

Extended Abstract

Genetics of pain

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Abstract

Pain is one of the most common reasons why patients visit their Primary care health provider. It is very subjective and has complex bio-psycho-social components, which makes it quite a challenge to treat and manage. Both 'nature' (genes) and 'nurture' (environment) play their roles in the experience, perception and expression of pain for the organism. Recent advances in the field of genetics, epigenetics and cloning have made it easier to gain valuable insights into the pain matrix and its complexity. Various channels and their coding genes have been identified shedding light into both congenital and acquired pain conditions- this knowledge may one day pave the way for 'personalised pain medicine'..

Genetic testing guides the prescriber, individualizes care, educates the client and facilitates a clinical partnership that empowers the client and supports recovery. With the advances in medication assisted treatment for addictions, genetics testing can help us work with our patients to design the most successful recovery program. When patients have appropriate treatment from the beginning, they are more likely to remain in treatment and recovery. Current use of genetic testing is helping us to achieve retention rates greater than 90% in our treatment programs. Case studies which demonstrate the clinical value of genetic testing, its impact on clinical outcomes for clients with co-occurring disorders, and reduces the stigma that is a barrier to treatment.