

My thesis deals with chronic pain and how a nurse should handle it. This thesis consists of three parts. The first one focuses on pain in general, both on the history and the pain origin mechanisms. It also deals with pain classification. The main topic is chronic pain. Here I reflect basic characteristics of this pain, its influence on human psyche and also necessary cooperation with medical personnel. The end of the first part concentrates on the psychosocial factors playing a very important role in the pain perception: understanding the patients, their behaviour and also accepting their responses to their pain. In the second part I list the pain handling therapeutic procedures. I start with the most widely and frequently used methods, then I deal with the newer ones, which are being introduced nowadays. The focus of the last part of my thesis is the patient suffering from chronic pain. I deal with all aspects of human nature, with the problems and difficulties according to M. Gordon. I specify the relevant nursing diagnosis based on the nursing case history. I make a nursing plan containing the goal, nursing intervention, implementation, evaluation, and also education. The purpose of my thesis was detecting the problems of the patients suffering from chronic pain, coming to the solution together and helping them to endure their pain. At the end of my work I tried to compare two patients, both suffering from chronic pain, but with different origin of their pain: The problem reflects the importance of proper attitude and help of the nearest people, and also the mental state of the patient. Not only medicine, exercises and family, but also accepting the pain and hope are important factors in fighting the pain.