



Pain management in nephropathic patients

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1 INTRODUCTION

Chronic pain is a prevalent condition in nephropathic patients and can result from a variety of causes, including kidney disease, diabetic neuropathy, renal osteodystrophy, and treatments such as dialysis. This pain can have a significant impact on the quality of life and well-being of these patients. Addressing the management of chronic pain in nephropathic patients can be challenging because of the need to consider renal function and the possibility of side effects from the medications used. Therefore, it is important to explore the therapeutic possibilities available for these patients, ranging from pharmacological therapies to non-pharmacological approaches such as alternative therapies and exercise. This systematic review of the literature seeks a comprehensive overview of the available treatment options and their efficacies in order to help guide the choice of the most appropriate treatment for nephropathic patients with chronic pain.

Nephropathic patients have a health condition that affects kidney function and can lead to a functional decline over time, which can manifest itself in a number of ways, including fatigue, anemia, weight loss, and muscle weakness. In addition, many of these patients may face frequent chronic pain, which can lead to great discomfort and further compromise their quality of life.

Chronic pain can be a consequence of several conditions, including nephropathies, and can manifest itself in different ways, such as low back pain, neuropathic pain, visceral pain, and headache, among others. These patients often have to deal with pain on an ongoing basis, which can lead to emotional difficulties such as anxiety, depression, stress, and fatigue, among others.

Therefore, it is critical that these patients receive effective pain treatment that can relieve symptoms and improve their quality of life. It is important that not only pharmacological options be considered, but also non-pharmacological therapies, such as acupuncture, physical therapy, and occupational therapy, among others. The objective of this study is therefore to analyze the therapeutic



possibilities for the treatment of chronic pain in nephropathic patients in order to provide valuable information for the clinical management of these patients.

2 OBJECTIVE

The objective of this systematic review of the literature is to analyze the therapeutic possibilities available for the control of chronic pain in nephropathic patients. For this purpose, studies published in the last 10 years will be examined. The focus will be on non-pharmacological therapeutic interventions such as physiotherapy, acupuncture, exercise, and other complementary and alternative approaches. The aim is to identify which of these therapeutic possibilities are most effective for the control of chronic pain in nephropathic patients and how they can be used safely and effectively. In addition, we aim to provide practical recommendations for health care professionals in the management of chronic pain in patients with nephropathy in order to improve their quality of life.

3 METHODOLOGY

The search was conducted using the descriptors: "chronic pain," "nephropathy," "analgesia," "non-pharmacological therapies," and "pain treatment," combined with the Boolean operators "AND" and "OR." In the databases Pubmed, Scielo, VHL, Google Scholar and Latindex. Inclusion criteria were studies published in the last 10 years, in English, Portuguese or Spanish, that evaluated the efficacy of different therapeutic options for chronic pain in nephropathic patients. Animal studies, literature reviews, and studies with patient samples that did not include nephropathic patients were excluded.

4 DEVELOPMENT

Thirty-five studies that met the inclusion criteria were identified. Among the therapeutic options evaluated, the following stand out: opioids, antidepressants, anticonvulsants, local anesthetics, acupuncture, cognitive-behavioral therapy, physical therapy, and physical exercises. Some studies have shown the efficacy of these therapeutic options in reducing pain in patients with nephropathy, but others have not obtained significant results.

After the systematic review of the literature, several studies were found that address the therapeutic possibilities for chronic pain in nephropathic patients. One of the most frequently mentioned treatments in the studies is the use of opioid analgesics, which are considered a safe and effective option to relieve pain in patients with chronic kidney disease. According to a study by Ohashi et al. (2019), the use of opioids in low doses can be effective in controlling pain in patients with chronic renal failure, without presenting significant side effects.

Other therapeutic possibilities mentioned include the use of physical therapy techniques, such as massage, acupuncture, and physical exercises. A study by Bello et al. (2017) evaluated the



effectiveness of manual therapy in relieving pain in patients with chronic kidney disease and concluded that the technique may be a viable and safe option for pain management in nephropathic patients.

In addition, there is evidence that the use of complementary therapies, such as cognitive-behavioral therapy, can be effective in reducing chronic pain in patients with chronic kidney disease. A study by Zanolini et al. (2018) evaluated the effects of cognitive-behavioral therapy in patients with chronic pain and chronic renal failure and concluded that the therapy can improve quality of life and reduce pain intensity in nephropathic patients.

Finally, another study highlighted the effectiveness of using local anesthetics, such as lidocaine, in controlling chronic pain in patients with chronic kidney disease. According to the study by Gritsenko et al. (2019), the use of lidocaine may be a safe and effective option for relieving pain in patients with chronic renal failure.

In summary, the studies analyzed indicate that there are several therapeutic possibilities for the treatment of chronic pain in nephropathic patients, including the use of opioid analgesics, physical therapy techniques, complementary therapies, and local anesthetics. Each option must be evaluated individually, considering the risks and benefits for each patient, in order to find the best approach to pain control in patients with chronic kidney disease.

5 CONCLUDING REMARKS

Given the above, it is possible to conclude that chronic pain in patients with renal failure is a problem that compromises the quality of life of these individuals and can cause emotional and functional damage. However, there are therapeutic possibilities that can help control pain and improve the well-being of these patients. Treatment options include pharmacological, non-pharmacological, and interventional approaches. In addition, it is important to consider pain management as an integral part of the treatment of the nephropathic patient, with a multidisciplinary approach involving physicians, nurses, physical therapists, psychologists, and other health professionals.

From the systematic literature review performed, it was possible to identify some of the most effective therapeutic possibilities in the control of chronic pain in nephropathic patients, such as the use of opioid analgesics, cognitive-behavioral therapy, and acupuncture. However, it is important to emphasize that each case must be evaluated individually, taking into account the cause of the pain, the patient's profile, and its particularities.

Therefore, it is essential that there is a greater awareness on the part of health professionals about the importance of chronic pain control in patients with nephropathy, as well as the availability of effective therapeutic options for pain relief. Furthermore, new research and clinical studies are necessary to expand the possibilities of treatment and improve the quality of life of these patients.



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