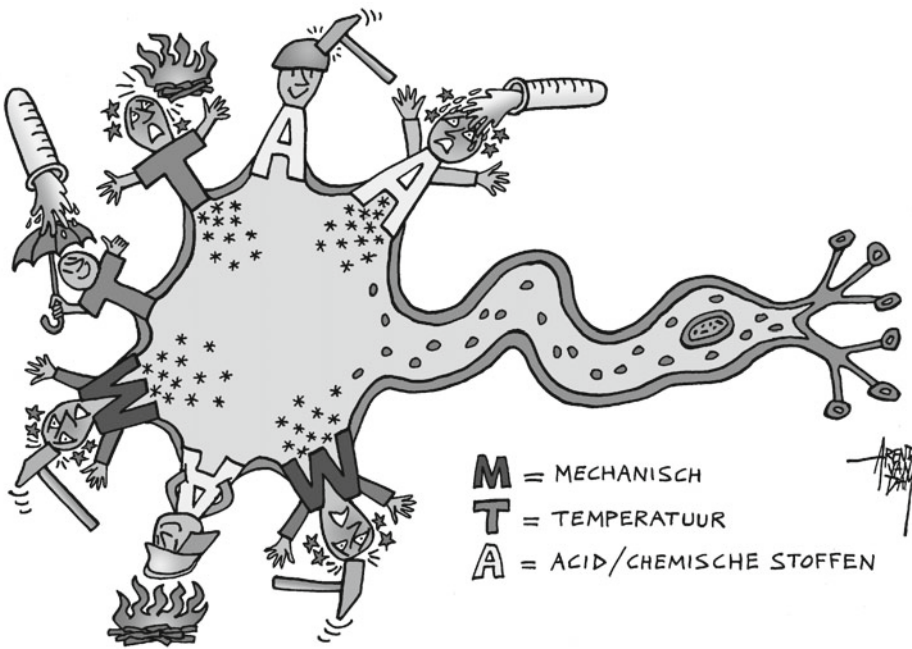
chronische pijn:

- niet altijd een duidelijke oorzaak
 - aanwezig > 3 maanden
 - 20% van de bevolking
- bijv. chronische hoofdpijn

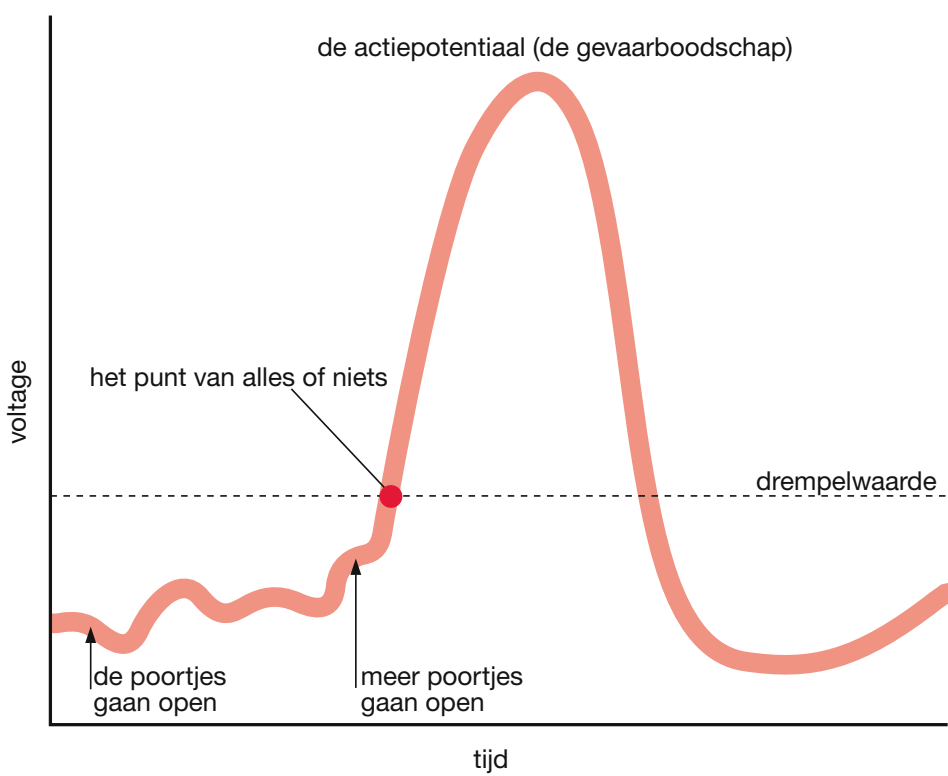
Slide 5

ontstaan van pijn

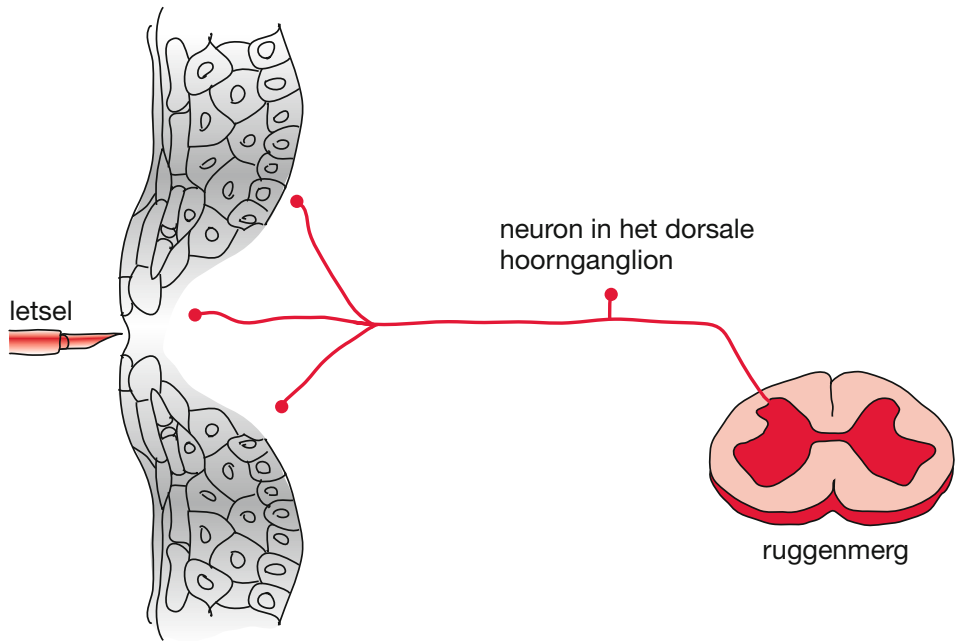
Slide 6



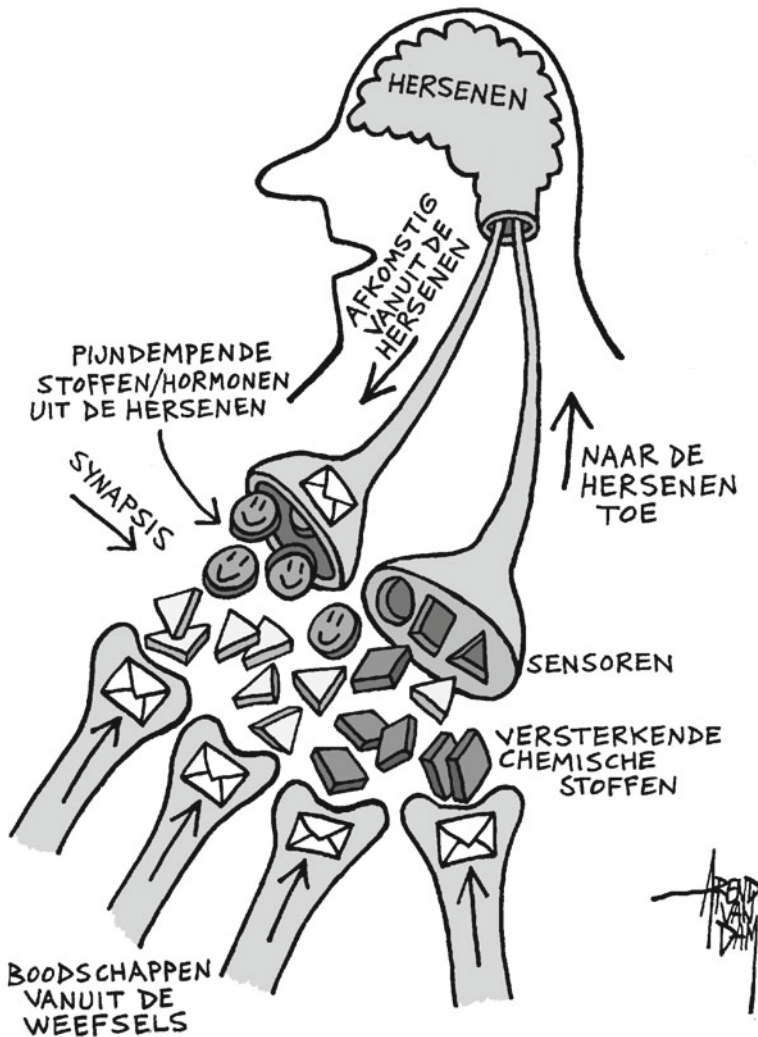
Slide 7



Slide 8

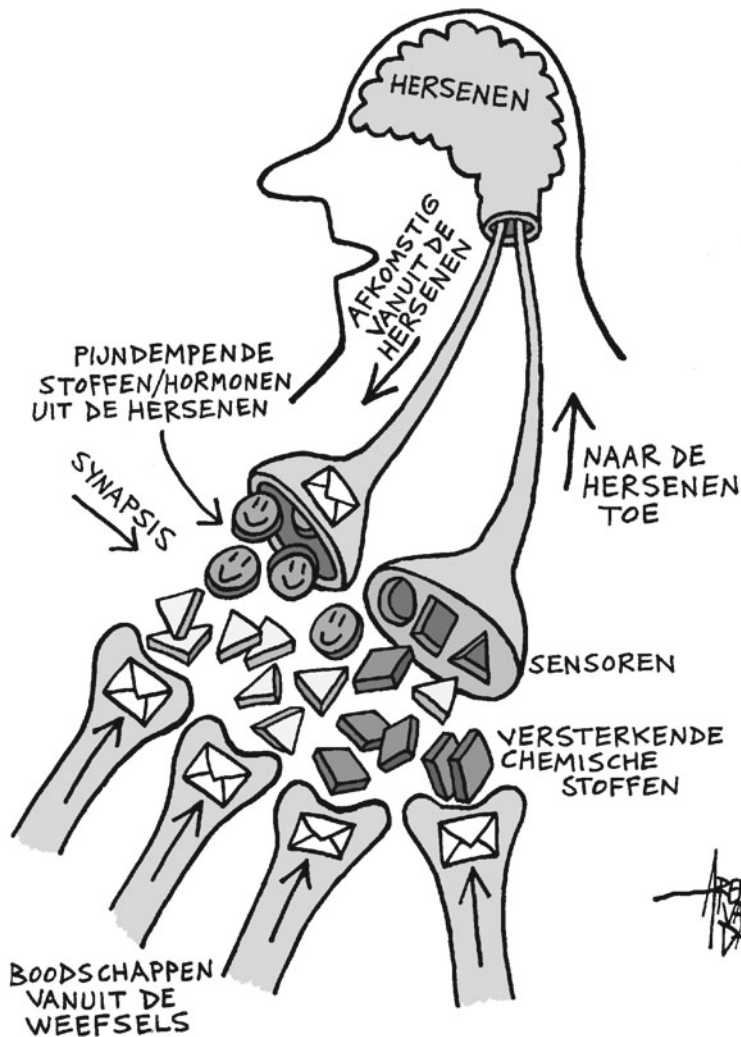


Slide 9



Perifere zenuwvezel scheidt chemische stoffen af i.d. synaptische spleet (= tussen einde zenuwvezel en de naburige zenuwvezel).
= sleutelslotmechanisme.

Slide 10



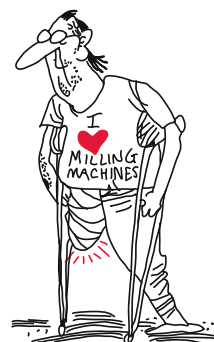
De intensiteit van de doorgegeven prikkel kan beïnvloed worden door boodschapperstoffen vanuit de hersenen en uit andere zenuwvezels. Deze boodschapperstoffen werken als een volumeknop → kunnen signaal versterken/verzwakken. Het lichaam beschikt over een sterk intern pijncontrolesysteem = 60x sterker dan eender welk medicament. Voorbeeld: afzwakken + versterken pijn.

Slide 11

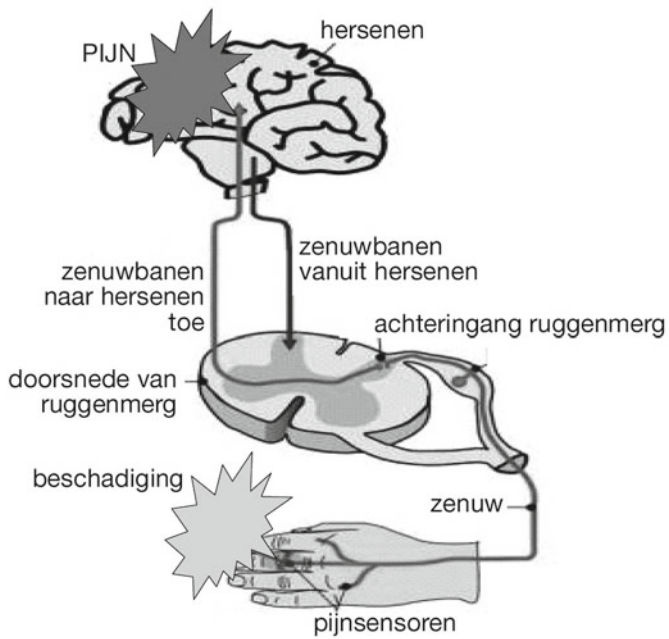
ontstaan van pijn

SCHADE \neq GELIJK AAN PIJN
PIJN \neq IS NIET GELIJK AAN SCHADE

pijn zonder schade is mogelijk:



Slide 12



Slide 13

ontstaan van pijn

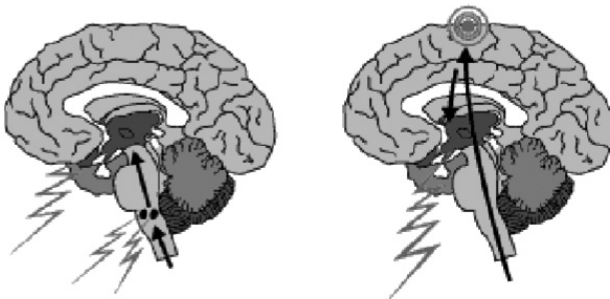
In de hersenen ligt de thalamus

= centraal pijnregelsysteem

Als een pijnprikkel vanuit het RM + thalamus sterk genoeg is bereikt het de hersenschors

Hersenschors = bewust worden v.d. pijn

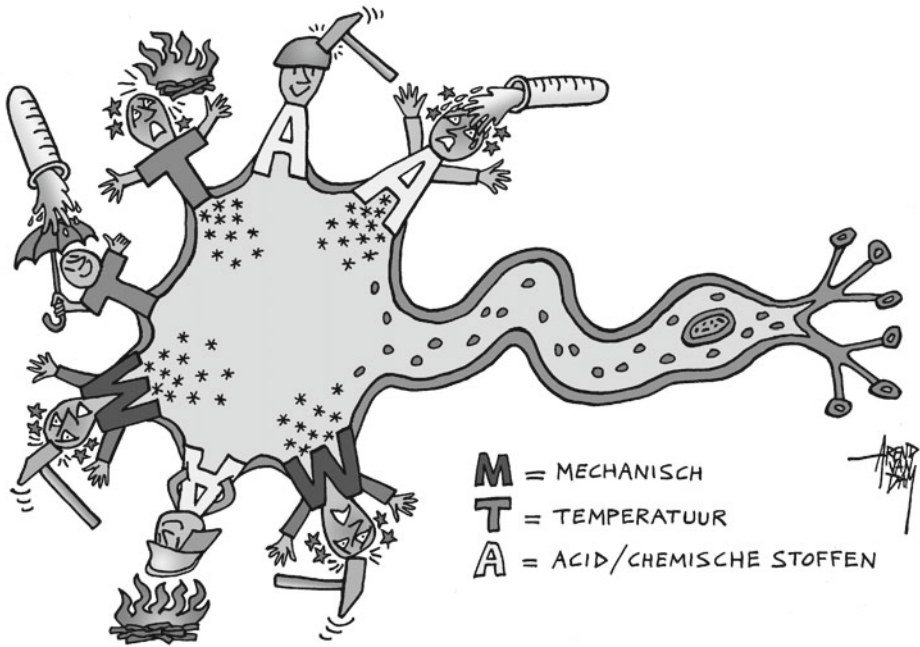
→ auw doet pijn = pijngewaarwording



Slide 14

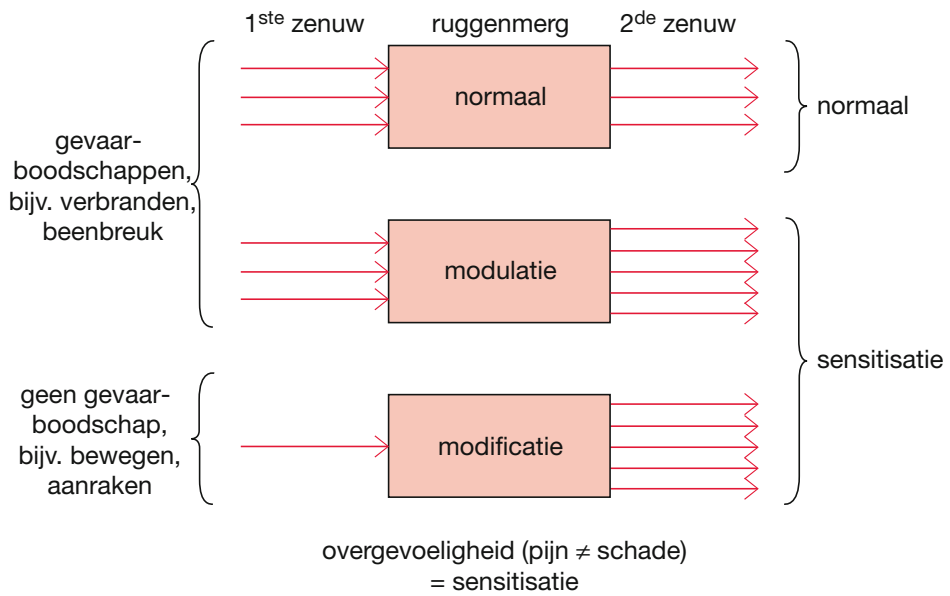
chronische pijn

Slide 15



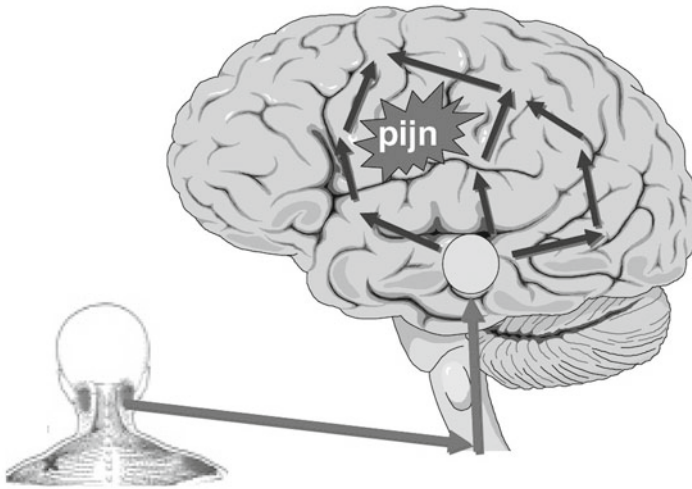
Aanpassing = ionenpoort langer openhouden en # receptoren ↑.

Slide 16

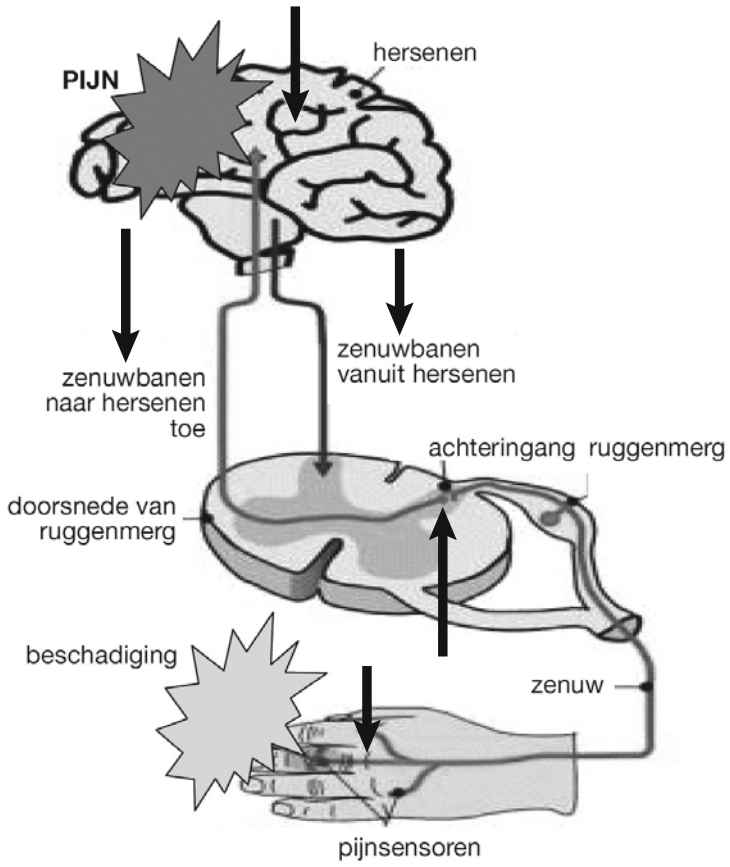


Slide 17

het pijnprogramma in de hersenen



Slide 18



Slide 19

waarom bij u?

afhankelijk van:

- 1) mate van beschadiging
bijv. beenbreuk versus gescheurde nagel
- 2) aanleg
- 3) manier van omgaan met klachten
→ hier zelf invloed op uitoefenen!

Slide 20**hoe kan ik dit in mijn leven toepassen**

- probeer minder te piekeren over uw pijn
- bedenk wat uw pijnklachten provoceert
- probeer uw aandacht af te leiden van de pijn
 - probeer te gaan bewegen
- voorkom negatieve gedachten en stress!

...

Slide 21

schriftelijke uitleg

- lees het thuis rustig na
- noteer vragen / onduidelijkheden en stel die de volgende keer

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