

## Pain management in developing countries

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Pain management is an important element of perioperative care, which is managed collaboratively by doctors and nurses. Due to insufficient healthcare systems, simple regimens based on low-cost medications are frequently disregarded. This abstract discusses some of the most common obstacles and offer suggestions for how to overcome them. The shortage of analgesia in poor countries is just one of several issues that these areas face. The International Society for the Study of Pain has recognised this and is working with the World Health Organization to raise awareness of the problem and encourage remedies. Anaesthetists are equipped with the knowledge and expertise to assist in these situations. Hopefully, by working together, we can improve the situation so that sufferers do not have to suffer unnecessarily. Analgesia appears to be given less importance in underdeveloped nations than other parts of healthcare, resulting in a huge proportion of patients being unable to receive appropriate pain treatment. Although comprehensive statistics on the occurrence and management of pain is missing, it is obvious that even when individuals do seek medical help, pain alleviation appears to be inadequate. The developing world is made up of a diverse range of countries with vastly different populations, geographies, politics, and cultures. They are generally linked by a scarcity of financial resources. The difficulties in obtaining analgesia differ from place to country, yet there are certain similar features.

### Biography

Puja Gulati is working as principal of School of Pharmacy, Desh Bhagat University, Punjab, India. She has completed her masters of pharmacy and PhD from Punjabi university, Patiala with A grade. She have been working in profession for last 17 years. Worked on "Investigations on molecular mechanisms of neuro protective effect of ischemic post conditioning in mice" and "Ameliorative effect of insulin in experimental amnesia". She have been appointed as project fellow of UGC (University Grants Commission), New Delhi, (India) in the research project entitled "Exploring neuroprotective mechanism of ischemic postconditioning in mice" (12th May 2011- 31st Jan 2014). She Qualified "GATE 2000" with 81.64 percentile and have 14 Publications.

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