

## Pain is Real & Treatable –There is No Merit in Suffering

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### Abstract

As per WHO, Pain is 5th vital sign, “It is one of the most common reasons for patient to seek medical attention and one of the most prevalent medical complaints in today’s world”. The treatment of the acute, chronic & cancer pain is demanding & challenging. Pain clinics provide effective pain management by doctors specializing in interventional pain management techniques. Though skills, advanced equipment’s are available, still pain relief is not available to at least a million people in India. Techniques like Ozone Injection & non-surgical disc decompression cures most of the patients of slip disc & sciatica. It is a non-surgical, outpatient procedure done under local anesthesia not requiring bed rest for more than day or two at a much lower cost with almost no complications. Kyphoplasty is a newer approach to management of vertebral body fractures in which bone cement is injected under local anesthesia by a wide bore needle with imaging guidance. This provides increased bone strength, stability, pain relief, increased mobility with improved quality of life.

Interventional pain procedures in Cancer pain target neural and non- neural pain generators and provide

excellent pain relief for neuropathic or visceral pain. The type of neural block selected is determined by the location and mechanism of the pain, the physical status of the patient, the extent of tumor spread, and the technical skill and experience of the person performing the intervention. Such blocks can be easily utilized to help provide cancer pain relief in most of patients.

So to conclude, it can be said For all happiness man can gain, is not in pleasure but freedom from pain. Infodemic is a blend of “information” and “epidemic” that typically refers to a rapid and far-reaching spread of both accurate and inaccurate information about something, such as a disease (David Rothkopf, 2003). The spread of fake news or inaccurate information regarding covid-19 pandemic spreads faster than the deadly corona virus infection in India and elsewhere, and experts warn this ‘infodemic’ can have huge impact on the public at large in addition to economic costs for companies across the world. The information and news reports about covid-19 were published rapidly and shared on social media and other social networking sites. However, there is limited data about the social media infodemic how it has affected mental health of the general public and social media users. This study would definitely help to identify the need for educating the general public on information especially health information found through social media. Therefore the study aims to find out how the information on social media affects the general public and spreads fear about corona virus in the Chennai city, Tamil Nadu. The study will be conducted by using a questionnaire through online mode. The samples will be general public (social media users) in Chennai, Tamil Nadu. The data will be analyzed using the socio-demographic details of the respondents with their usage of social media and



the information about corona virus disease. It is important to communicate to health professionals and media experts to provide and ensure only authenticated information are disseminated to the public. The general public should also act as a socially responsible citizen and refrain from disseminating inaccurate information, learn to verify and validate information, and check the credibility of extensive information. Aarogyapath, a web-based solution for the healthcare supply chain that provides real-time availability of critical supplies launched. This public platform will help healthcare users like hospitals, pathology laboratories, research institutes, medical colleges and patients. This national healthcare supply chain portal will remove supply chain bottlenecks during the Covid-19 pandemic. The vision of this initiative is to set up an information management and forecasting database platform at national level. It will capture demand and supply scenarios for key healthcare needs items. This public platform can help customers in tackling a number of routinely experienced issues like dependence on limited suppliers, time-consuming processes to identify good quality products, limited access to suppliers etc. It also helps to reduce the Black Marketing of medical equipment & products, Unstandardized Medical product prices. It's the single platform of all medical suppliers & buyers for any announcement/feedback etc. It will also help the manufacturers and suppliers to reach customers efficiently like nearby pathological laboratories, medical stores, hospitals, etc. • It will also create opportunities for business expansion due to an expanded slate of buyers and visibility of new requirements for products. It also helps to fill a critical gap in last-mile delivery of patient care within India through improved availability and affordability of healthcare supplies.

This is the first time many people have heard such a question.

When it comes to treating back pain, neck pain, and knee pain, it is often heard that the cause of the pain is reduced blood flow. A variety of heat-inducing devices are used to increase blood flow to the lower back, neck, and knee pains. Physiotherapy often provides more heat than fever. To this day, no one has heard that fever is caused by poor blood flow.

As the disease progresses, blood flow decreases. Body tingling, body aches, and narrowing of the blood vessels under the skin are the signs, symptoms, and signals of decreased blood flow. Signs, symptoms, and signals of decreased blood flow show before the onset

of fever.

When the disease becomes a threat to life or organs blood circulation decreases, Temperature of fever will emerge to increase prevailing blood circulation.

It is a well-known fact that as the disease progresses, blood flow decreases and this can lead to death. When there is a decrease in blood flow and its signs, symptoms, and signals, the immune system do actions to increase blood flow to save lives. It has been proven around the world that all types of heat increase blood flow. The heat of the fever increases the blood flow. Fever increases blood flow, which means more lymphocytes flow through lymphoid tissues. If the heat of the fever increases the blood flow, reducing the heat reduces the blood flow. It will increase inflammation and infection and finally, death will occur.

According to physics, it is foolish that when fever temperature is reduced, shows the symptoms, signs, and signals of reduced blood flow, are ignored and then treated to reduce the heat again. The fever is heat energy. To date, modern science has not studied what actions were carried out heat on fever.

The cause of all complications, including death, is the treatment of fever without knowing why it is hot.

What kind of treatment should be given if you have symptoms of decreased blood flow?

Treatment should be to increase blood flow.

This is the basic principle of physics.

Is there any benefit in reducing body heat during fever?

There is no merit of any kind.

Not only is it of no benefit, but it also causes death by inflammation and infection.

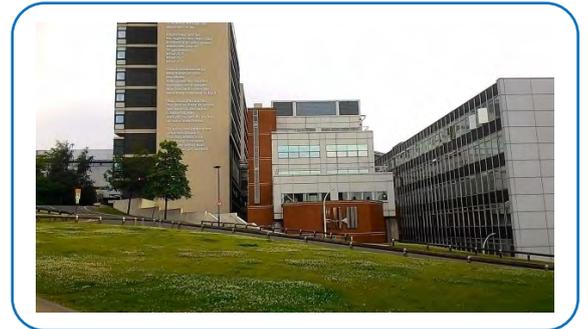
The actual treatment for fever is to increase blood circulation. Two ways to increase blood circulation. 1. Never allow body temperature to lose 2. Apply heat from outside to the body. When the temperature produced by the body due to fever and heat which we applied to the body combines together, the blood circulation increases.

Heat-reducing fever treatment with water and paracetamol should be banned as soon as possible.

Pain is the most important complaint experienced by patients undergoing cardiac catheterization. Many patients consider hospitalization and cardiac catheterization to be psychologically distressing.

## Biography

Uche Nwabueze received his PhD from Sheffield Hallam University in the United Kingdom in 1995. For 24 years, Dr. Nwabueze has dedicated himself to the advancement of the theory and practice of quality management through research, consulting work, and teaching across four continents (North America, Europe, Asia and Africa). His students and hospital executives describe their classroom and consulting experience with Dr. Uche as he is fondly called; as a scholarly adventure in critical thinking, problem-solving and reflective analysis. Dr. Nwabueze has over 50 academic publications, most notably in the International Journal of Business Performance Management, Total Quality and Business Excellence Journal, Journal of Product and Brand Management, Journal of Public Sector Management, and the TQM Journal. Dr. Nwabueze serves on the editorial board of the African Business Journal and the Journal of Applied Quality Management. He is a member of the British Institute of Management, and American society for Quality. His research interest is focused on healthcare quality management and process redesign. is a dynamic leader in the Indian healthcare industry and is responsible for leading Yashoda Hospitals since 2000. The First Indian working in India to be awarded the prestigious Fellowship of ISQua. She also holds an International Fellowship on Health Technology Assessment (HTA), U.K besides her Doctorate in Hospital Administration from National American University. She holds many leadership programs from IIM Ahmedabad and Harvard University besides numerous accolades internationally and nationally..



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