

TITLE: Total Suffering/Total Pain

Topic: 13 (4)

Total suffering or total pain is a concept that recognizes that an individual and their family can experience pain, suffering or other physical symptoms as a complex interdependent relationship between many components of the human experience. This concept lends itself to a holistic approach to the care and treatment of a person by recognizing the interplay between a person's; Social, Spiritual, Physical and Emotional realms.

The concept of Total Pain was first described by Dame Cicely Saunders in the early 1960's, and it has become widely accepted that;

“the complex and multi-layered symptoms associated with terminal pain could be attended to effectively by a combination of the well-informed use of drugs *and* a sophisticated understanding of the emotional, spiritual and social problems which might also occur.”

“The phrase ‘all of me is wrong’ is used more formally to introduce the concept of ‘total pain’ in its stronger and definitional sense: to include physical symptoms, mental distress social problems and emotional problems” <http://endoflifestudies.academicblogs.co.uk/total-pain-the-work-of-cicely-saunders-and-the-maturing-of-a-concept/>

Physical components of Pain and suffering

- Discomfort, Insomnia, Fatigue

Emotional/Psychological aspects of Pain and suffering

- Anxiety, Fear, Anger, Sadness, Depression

Social aspects of Pain and Suffering

- Boredom, Mental isolation, Social abandonment

Spiritual aspects of Pain and suffering

- loss of faith, anger toward a creator, meaninglessness, fears

The traditional concepts of respect and sharing form the foundation of the Indigenous way of life are built around the seven natural laws or sacred teachings represented below;

The Eagle	Love
The Buffalo	Respect
The Bear	Courage
Sabe	Honesty
The Beaver	Wisdom
The Wolf	Humility
The Turtle	Truth