

## The importance of multidisciplinary assessment of pain in rheumatoid arthritis

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During the last century the interest in holistic approach to illness was renewed on the basis of empirical scientific findings, taking into account the complex interaction of psychological and somatic factors while striving to understand the essence of human nature. Numerous studies indicate the need for biopsychosocial approach with respect to interrelations of physical, psychological and social factors that influence the perception of symptoms of patients suffering from rheumatoid arthritis. Pain that patients with rheumatoid arthritis suffer from is the result of complex interaction of a number of peripheral and central factors that lead to unpleasant emotional and sensory experience. The interest in studying the complex interrelations between pain, emotions and cognition is present in the scientific and professional publicity, because of inconsistent data from recent studies of these interrelations reviewed from different aspects. Literature data indicate as well the complexity of interrelations between pain, emotions and cognition, and the need for further research in respect of clarifying what is the comparative effect of pain in terms of emotional and cognitive dysfunctions. Research in respect of interrelations between pain, emotions and cognition is of significant theoretical and clinical importance, since it contributes to the preparation of guidelines referring to development of skills in terms of diagnosis and treatment of emotional and cognitive deficiency. Scientific advancement in molecular technology and the development of selective and effective pharmacological products in carefully planned studies is to provide a better understanding of the nature of arthritic pain, hence the connection between anatomical damage and the level of pain. It is recommended that in addition to the common medical therapy recently used, the cognitive-behavioral therapy for pain reduce, disease activity, emotional and cognitive dysfunctions should be used as well.

### Biography

Snezana Tomasevic Todorovic has completed her M.S. in 2001 year and PhD in 2009 year at Faculty of Medicine, University of Novi Sad, Serbia. She is an Assistant Professor at the Faculty of Medicine, Basic health care professional studies, Basic studies of rehabilitation and special education, Basic studies of Physiotherapy School of Medicine, University of Novi Sad. Since 2002, she has been working as physiatrist and rheumatologist, and a specialist of quantum medicine in the Clinic for Medical Rehabilitation, Clinical Center of Vojvodina, Serbia. She has published more than 35 peer reviewed articles. Currently, she holds the position of vice-president of Serbian Association of Physiatrists, President of the Section of Physical Medicine and Rehabilitation Physicians of Vojvodina, Serbian Medical Society, and is a member of the Rheumatology Association of Serbia as well.

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