Approach to Pain Management: The Biopsychosocial Model of Pain Management

Key components of the biopsychosocial model:

- Biological Factors (e.g. diagnosis, age)
- Psychological factors (e.g. mood, stress)
- Social factors (e.g. social support, spirituality)

Aim to improve:

- Overall pain experience
- Physical functioning,
- Activities of daily living
- Quality of life (QOL)